

2 Planning session

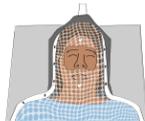
Determining the best treatment position

- Duration: 45-60 minutes
- This is also called a 'simulation scan'
- No radiation treatment happens today
- Radiation therapists position your body for the best treatment, while making sure you feel comfortable
- They keep a record so they can put you in the same position for each treatment

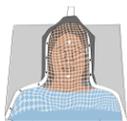
Your mask will be customized for your needs.

Be sure to tell the therapist if you feel uncomfortable or if the mask is too tight. They will help you feel comfortable.

OTHER POSSIBILITIES



Open



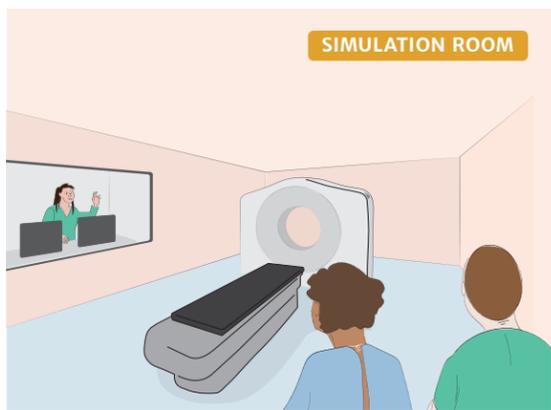
Face/shoulder



Radiosurgery frame

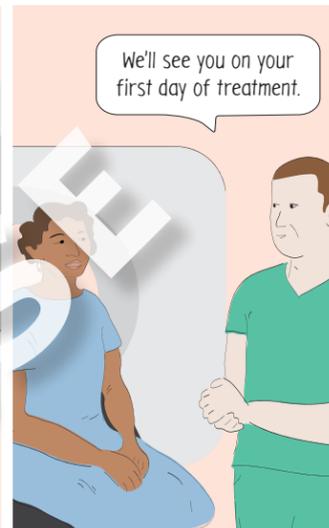
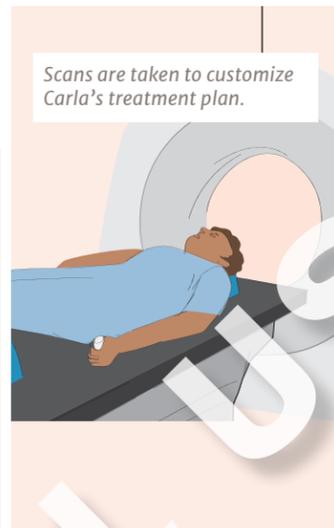
IV contrast

Your therapist may ask you to trim your hair or ask you to remove any jewelry.



Radiation therapists position Carla with support behind her head. They make a mask for her. Carla feels the warm material when they put it on her face. These will help her remain still during treatment.

They also put marks on her mask to help align her to the beams.



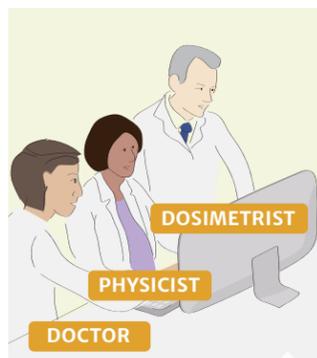
3 Treatment planning

Professionals create your custom plan

The radiation oncologist, physicist, dosimetrist and neurosurgeon (if required) will use your scans to plan your radiation treatment. Usually, this will take 3-7 weekdays.

Depending on your case, it might take more or less time to develop your plan.

If you have a radiosurgery frame, the treatment will be on the same day.



Your plan targets the treatment site and limits the effect on healthy tissues.

IN THE MEANTIME

Plan



- Arrange transportation to and from the clinic
- Coordinate with your family, your job, and other people so you can come for appointments and focus on healing



Prepare for treatment

- Get answers to your questions about insurance and/or billing

Seek Support



- Consider reaching out to friends, family, and others
- Consider speaking to the dietitian to plan your diet during treatment
- Your nurse can refer you to other support services if needed

