

Preface



If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.

—From *The Prophet* by Kahlil Gibran

This was a very satisfying book to write, but also perhaps a very dangerous one. After 15 years of building a base of knowledge in radiopharmaceutical dosimetry (under the expert guidance of Evelyn Watson at the Oak Ridge Dosimetry Center), 8 years of teaching radiation protection and dosimetry at the university level (in northeastern Brazil and at Vanderbilt University in the United States), and

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authoring a number of papers and book chapters on the subject, it was rewarding to write down in a single, organized text nearly all that I have learned on this topic.

My deepest desire is that this text will be found useful by members of the nuclear medicine and radiation protection community in formalizing and facilitating such calculations. After learning a technique for performing dose calculations that must be done often, I have often found ways to automate such work in software tools and to make such tools available to others in order to help them shortcut their efforts. One of the greatest rewards I have received in my work has been to see a few of the tools and ideas that I have developed become useful to others in their routine work.

In this text, I reveal practically all of my methods and secrets for practical internal dose calculations. Some enjoy keeping their methods and ideas quite private, to protect their personal interests, and such persons may consider me to be a fool for sharing all of mine so openly. I have found, however, that the open sharing of information in the scientific community leads to heightened understanding, thriving collaboration between like-minded investigators, the spawning of new ideas, and the growth and maturation of new investigators whose contributions end up benefiting us all. I trust that my efforts here will provide some small impetus toward these ends and that readers will find the information in these pages to be clear, helpful, and frequently referenced for practical use.

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