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One size does not fit all...

There's no question: X-rays help us save kids' lives. But, when we image, radiation matters! Children are more sensitive to radiation. What we do now lasts their lifetimes. So, when we image, let's image gently.

More is often not better.

When X-ray is the right thing to do:

1. Measure patient thickness for "child-size" technique
2. Avoid using grids for body parts less than 10-12 cm thick
3. X-ray only the indicated area with proper collimation and shielding
4. Check exposure indicators and image quality

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For more information about pediatric radiation safety, visit www.imagegently.org.