4 Treatment

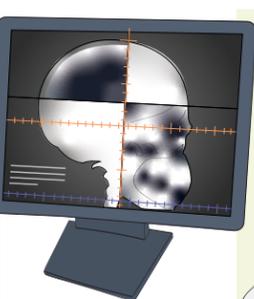
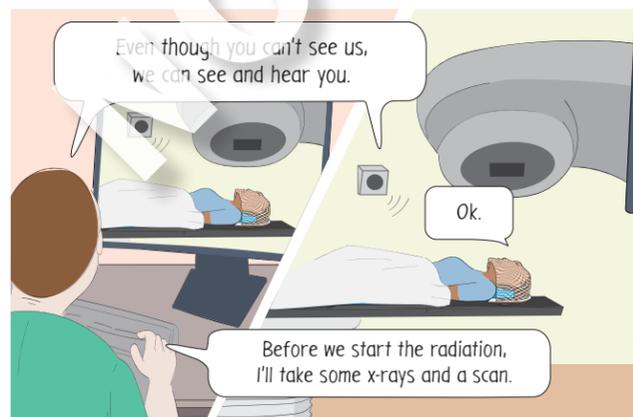
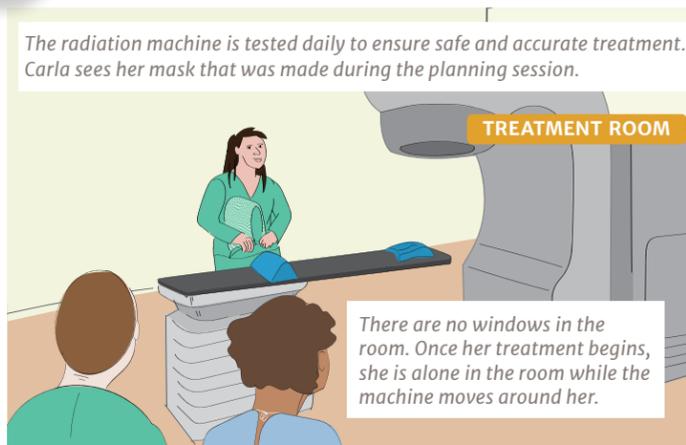
Visiting your clinic daily for radiation

- Duration: 15-60* minutes
- The first treatment is usually longer
- You will see your doctor and nurse at least weekly
- * Depending on your case, the details of your treatment may differ

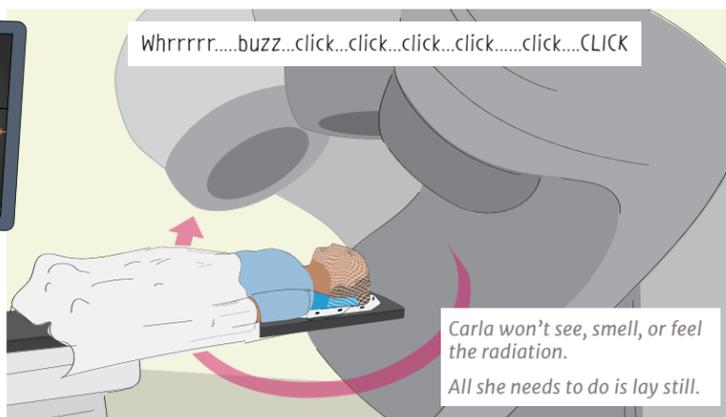


Today is Carla's first day. She is a little nervous.

She notices that the machine looks different than the scanner used in planning.



The therapists use the x-rays and scan to ensure Carla is in the right position.



In between treatments, Carla goes about her day normally. She can safely be around friends and family. She is not radioactive.



Continuing your everyday activities is important to healing.



Carla has noticed a patchy hair loss and mild headache. She mentions this to her care team.



There is a 2-3 week delay in feeling side effects.

TREATMENT

2-3 weeks

SIDE EFFECTS

Tell your nurse and doctor if you notice changes in your skin or in your overall health. They will give you instructions on skin care.

'BOOST'

You may receive extra targeted radiation treatments called a 'boost.' Another planning session may be needed before these treatments.

2 Planning session

Determining the best treatment position

- Duration: 60 – 75 minutes
- This is called a 'simulation scan'
- No radiation treatment happens today
- Radiation therapists position your body for the best treatment. They make sure you are comfortable. They make a mold for support.
- They make notes about your position. This way they can put you in the same position everytime.

Be sure to tell the therapist if you are uncomfortable.

Your care team may use these techniques to make sure radiation is going to the right place:

Upper digestive system

Lower digestive system



gating



hands on chest



compression belt



belly board



active breathing control



frog leg

May also include: contrast dye, skin marks, or other devices

3 Treatment planning

Professionals create your custom plan

Your care team will use the planning scan to create your radiation treatment plan. Usually, this will take 5-7 work days.

