

**From:** Physio4All [info=physio4all.com.au@mail111.us2.mcsv.net] on behalf of Physio4All [info@physio4all.com.au]  
**Sent:** Tuesday, 2 October 2012 12:03 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Radiation and Medical Imaging - Is It Safe?

Learn about Radiation and Medical Imaging - Is It Safe?!  
PLUS Special Offer - 10% OFF Fit-Bioceuticals  
OmegaSure Liquid Fish Oil!!!

Is this email not displaying correctly?  
[View it in your browser.](#)

## PHYSIO4ALL E-News

---

### Radiation and Medical Imaging - Is It Safe?

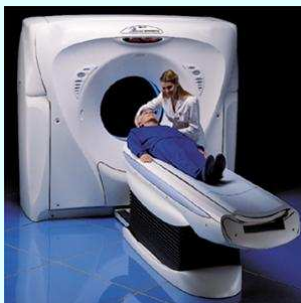
**Medical imaging** is the technique and process used to create images of the human body for clinical purposes, medical procedures or medical science.

---

Science and technology are changing and improving regularly. Below is a guideline to give you an idea on the amount of radiation you will be exposed to with each procedure, but for more information speak to your Doctor. Each individual's sensitivity to ionising radiation will be different depending on their age, sex and other factors.

Investigation	Comparable to *natural background radiation for:
<b>X-ray</b>	
Spine	180 days
Chest (PA)	3 days
Extremity (hand/foot)	1 day
Knee	100 days
Hip	100 days
Pelvis	44 days
Dental	10 days
<b>CT scan</b>	
Head and Body	3 years
Computed Tomography (CT)-Head	240 days
Computed Tomography (CT)-Spine	2 years
Computed Tomography (CT)-Chest	2 years
<b>MRI</b>	No radiation
<b>Ultrasound</b>	No radiation
<b>Bone density scan</b>	1 day
<b>Bone scan</b>	440 days

\*As part of everyday living, everyone is exposed to a small amount of background radiation.



#### Use of CT include examining:

- broken bones
- cancers
- blood clots
- heart disease
- internal bleeding



#### Use of X-ray include examining:

- broken bones
- problems in the lungs and abdomen



#### Use of MRI include examining:

- organs and structures inside your body
- torn soft tissue
- tumors
- brain and spinal cord



#### Use of Ultrasound include examining:

- heart, kidneys, liver and other organs
- soft tissue
- pregnancy



#### Use of Bone Scan include examining:

- bone tumor or cancer
- particular types of fractures
- bone infection or cause of bone pain
- metabolic disorders

If you would like any advice regarding any of the previous information, or if you have any injuries please call one of our physiotherapists on [9922-2212](tel:9922-2212).



Check out a great YouTube video: [Physiotherapy North Sydney: Posture Pause and Decompression Exercises for the Workplace](#)

---

PHYSIO4ALL ANNOUNCEMENTS

## SPECIAL OFFER!!!

Need some more Omega3??  
Download the following voucher, and  
receive **10% OFF** a Fit-Bioceuticals  
OmegaSure Liquid Fish Oil! **Only for**  
Available Floor Stock - **THIS MONTH**  
**ONLY!**



## Join the PHYSIO4ALL Facebook Family!

For **10% off** your  
next physiotherapy session,

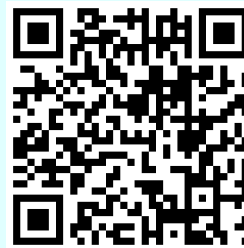
[Like us on Facebook](#)

by clicking on the following link:

<http://www.facebook.com/Physio4All>

OR

You can use a QR code reader on your  
Smartphone:



*Copyright © 2012 Physio4All, All rights reserved.*





Hi! You signed up because you wanted to receive the fantastic newsletter from PHYSIO4ALL, or you were referred by a friend to receive our newsletter. Remember, there are special offers that only those in the PHYSIO4ALL family receives, and we love that you are a part of the PHYSIO4ALL family.



### **Our mailing address is:**

Physio4All  
Shop P16, NorthPoint Plaza  
100 Miller Street  
North Sydney, NSW 2060  
Australia

[Add us to your address book](#)

[follow on Twitter](#)  | [friend on Facebook](#)  | [follow on YouTube](#)  | [forward to a friend](#)  |  
[unsubscribe from this list](#) | [update subscription preferences](#)