

## **High Resolution CT Radiation Scan Experience**

On Friday 16<sup>th</sup> September 2016, I had a high resolution Computed Tomography (CT) scan of my lungs. At the age of 46 I appear to have very high altitude and very high powered electromagnetic radiation lung damage which is causing erratic low blood oxygen levels. This can be seen here:

- [Steven Magee's Low Blood Oxygen Graph](#)
- [Steven Magee's Blood Oxygen From Sea Level to 9,200 feet and Back to Sea Level](#)
- [Steven Magee's Decreasing Blood Oxygen With Increasing Altitude](#)

I have a history of working in high environmental radiation environments, exposure to an industrial very high powered sodium LASER system, frequent exposure to high powered sonic booms from military supersonic jets, taking medical drugs daily to offset high altitude sickness and night shift work, medical oxygen use and breathing industrial helium, nitrogen and carbon dioxide gas infused air that is oxygen deficient at high altitudes. Over a decade of high altitude exposures (up to 13,796 feet) occurred from the age of 29 through to 41 from astronomical observatory work around the world and snowboarding at high altitude ski resorts in Utah & Colorado, USA.

I had been in the care of the pulmonary team in the university hospital for about a year and their first attempt at fixing the problem was to put me on continuous positive airway pressure (CPAP) during sleep. While it significantly reduced the daily headaches that I was getting, it did not clear up the disabling forgetfulness, confusion and other symptoms. I was only running at 91% SpO2 blood oxygen levels on the CPAP treatment instead of the 96% and above that is considered normal. The next step was to image the lungs in high resolution in order to see if anything was wrong with them. The CT scan was done for the following reasons:

*“Lungs...CT scan can be used for detecting both acute and chronic changes in the lung parenchyma, that is, the internals of the lungs. It is particularly relevant here because normal two-dimensional X-rays do not show such defects. A variety of techniques are used, depending on the suspected abnormality. For evaluation of chronic interstitial processes (emphysema, fibrosis, and so forth), thin sections with high spatial frequency reconstructions are used; often scans are performed both in inspiration and expiration. This special technique is called high resolution CT. Therefore, it produces a sampling of the lung and not continuous images...An incidentally found nodule in the absence of symptoms (sometimes referred to as an incidentaloma) may raise concerns that it might represent a tumor, either benign or malignant. Perhaps persuaded by fear, patients and doctors sometimes agree to an intensive schedule of CT scans, sometimes up to every three months and beyond the recommended guidelines, in an attempt to do surveillance on the nodules. However, established guidelines advise that patients without a prior history of cancer and whose solid nodules have not grown over a two-year period are unlikely to have any malignant cancer. For this reason, and because no research provides supporting evidence that intensive surveillance gives better outcomes, and because of risks associated with having CT scans, patients should not receive CT screening in excess of those recommended by established guidelines.”*

[https://en.wikipedia.org/wiki/CT\\_scan](https://en.wikipedia.org/wiki/CT_scan)

As a radiation researcher, the last thing that I wanted was a high dose of man-made CT X-Ray radiation. However, it was clear that the blood oxygenation issues had the potential to kill me prematurely if not correctly diagnosed and was the bigger risk, so I reluctantly agreed to the CT scan. The CT scan is about several years worth of background radiation exposure delivered to the heart and lungs in the space of half an hour! However, eventually dying from oxygen deprivation if left without an accurate diagnosis was not a risk that I was prepared to take to avoid the man-made CT X-Ray radiation. I was fortunate that I had developed radiation resistance techniques in recent years that would help offset the toxicity of the radiation exposures. Wikipedia states the following regarding X-Ray exposure health risks:

