

## **What to do when you need to have an x-ray, mammogram, bone density test, CT scan or other diagnostic x-ray done:**

### 1. Justification (When your doctor recommends that you get an x-ray):

Ask the doctor:

- Are x-rays truly necessary?
- Are x-rays the best imaging procedures for my condition?
- Have I already had this exact image taken (see point #3)?
- Does the benefit of this exposure substantially outweigh the risks?

Remember to tell your doctor if:

- If there is a possibility you are pregnant; and/or
- If you've had an allergic reaction to a previous exposure of x-ray contrast dye.

If there is a definite clinical reason, the risks of not having your doctor see an x-ray can be greater than the tiny risk of exposure, and it should be done.

### 2. Optimization (Just before you're about to have an x-ray done):

Ask the radiologist or technologist:

- What techniques do you use to minimize radiation exposure (especially for pregnant women and children)?
- Can you please take the minimum number of images and use doses ALARA (As Low As Reasonably Achievable)?
- What is the most appropriate shielding for this particular image?

Note: As long as the image contains the necessary information, it should NOT be repeated.

### 3. Keep Records (Right after you had your x-rays done):

Use the record on the next page to track your x-rays. This will help to avoid unnecessary repeat tests.

### 4. Report Radiation Injuries (After you've had the x-ray done, and only if you suspect an injury is related to the x-ray):

If you suspect a radiation injury related to your x-ray, you should discuss this with your doctor. Also know that both Health Canada's MedEffect and FDA's MedWatch programs accept reports from patients because x-ray machines are regulated medical devices in Canada and the USA.

If you're in Canada:

Call a [Canada Vigilance Regional Office](#) at **1-866-234-2345** (toll-free).

If you're in the US:

Call the FDA at **1-800-FDA-1088** to report by telephone.





Hi, I'm Leesa, creator of NUTRITION Interactions.

Do you know the amazing number of roles each nutrient plays in your body?

It never ceases to amaze me, the balance and resilience your body has when it comes to absorbing, distributing, metabolizing and excreting thousands of nutrients from foods and supplements. And scientists are finding out more every day.

I have a “**science-based, holistic approach**” to nutrition and health.

My goal is to help **Maximize NUTRITION and Minimize INTERACTIONS** by:

- Helping people who are taking medications avoid drug-food and drug-supplement interactions, and to strategically replace nutrients depleted by their medications;
- Finding out which “functional foods” and supplements *actually work*, what they do, and what they interact with;
- Finding the true hazards of medications and procedures, and empowering patients to minimize risk (everything has a risk, it may be tiny or huge, but I'll find out!);
- Helping holistic practitioners who want to learn more about science and research, who want more evidence-based approaches in their practices.

If you found this x-ray checklist and chart helpful, and maybe know someone else who could use it, then by all means, feel free to share it by clicking the buttons below.

Thanks a bunch!

Leesa :)

