5 After treatment
Assessing radiation's effects on cancer and your body

- The effect of radiation is still at work in your body.
- Side effects begin to subside 2–3 weeks after treatment ends.
- Contact the clinic if your side effects worsen or are not improving.

CONTINUING CARE
Doctors continue to monitor Carla long term. They watch for any side effects. Carla continues to have scans. She exercises to maintain her wellbeing and health. She may receive chemotherapy or other treatments.

Carla has a brain tumor. She is about to receive radiation treatment. Carla's experience will give you an idea of what to expect. Your treatment may be different. Your experience may vary if your treatment uses Cyberknife® or Gammaknife®.

Today, Carla's here for her first appointment. The nurse and doctor examine her. Carla and her care team discuss her radiation plan.

WHAT IS EXTERNAL BEAM RADIATION TREATMENT?
A machine delivers doses of high energy rays. These rays kill cancer cells in, or around your brain, or spinal cord.

HOW WILL RADIATION AFFECT ME?
Radiation will not hurt. You will not see, smell or feel the radiation beams. In fact, you will not be able to tell that you are receiving treatment. Radiation will not hurt. You will not see, smell or feel the radiation beams. In fact, you will not be able to tell that you are receiving treatment.

Your other doctors:
• Neurosurgeon,
• Social Worker,
• Medical Assistant,
• Radiation Oncologist,
• Radiology Technologist,
• Physical Therapist,
• Dosimetrist,
• More.

WHAT SIDE EFFECTS ARE MORE LIKELY, LESS LIKELY TO OCCUR? SHORT TERM? LONG TERM?
How will radiation affect my chemotherapy?
How long will the treatment be?
Are they true?
I've heard some things about radiation. Are they true?
What side effects are more likely, less likely to occur? Short term? Long term?
How long will the treatment be?
How will radiation affect my chemotherapy?
Can I still work and see people?

EXAM
Upper brain and your body

SCAN
Not for clinical use

TREATMENT TRACKER

Before each visit, I need to:
• take medication(s)
• stop medication(s)
• a haircut
• a shave
• a mask
• a frame
• an IV
• a PET scan
• a brain MRI
• a PET scan
• a boost
• take medication(s)

TREATMENT INFORMATION
Planning my treatment
During my planning session, I will receive:
• a mask
• a frame
• an IV
• a PET scan
• an IV
• a PET scan
• a boost
• a frame
• an IV
• a PET scan
• an IV
• a PET scan
• a boost
• an IV

My Information
MY PLANNING SESSION

Before my planning session, I need:
• a mask
• a frame
• an IV

MY TREATMENT

I will see my doctor every

Before each visit, I need to:
• take medication(s)
• stop medication(s)
• a haircut
• a shave
• a mask
• a frame
• an IV
• a PET scan
• a brain MRI
• a PET scan
• a boost
• take medication(s)
• stop medication(s)
• a haircut
• a shave
• a mask
• a frame
• an IV
• a PET scan
• an IV
• a PET scan
• a boost
• an IV

FOLLOW UP

4–5 weeks after her last treatment, the doctor monitors Carla for her recovery.
Changes to her scalp have become less noticeable.

Contact the clinic if your side effects worsen after treatment ends.
Side effects begin to subside 2–3 weeks in your body.
The effect of radiation is still at work.

Notes
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.

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.

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 radiation machine is tested daily to ensure safe and accurate treatment. Carla sees her mask that was made during the planning session.

There are no windows in the room. Once her treatment begins, she is alone in the room while the machine moves around her.

Carla’s treatment soon feels routine. She applies the cream provided by the doctor.

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

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

Her treatment soon feels routine. She applies the cream provided by the doctor.

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

Her treatment soon feels routine. She applies the cream provided by the doctor.

Good to see you this week, Carla. How are you?
I’m losing some hair.

Carla won’t see, smell, or feel the radiation. All she needs to do is lay still.

Food? None today...

We are going to make a mask. It will help keep you in the same position. This will ensure treatment is as precise as possible.

Other possibilities

Open

Face/shoulder

Radiosurgery frame

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

We are going to make a mask. It will help keep you in the same position. This will ensure treatment is as precise as possible.