*“Diagnostic X-rays (primarily from CT scans due to the large dose used) increase the risk of developmental problems and cancer in those exposed. X-rays are classified as a carcinogen by both the World Health Organization's International Agency for Research on Cancer and the U.S. government. It is estimated that 0.4% of current cancers in the United States are due to computed tomography (CT scans) performed in the past and that this may increase to as high as 1.5-2% with 2007 rates of CT usage. Experimental and epidemiological data currently do not support the proposition that there is a threshold dose of radiation below which there is no increased risk of cancer. However, this is under increasing doubt. It is estimated that the additional radiation will increase a person's cumulative risk of getting cancer by age 75 by 0.6–1.8%. The amount of absorbed radiation depends upon the type of X-ray test and the body part involved. CT and fluoroscopy entail higher doses of radiation than do plain X-rays. To place the increased risk in perspective, a plain chest X-ray will expose a person to the same amount from background radiation that people are exposed to (depending upon location) every day over 10 days, while exposure from a dental X-ray is approximately equivalent to 1 day of environmental background radiation. Each such X-ray would add less than 1 per 1,000,000 to the lifetime cancer risk. An abdominal or chest CT would be the equivalent to 2–3 years of background radiation to the whole body, or 4–5 years to the abdomen or chest, increasing the lifetime cancer risk between 1 per 1,000 to 1 per 10,000. This is compared to the roughly 40% chance of a US citizen developing cancer during their lifetime. For instance, the effective dose to the torso from a CT scan of the chest is about 5 mSv, and the absorbed dose is about 14 mGy. A head CT scan (1.5mSv, 64mGy) that is performed once with and once without contrast agent, would be equivalent to 40 years of background radiation to the head. Accurate estimation of effective doses due to CT is difficult with the estimation uncertainty range of about ±19% to ±32% for adult head scans depending upon the method used.”*

<https://en.wikipedia.org/wiki/X-ray>

I prepared for the CT X-Ray scan by taking one capsule of Kelp with each meal daily, starting the day before the scan. Kelp has emerged in my radiation research as having protective properties for the human and contains iodine to protect the thyroid gland. I was also taking these daily supplements:

- A capsule of Sharp Thought, a DHA & PS brain supplement.
- A cup of tea.
- A cup of coffee.
- Eating fresh organic food including fruits and vegetables.

Approximately 1,000 images were taken of my lungs in 2 millimeter slices followed by a spiral scan to total three CT scans:

- CT scan laying on front.
- CT scan laying on back.
- CT spiral scan laying on back.

No radiation protection was applied to my head, neck, abdomen or reproductive organs, which I thought was strange. I had expected the radiation sensitive areas not involved with the scan to be protected from scattered radiation. No CT contrast dyes were used. I was scanned holding a deep breath and also holding the empty expired lung. After the CT scans I was informed by the radiographer that there were no side effects of the CT scans and that I would be fine. This did not match my experience. This is what happened:

#### Day 1 - 16<sup>th</sup> Friday

- CT scan at 09:00
- No immediate effects were observed and I drove home without any problems. Aware of “Delayed Radiation Complications”, I decided to stay home for the day. I felt completely normal.
- By the afternoon:
  - Face felt like it was sunburned but was not red.
  - Eyes felt sore and gritty.
  - Dry mouth and throat.
  - Dizziness.
  - Urine had a strange smell to it.
  - Heart arrhythmia.

At this point, it was clear that some of these emerging symptoms corresponded to radiation sickness. As such, I decided to avoid that big nuclear reactor in the sky for a few weeks...the satanic Sun! I increased my fluid intake and added a daily Alka Seltzer tablet, which had proven beneficial in my previous radiation resistance research. The Alka Seltza provides sodium bicarbonate to the cellular system and thins the blood to offset the adverse effects of Radiation Induced Rouloux Blood (RIRB). I continued with the kelp capsule at every meal.