Depending on your case, it might also take more or less time to develop your plan.

Your plan targets your tumor site in the digestive system. It limits the radiation dose on healthy tissues.



DOCTOR

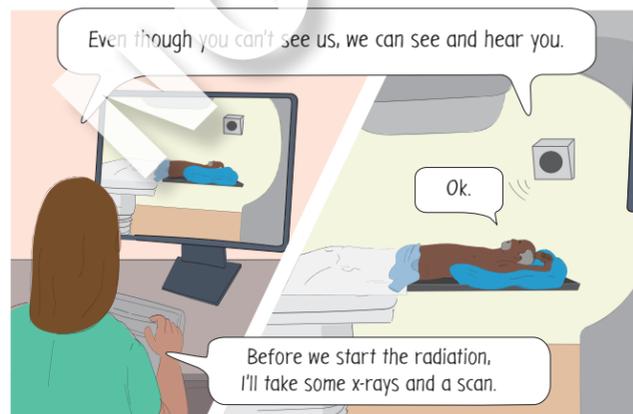
PHYSICIST

DOSIMETRIST

4 Treatment

Visiting your clinic daily for radiation

- Duration: 15-45 minutes
- The first treatment is usually longer
- You will see your doctor and nurse at least weekly
- Depending on your case, the details of your treatment may differ

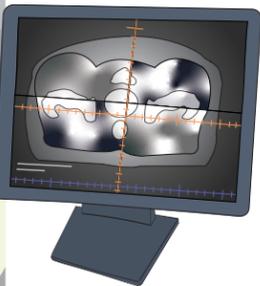


Even though you can't see us, we can see and hear you.

Ok.

Before we start the radiation, I'll take some x-rays and a scan.

The therapists use the x-rays and scan to ensure George is in the right position.



Whrrrrr...buzz...click...click...click...click...CLICK

George won't see, smell or feel the radiation. All he needs to do is lay still.



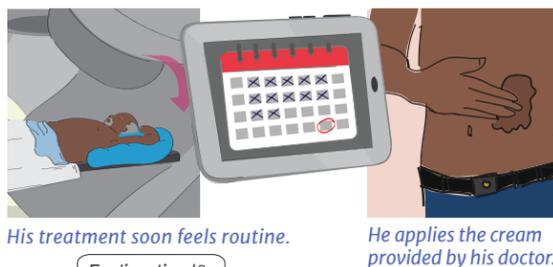
All done! You did great!



Continuing daily activities is important to healing.



In between treatments, George goes about his day normally. He can safely be around friends and family. He is not radioactive.



His treatment soon feels routine.

He applies the cream provided by his doctor.



Feeling tired? A little bit.



WEEKLY DOCTOR VISIT

George notices that he is less hungry. He mentions this to his care team.



Good to see you this week, George. How are you?

I'm less hungry than usual.

There is a 2-3 week delay in noticing side effects.

TREATMENT

2-3 weeks SIDE EFFECTS

Tell your nurse and doctor if you notice any changes in your overall health. They will give you instructions on skin care.

'BOOST'

You may receive extra targeted radiation treatments called a 'boost.' Another planning session may be needed before these treatments.

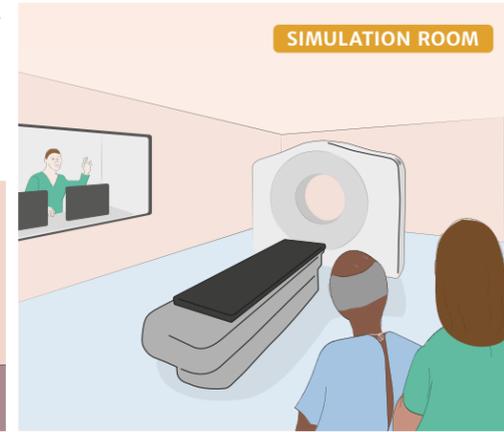


George drinks contrast before the scan. This will help his care team to see the treatment site surrounding normal tissue.



RADIATION THERAPIST

George, we're ready for you now.



