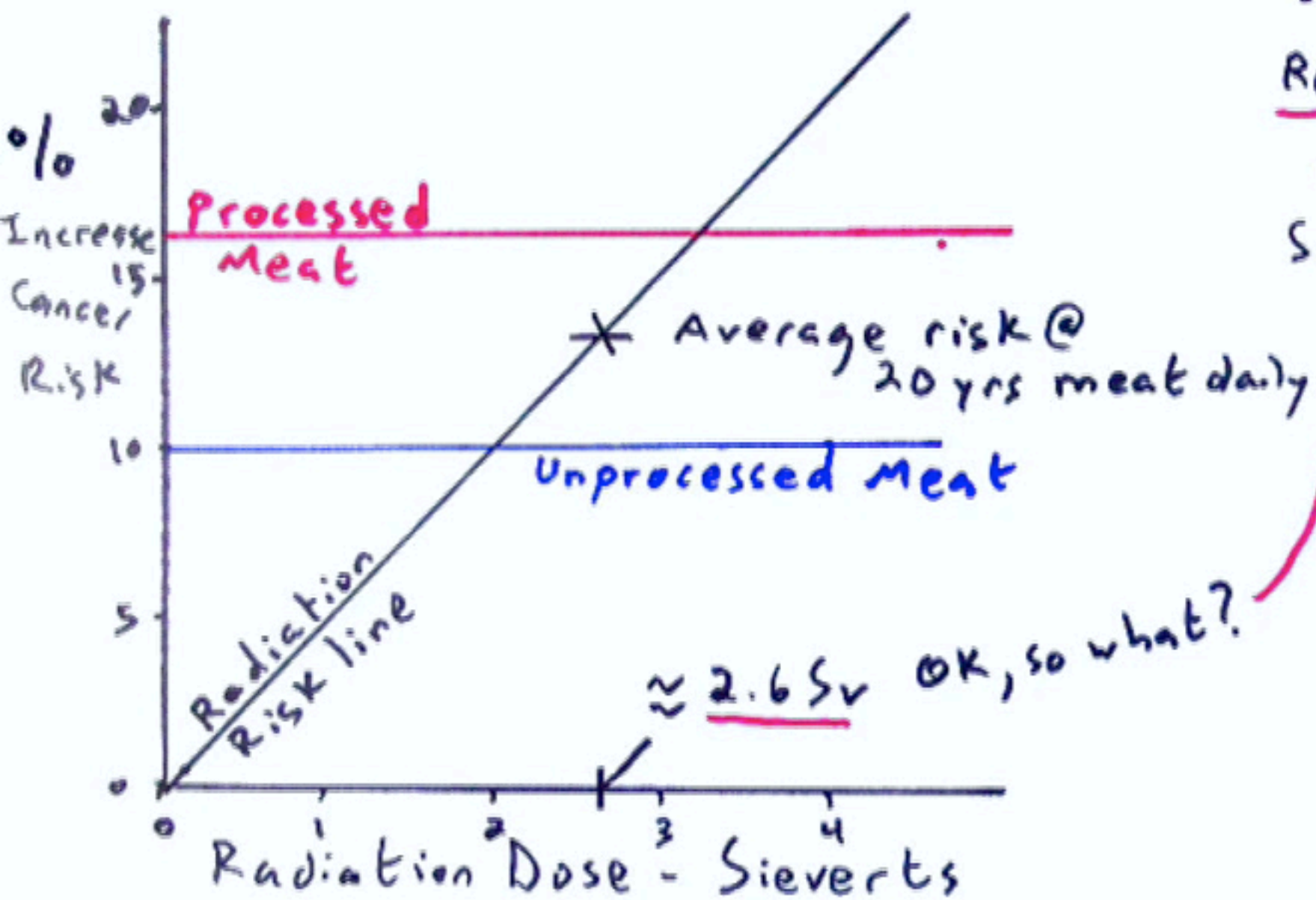


Red Meat vs Radiation - Cancer Risk

Now... **Fight!!!**



Ionizing radiation: 5% ↑ cancer risk per Sv

Source: National Academy of Science - Biological Effects of Ionizing Radiation (BEIR)

Red Meat: 10% ↑ risk per serving (≈ 1 deck cards) daily for 20 yrs if unprocessed and 16% processed

Source: Harvard Health Professional Followup Study

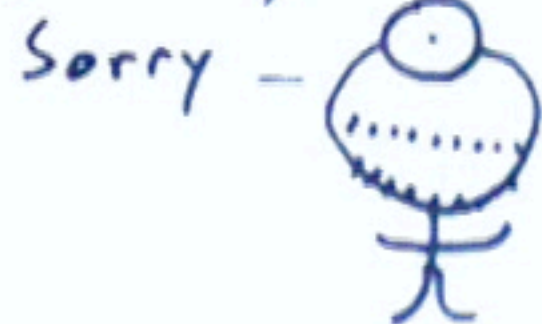
$$2.6 \text{ Sv} = 2600 \text{ mSv}$$

$$\text{One CT scan} = 10 \text{ mSv}$$

$$\therefore 260 \text{ CT scans} = 13 \text{ scans per year}$$

For 20 years: 1 CT scan per month

Surprised?
Humans generally poor @ estimating true risks



- Jerk