#### Day 2 - 17<sup>th</sup> Saturday

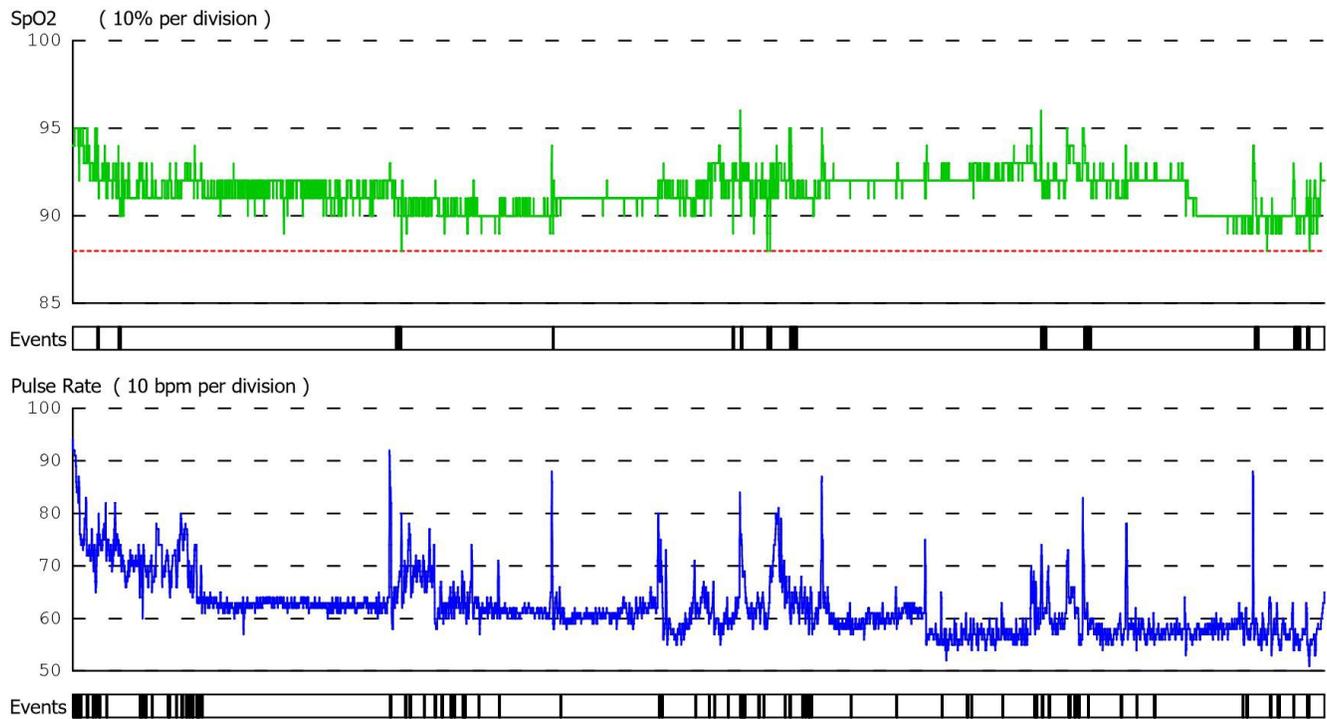
- Woke up with a dry mouth and a headache. Took Alka Seltza to clear the headache.
- Intestinal pains started at 12:00 noon and lasted for the rest of the day.
- Fatigue and narcolepsy in the afternoon and evening.
- Eyes were sore in the afternoon.
- Heart arrhythmia.

Day 3 - 18<sup>th</sup> Sunday

- Eyes were sore in the afternoon.
- Diarrhea in the afternoon.
- Fatigue and narcolepsy in the evening.
- Dry mouth going to bed.
- Heart arrhythmia.

Day 4 – 19<sup>th</sup> Monday

I recorded my blood oxygen from midnight to Monday morning and there was no change in oxygen levels at 91.4% SpO2 average with an 88% low on CPAP. Here is the graph:



These are the health symptoms that I observed on Monday:

- Dry eyes upon waking.
- Eyes not focusing correctly in the morning.
- Loose stool and itchy anus in the morning.
- Strange smelling urine in the afternoon.
- Sore left knee joint.
- Heart arrhythmia.
- Fatigue and narcolepsy in the afternoon.

Day 5 – 20<sup>th</sup> Tuesday

- Sore left knee joint.
- Heart arrhythmia.
- Fatigue and narcolepsy in the afternoon.