SIMULATION ROOM

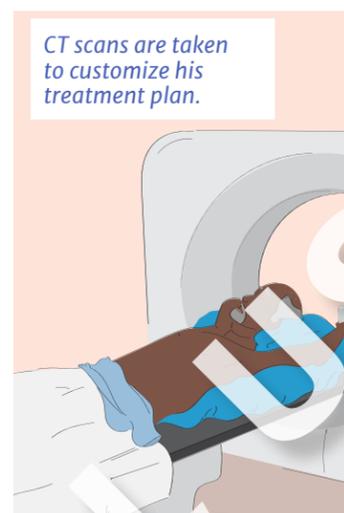


We are going to make a mold. It will help keep you in the same position for all your treatments.

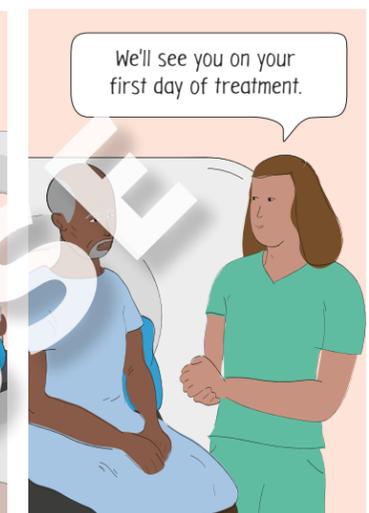
Radiation therapists position George with support devices. This will help him remain still during radiation treatment.



Are you comfortable?



CT scans are taken to customize his treatment plan.



We'll see you on your first day of treatment.

IN THE MEANTIME

Plan

- Arrange transportation to and from the clinic
- Coordinate with your family, your job, and other people so you can come for appointments and focus on healing

Prepare for treatment

- Get answers to your questions and concerns about insurance and billing
- Speak with a dietitian
- Pick up medication

Seek Support

- Consider reaching out to friends, family, and others
- Speak with a social worker
- Your nurse can refer you to other support services if needed

2 Planning session

Determining the best treatment position

- Duration: 60–90 minutes
- This is called a ‘simulation scan’
- No radiation treatment happens today
- Radiation therapists position your head and neck for the best treatment. They will customize a mask and a mold to support you
- The therapists make notes about your position. This way they can put you in the same position for each treatment

Be sure to tell the therapist if you feel uncomfortable or if the mask is too tight. They will help you feel comfortable.

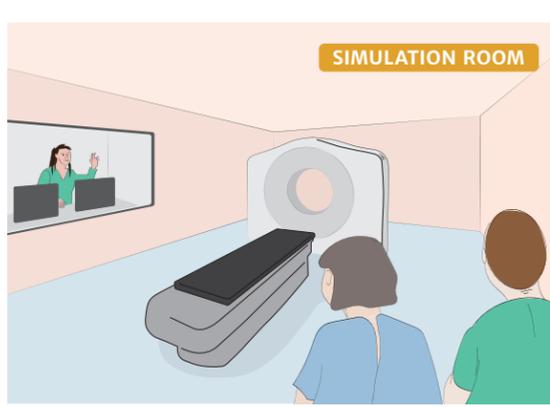
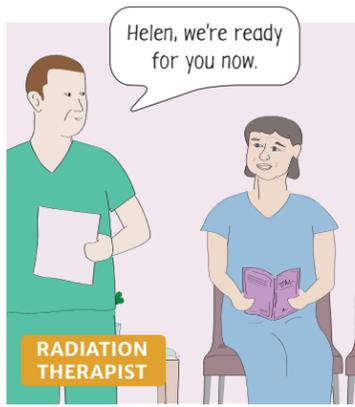
OTHER POSSIBILITIES



Open with mouth guard Full/shoulder

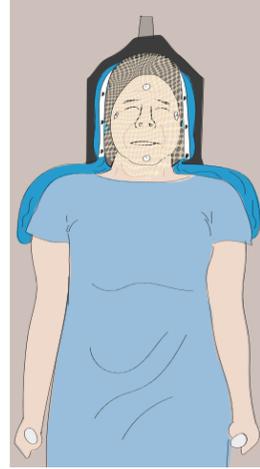
- an IV
- bolus
- eye shields

Your therapist may ask you to trim your hair, remove any jewelry, or remove dentures.



Radiation therapists position Helen with support behind her head and neck. They make a mold for her.

Radiation therapists also make a mask for her. Helen's face feels warm when they fit the mask. They put marks on her mask to help align her to the beam.



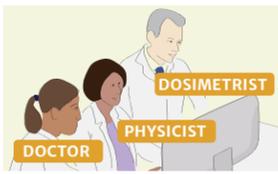
3 Treatment planning

Professionals create your custom plan

Your care team will use the planning scan to create your radiation treatment plan. Usually, this will take 5–7 work days.

