

## **AAPM: Mammo Radiation Dose 30 Percent Lower Than Thought**

Women receive around 30 percent less radiation during screening mammography than has been assumed, suggesting the "harm" of radiation dose in mammography also has been overestimated, according to research presented at the 2015 American Association of Physicists in Medicine meeting. The researchers employed a model of breast anatomy based on the computed tomography exams of 219 women in order to ascertain the distribution of glandular tissue throughout the breast. When the disparate nature of breast tissue is accounted for, mammography's radiation dose is overestimated by 30 percent on average. Since the volume and distribution of glandular tissue varies between women, some could be receiving 20 percent less radiation, while others could receive 40 percent less. It is suggested by the study data that the dangers of mammography are smaller than they have been perceived, meaning mammography's effectiveness is greater.