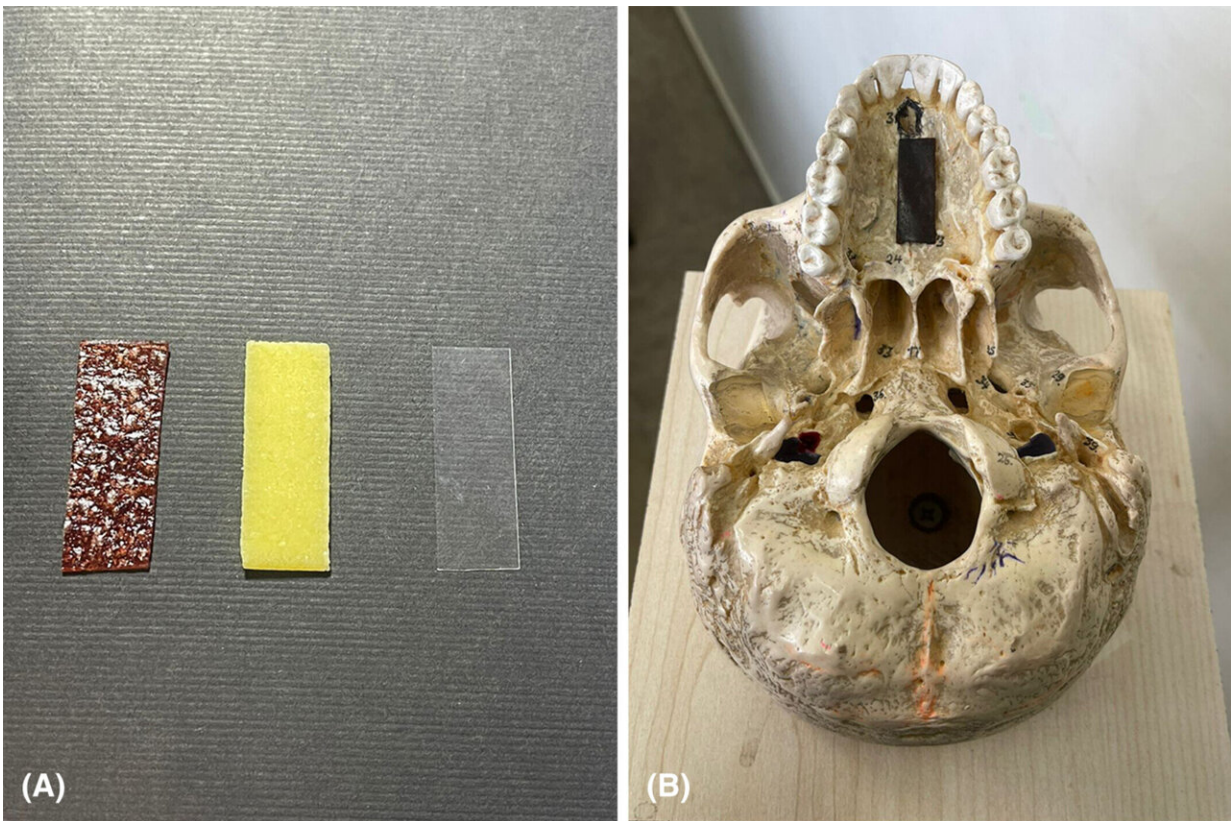


Fruit roll-ups shown to improve dental X-ray quality

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(A) From left to right an example of sour fruit leather (thickness: 1 mm), chewing gum (thickness: 1 mm) and celluloid matrix strip (thickness: 5 μm). (B) Approximate positioning of the strips. Credit: *Journal of Medical Radiation Sciences* (2024). DOI: 10.1002/jmrs.753

A study [published](#) in the *Journal of Medical Radiation Sciences* compared 270 dental X-rays, from people who were told to hold their tongues against the roof of their mouths throughout the procedure. Radiographers managed to take high-quality X-rays in 75% of cases where the patient used a sticky fruit strip as an adhesive-aid, compared to just 36% of cases where the patient's mouth was empty.

Incorrect tongue placement is the most common reason for poor-quality dental X-rays, occurring in anywhere between 40 to 80% of cases.

Journal of Medical Radiation Sciences Editor-in-Chief, Cherry Agustin says these research results could help patients save time and money, by reducing the need for second X-rays.

"When a person can't hold their tongue in place and the radiographer needs to re-take the X-ray, the patient has to spend more time and money, and gets exposed to more radiation," she said.

"Fruit leather (a fruit roll-up's generic name) can help get the X-ray right the first time, and also tastes delicious."

Of the 270 study participants, 90 were X-rayed while holding their [tongue](#) in place with fruit leather or chewing gum, 90 used medical tape, and 90 used no adhesive aid at all. From most to least effective, the results were fruit leather, chewing gum, medical tape, and lastly, no adhesive aid.

More information: Andisheh Mokhtari et al, Effect of using different strips on reducing the most common error in panoramic imaging: A randomised controlled trial on palatoglossal air space shadow, *Journal of Medical Radiation Sciences* (2024). [DOI: 10.1002/jmrs.753](https://doi.org/10.1002/jmrs.753)

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