Depending on your case, it might take more time to develop your plan.

Your plan targets your tumor site around the head and neck area. It limits the radiation dose on healthy tissues.



IN THE MEANTIME

Plan

- Arrange transportation to and from the clinic
- Coordinate with your family, your job, and other people so you can come for appointments and focus on healing

Prepare for treatment

- Get answers to your questions about insurance and/or billing
- Speak with a dietitian
- Meet with a speech therapist

Seek support

- Consider reaching out to friends, family, and others
- Speak with a social worker
- Your nurse can refer you to other support services if needed

4 Treatment

Visiting your clinic daily for radiation

- Duration: 15–45 minutes
- The first treatment is usually longer
- You will see your doctor and nurse at least weekly

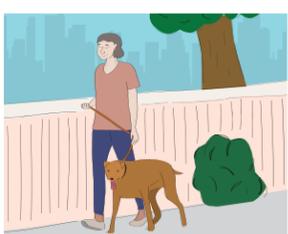
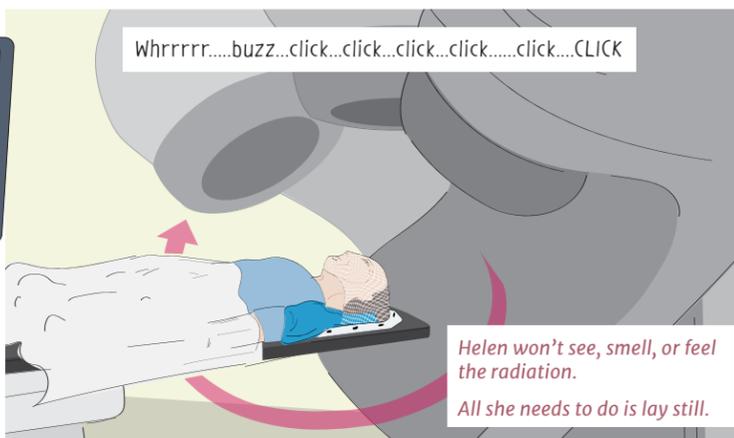
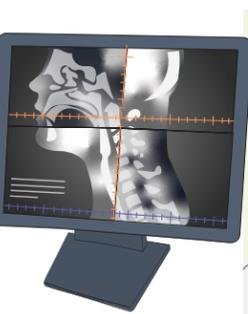
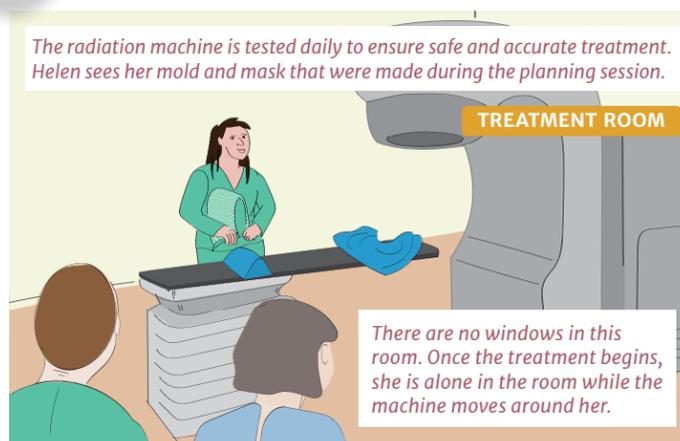
If you lose weight or the tumor shrinks a lot, you may get a new scan to adjust your treatment plan.

You might need a new mask or a new mold.



Today is Helen's first day. She is a little nervous.

She notices that the machine looks different than the scanner used in planning.



In between treatments, Helen goes about her day. She can safely be around her friends and family. She is not radioactive.



Her treatment soon feels routine.



Helen does regular mouth rinses.



WEEKLY DOCTOR VISIT



Helen notices that her taste has changed. She mentions this to her care team.



Helen's dietitian monitors her nutrition level.

There is a 2–3 week delay in developing side effects.

TREATMENT 1–2 weeks **SIDE EFFECTS**

Tell your nurse and doctor if you notice any changes in your overall health. They will give you instructions on managing side effects.

- Skin irritation take care of your skin
- Sore throat clean the mouth
- Dry mouth drink water
- Weight loss eat/drink well