

## **I've had many CT scans. Should I be concerned?**

There is no recommended limit on how many computed tomography (CT) scans you can have. CT scans provide critical information. When a severely ill patient has undergone several CT exams, the exams were important for diagnosis and treatment.

Medical follow-up care is seldom required for radiation exposure from diagnostic examinations. Effects from radiation are too rare to be a significant consideration, and exceptions are unusual. One example of an exception might be a pediatric patient who has had many CT exams. It would be appropriate to include this radiation exposure as part of the child's medical history.

### **Age and Radiation Sensitivity**

Age plays an important role in radiation sensitivity. Adults have less risk for radiation-induced health conditions, such as thyroid problems, than children.

In patients age 60 and older, radiation exposure is not as significant an issue. The body tissues of older patients are less sensitive to the effects of radiation. Plus, illnesses that affect older patients more often require CT scans than illnesses that affect children.

For more information, see [Radiation Risk and Age](#).

### **CT Scanning and Radiation Safety**

Studies show that the risk of cancer from CT scans is extremely low.

Sometimes, your health condition will require an imaging exam that uses ionizing radiation. If you have concerns, talk to your doctor about the need for and importance of the exam. Your radiologist also can explain the exam's importance as well as any risk.



CT is a proven, lifesaving imaging technology. It allows the physician to see inside the body. For the past

15 to 20 years, CT has helped guide treatment in ways we previously never thought possible. More importantly, it helps the physician determine if no treatment is necessary.

A CT scan should never be withheld from a child or adult who has a medical condition where the scan could provide important healthcare information. It may save the patient's life.

The question you should ask is: "What should be done regarding my healthcare and diagnostic imaging tests?" Patients need to make sure their medical condition is assessed and managed each and every time in accordance with proper medical care.


Ask questions:

- How will this imaging exam affect my treatment?
- For a cancer patient undergoing chemotherapy guided by CT, the answer is clear. For patients with benign diseases, the answer may be less obvious.
- Remember: A CT scan provides valuable information to your physician and can be a great relief to you.

Ask if there are alternative imaging exams that don't use radiation. In some cases, ultrasound or MRI may also be appropriate; in other cases, CT or x-rays will be the best exam. Do not be afraid to have that dialog with your physician.

## Your Imaging History

Keep a record of your imaging history. It may be useful in the future. You may move from facility to facility, and your imaging history (copies of examinations and reports) may not.

 Download medical imaging history card

Recent exams done at one facility do not necessarily need to be repeated if you are referred to another hospital. Take copies of previous exams with you when you go to a different healthcare provider or facility. This can prevent the exam from being repeated unnecessarily.

An accurate record of your medical imaging history can help promote optimal care of many medical conditions. For example, patients with chronic diseases, like kidney stones or Crohn's disease, may require many CT exams. Keeping a history of the exams and discussing the management of your condition with your healthcare providers will help ensure that radiation is being used wisely.

CT imaging is a powerful medical tool that has saved many lives, but it is not without risks. However, when a patient needs the medical care, the benefits outweigh the risks.

## How can I help assure quality in my medical imaging healthcare?

Ask if the facility is accredited by a professional healthcare organization. The facility will display a certificate of accreditation to demonstrate this status. To locate a medical imaging or radiation oncology provider in your community, you can search the ACR-accredited facilities database.

A partnership between the patient and healthcare professional will result in improved and safer care.

## Disclaimer

This information is copied from the RadiologyInfo Web site (<http://www.radiologyinfo.org>) which is dedicated to providing the highest quality information. To ensure that, each section is reviewed by a physician with expertise in the area presented. All information contained in the Web site is further reviewed by an ACR (American College of Radiology) - RSNA (Radiological Society of North America) committee, comprising physicians with expertise in several radiologic areas.

However, it is not possible to assure that this Web site contains complete, up-to-date information on any particular subject. Therefore, ACR and RSNA make no representations or warranties about the suitability of this information for use for any particular purpose. All information is provided "as is" without express or implied warranty.

Please visit the RadiologyInfo Web site at <http://www.radiologyinfo.org> to view or download the latest information.

**Note:** Images may be shown for illustrative purposes. Do not attempt to draw conclusions or make diagnoses by comparing these images to other medical images, particularly your own. Only qualified physicians should interpret images; the radiologist is the physician expert trained in medical imaging.

## Copyright

This material is copyrighted by either the Radiological Society of North America (RSNA), 820 Jorie Boulevard, Oak Brook, IL 60523-2251 or the American College of Radiology (ACR), 1891 Preston White Drive, Reston, VA 20191-4397. Commercial reproduction or multiple distribution by any traditional or electronically based reproduction/publication method is prohibited.

Copyright © 2018 Radiological Society of North America, Inc.