Day 6 – 21<sup>st</sup> Wednesday

- Strange smelling urine.
- Loose stool.
- Sore left knee joint.
- Heart arrhythmia.
- Strange smelling urine.
- Went dizzy going up a ladder and fell off.
- Fatigue and narcolepsy in the afternoon.
- Seeing rainbow halos around street lights and car headlights.
- Right chest pains radiating down arm.

Day 7 - 22<sup>nd</sup> Thursday

- Headache all day.
- Right chest pains radiating down arm.
- Fatigue and narcolepsy in the afternoon.

Waking up throughout the night, forgetfulness and confusion was not documented as they are known daily events.

Diagnosis

The CT scan showed the presence of air trapping that suggests airway disease of the lungs at age 46. It is a disease that can have many sources of the damage with air pollution, airborne dusts and medical drugs use being some of the causes. Two drugs were prescribed to treat it. I was right to have the CT scan to obtain the correct lung diagnosis and subsequent appropriate treatment. During the scanning of my lungs, the heart was also scanned and no abnormal physical problems were found with it.

Summary

If you are having X-rays, then you should consider take radiation resistance supplements before, during and after any radiation scan that the medical establishment may perform on you. Ensure that you have done a risk assessment to establish if you really need the X-Rays which may eventually lead to Delayed Radiation Complications in the future. This is the list of known radiation side effects that I did see in

the week following the CT X-Ray radiation scan:

- Radiation Induced Chest Pains (RICP)
- Radiation Induced Chronic Fatigue Syndrome (RICFS)
- Radiation Induced Diarrhea (RID)
- Radiation Induced Dizziness (RID)
- Radiation Induced Dry Mouth (RIDM)
- Radiation Induced Eye Irritation (RIEI)
- Radiation Induced Headaches (RIH)
- Radiation Induced Heart Arrhythmia (RIHA)
- Radiation Induced Intestinal Pains (RIIP)
- Radiation Induced Joint Pain (RIJP)
- Radiation Induced Skin Irritation (RISI)

The above symptoms are collectively called “Low Level Radiation Syndrome (LLRS)”. What surprised me was that the radiation exposure occurred locally through the chest cavity, but the side effects were seen throughout the body. This experience caused me to conclude that low level radiation exposure side effects predominantly occur away from the radiation exposed area and this is something to consider when troubleshooting radiation induced health problems.

After a week I appeared to have cleared out the majority of the short term toxic effects of the CT X-Ray radiation exposure. I switched from kelp to seaweed for continued radiation resistance protection, as seaweed was widely reported by the survivors of the Japanese atomic bombs to have radiation protective properties.

How did this experience compare to previous radiation exposures that I have received? I had seen many of these symptoms occurring during a decade of high altitude work from 1999 to 2008 as well as during high altitude skiing. The symptoms were far more severe during that time. As such, I concluded that the radiation exposures from the three CT chest scans were far lower than anything that I was exposed to during my time at high altitudes. I have traveled through airports in recent years and their radiation scanners have never produced any noticeable effects that I could sense. I have been through the full body scanner several times.

#### Interesting Quotes & Internet Links

- “1910.134(a)(1) In the control of those occupational diseases caused by breathing air contaminated with harmful dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors, the primary objective shall be to prevent atmospheric contamination.”  
[https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_id=12716&p\\_table=STANDARDS](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=12716&p_table=STANDARDS)
- “Acute Inhalation Injury” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4261306/>
- “Air Trapping” <https://www.med-ed.virginia.edu/courses/rad/hrct/airtrapping.html>

- “Air trapping in chest imaging refers to retention of excess gas (“air”) in all or part of the lung, especially during expiration, either as a result of complete or partial airway obstruction or as a result of local abnormalities in pulmonary compliance.” <https://radiopaedia.org/articles/air-trapping>
- “Are there risks in obtaining a CT scan?” [http://www.medicinenet.com/cat\\_scan/page3.htm](http://www.medicinenet.com/cat_scan/page3.htm)
- “Common conditions often associated with sleep problems include heartburn, diabetes, cardiovascular disease, musculoskeletal disorders, kidney disease, mental health problems, neurological disorders, respiratory problems, and thyroid disease.” <http://www.helpguide.org/harvard/medical-causes-of-sleep-problems.htm>
- “Continuous positive airway pressure” [https://en.wikipedia.org/wiki/Continuous\\_positive\\_airway\\_pressure](https://en.wikipedia.org/wiki/Continuous_positive_airway_pressure)
- “CT scan” [https://en.wikipedia.org/wiki/CT\\_scan](https://en.wikipedia.org/wiki/CT_scan)
- “Delayed Radiation Injury (Soft Tissue and Bony Necrosis)” <https://www.uhms.org/11-delayed-radiation-injury-soft-tissue-and-bony-necrosis.html>
- “Diseases of Small Airways of lung” <http://medind.nic.in/jac/t01/i3/jact01i3p222.pdf>
- “I had a Ct scan of my thoracic and lumbar spine at same time and have not idea how dangerous it was. When they finish and I walked to my car I felt headache and later night I felt my body burning when I have a shower and I could not sleep with this burn sensation. I lost my taste and smell, I have a dry mouth and throat, my teeth and jaw are sore and I have a flu infection, plus I'm feeling dizzy, my vision are not the same, my joints and ovaries are sore and my lymph nodes are swallow. I only have back pain and my Dr pass this dangerous exam, I have not idea how dangerous it is and we could have a simple x-ray of the spine or a MRI. I went to see her(doctor) and she told me that this is impossible and I have too much imagination, now I'm not sure of my future and I'm scared of developing meningitis, leukemia, cancer. I'm feeling tired and without energy and I don't know what I can do. And I don't know who can help me.” <http://www.medicalnewstoday.com/opinions/65743>
- “Drugs Associated with the Development of Interstitial Lung Disease...Aspirin, Oxygen, Radiation” <http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/pulmonary/interstitial-lung-disease/>
- “Early X-ray machines needed to be set and repeatedly adjusted. To achieve this, radiographers would place their hands between the actively radiating tube and the film plate to check if the apparatus was functioning and that it was well focused on the film. By practicing this for 12 years, Dr. Kells was the first victim of dental X-ray radiation with numerous cancerous tumors on his fingers.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4319329/>
- “Gas and Chemical Exposure” <http://www.merckmanuals.com/home/lung-and-airway-disorders/environmental-lung-diseases/gas-and-chemical-exposure>
- “Industrial very high powered sodium LASER systems in action” <https://youtu.be/o1xEQ212iyY>
- “Irritant Gas Inhalation Injury” <http://www.merckmanuals.com/professional/pulmonary-disorders/environmental-pulmonary-diseases/irritant-gas-inhalation-injury>
- “Is Skiing Harmful To Health?” <http://environmentalradiation.com/Is%20Skiing%20Harmful%20To%20Health.pdf>

- “Radiation Protection with miso and seaweed - Japanese Nuclear Reactor Meltdown” <http://melaniegrimes.com/radiation-protection-with-miso-and-seaweed/>
- “Long-term side effects of radiation therapy” USA <http://www.cancer.org/treatment/treatmentsandsideeffects/treatmenttypes/radiation/understandingradiationtherapyaguideforpatientsandfamilies/understanding-radiation-therapy-long-term-side-effects>
- “Long term side effects of radiotherapy” UK <http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/radiotherapy/follow-up/long-term-side-effects-of-radiotherapy>
- “Low-level continuous or intermittent exposure to irritant gases or chemical vapors may lead to chronic bronchitis” <http://www.merckmanuals.com/professional/pulmonary-disorders/environmental-pulmonary-diseases/irritant-gas-inhalation-injury>
- “Lung Disorders - Introduction to Respiratory Care” [http://www.wvncc.edu/uploads/9c\\_disease.handout.pdf](http://www.wvncc.edu/uploads/9c_disease.handout.pdf)
- “Muscle/joint pain after radiation?” <https://community.breastcancer.org/forum/70/topics/733288>
- “Navajo Uranium Workers and the Effects of Occupational Illnesses” <http://faculty.washington.edu/stevehar/Dawson.pdf>
- “Nearly 30,000 Americans Get Cancer From This One Procedure EVERY Year: Will You?” <http://articles.mercola.com/sites/articles/archive/2010/09/25/high-ct-scan-radiation-is-deadly.aspx>
- “Nuclear Witnesses: Insiders Speak Out by Leslie J. Freeman” <https://amzn.com/0393300331>
- “Open Letter to the Astronomical Community” <http://environmentalradiation.com/Open%20Letter%20To%20The%20Astronomical%20Community.pdf>
- “Overexposed: The Startling Truth About CT Scans” <http://www.goodhousekeeping.com/health/a18868/ct-scan-risk/>
- “Pathology of Small Airways Disease” <http://www.archivesofpathology.org/doi/pdf/10.1043/1543-2165-134.5.702>
- “Radiation Exposure Compensation Act (RECA) was passed by the U.S. Congress in 1990 to make partial restitution to individuals harmed by radiation exposure resulting from underground uranium mining and above-ground nuclear tests in Nevada.” <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1240251/>
- “Radiation-induced lung injury” <http://www.uptodate.com/contents/radiation-induced-lung-injury>
- “Radiation-Induced Lung Injury: Assessment, Management, and Prevention” <http://www.cancernetwork.com/lung-cancer/radiation-induced-lung-injury-assessment-management-and-prevention/page/0/1>
- “Radiation Poisoning Remedies” <http://www.earthclinic.com/cures/radiation.html>
- “She was a dental technician in the Navy and also worked for years in pediatric dental offices and orthodontics as an assistant, calming nervous children, helping them to have good dental experiences, and when she was exposing radiographs, sometimes she admits that she would make it easier on everyone if she would stay with the child while the x-rays were beaming through her hand...Even though the tumor was benign, because of the damage done, the possibility of regrowth and other factors, the decision was made for my friend to have her ring

- finger amputated.” <http://www.dentalbuzz.com/2013/03/15/fingers-in-the-picture/>
- “Side Effects of Radiation Therapy” <http://news.cancerconnect.com/side-effects-of-radiation-therapy/>
- “Small airways diseases, excluding asthma and COPD: an overview” <http://err.ersjournals.com/content/22/128/131>
- “Some studies claim to show that sonic booms from U.S. Navy testing in Vieques, Puerto Rico, increased the incidence of vibroacoustic disease, a thickening of heart tissue.” [https://en.wikipedia.org/wiki/Sonic\\_boom](https://en.wikipedia.org/wiki/Sonic_boom)
- “Steven Magee Uses a CMS50E Fingertip Pulse Oximeter for Producing Blood Oxygen Graphs.” <http://amzn.com/B00IWOKTC0>
- “The longer a white miner was exposed to radon gas, the greater the risk of lung cancer.” <http://www.cdc.gov/niosh/pgms/worknotify/uranium.html>
- “Treatment for Radiation-Induced Pulmonary Late Effects: Spoiled for Choice or Looking in the Wrong Direction?” <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2948640/>
- “Why Can’t I Stay Asleep?” <http://www.webmd.com/sleep-disorders/features/surprising-sleep-wreckers#1>
- “we concluded that the predominant injurious agent in these cases was alpha particles from radon progeny. This disease, after a long latent period, usually results in pulmonary hypertension, shortness of breath, and death by cardiopulmonary failure.” <http://www.ncbi.nlm.nih.gov/pubmed/9604184>
- “WW2 veteran tells how seaweed saved him from the atom bomb” [http://www.thisiswiltshire.co.uk/news/8212772.WW2\\_veteran\\_tells\\_how\\_seaweed\\_saved\\_him\\_from\\_the\\_atom\\_bomb/](http://www.thisiswiltshire.co.uk/news/8212772.WW2_veteran_tells_how_seaweed_saved_him_from_the_atom_bomb/)
- “X-Ray” <https://en.wikipedia.org/wiki/X-ray>

***“Informing patients that there are no side effects from radiation treatments is a known fraud that the medical industry engages in”***  
***Steven Magee CENG MIET BEng Hons – Author of Health Forensics***