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
- · You may be advised to follow a specific diet to reduce your side effects
- ·Your doctor may prescribe medication for your side effects

CONTINUING CARE

Doctors & nurses continue to monitor George long term. They watch for any side effects. George continues to have imaging scans. He exercises to maintain his well-being and health.

He may have additional chemotherapy, surgery, or other treatments.

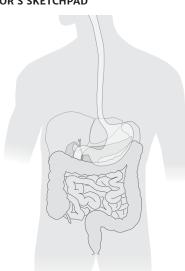






My Information

DOCTOR'S SKETCHPAD





MY PLANNING SESSION

Before my planning session, I need:

☐ a CT scan ☐ blood work ☐ an MRI scan ☐ oral contrast \square a PET scan ☐ a full bladder

☐ fiducial markers ☐ limit food/drinks for__ ☐ an enema ☐ to stop medication(s)_

During my planning session, I will receive: ☐ marks or tattoos ☐ a cathete □ a mold ☐ rectal contrast ☐ an IV ☐ a bolus ☐ a vaginal dilator

days/ Planning my treatment will take

TREATMENT INFORMATION

Throughout treatment, I will see my doctor every **M**

Before each visit, I need to:

☐ have a full bladder ☐ take chemotherapy pill limit food/drinks for ___ hours

□ to take medication(s) _

I may receive: □ a boost

MISSING APPOINTMENTS

Notes

- · Contact us to reschedule
- each missed day will be added to the end of your treatment schedule
- ong breaks between appointments could your treatment less effective

CHEMOTHERAPY

You may receive chemotherapy along with radiation.

☐ daily (pill) ☐ every ___ week(s)

Chemotherapy may start before radiation and may continue after. You may require a 'port'.

Chemotherapy and radiation treatment have different side effects. You can contact either clinic with questions or concerns.

Other doctors on your care team: Medical oncologist (chemotherapy):

Surgeon:

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TREATMENT TRACKER

_visits

boost treatments)



This work was supported in part by the Radiation Oncology Institute For more information: Dr. Dan Golden, dgolden@uchicago.edu This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License, Make attribution to: IIT/Institute of Design and UChicago Medicine



DISCUSSION GU

DIGESTIVE SYSTEM

Your

radiau

treatment

pathway

Consult Discussing radiation treatment

George is about to receive radiation treatment for cancer. George's experience will give you an idea of what to expect. Your radiation

Today, George is here for his first appointment. The nurse and doctor examine George. George and his care team discuss his radiation plan.









CARE TEAM







THERAPIST



Other members

PHYSICIST DOSIMETRIST

may include Dietitian, Social Worker, and Medical Assistant.

What is the goal of my radiation

treatment?

I have heard some things about radiation. Are they true?

Will the radiation affect my skin?

What side effects are more or 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?

Patients with cancer of the digestive system may have a feeding tube or an ostomy bag. The radiation beam will not target these.

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WHAT IS EXTERNAL BEAM **RADIATION TREATMENT?**

A machine delivers doses of high energy rays. These rays kill cancer cells in and around your digestive system tumor site.

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.

Most people continue to work, engage with others and live their normal lives while undergoing radiation treatment. However, please allow yourself the space to heal and rest.

You may have side effects like upset stomach, diarrhea, pain when swallowing, not feeling hungry, and fatigue. You may also experience skin redness, soreness or peeling. Other side effects are possible.

If you notice any changes in your health, tell your nurse or doctor. You can talk to your care team anytime.



Understanding your radiation treatment

Planning session

Determining the best treatment position

Treatment planning

Your care team creates your custom plan

Treatment

Visiting your clinic daily for radiation

After treatment

Assessing radiation's effects on treatment site and your body



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.
- The make notes about your position. This way they can put you in the same position everytime.

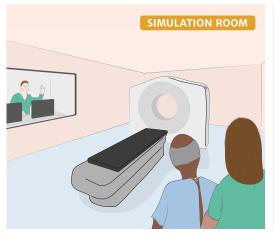
Be sure to tell the therapist if you are uncomfortable.

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



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



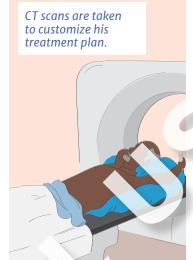


We are going to make a mold. It will help keep you in the same position for all your treatments.



Radiation therapists position George with support devices.







3 Treatment planning

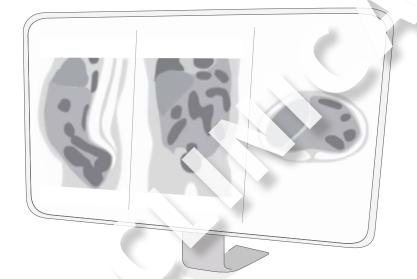
Professionals create your custom plan

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.





IN THE MEANTIME

 $\hfill \square$ 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



 \square Get answers to your questions and concerns about insurance and billing

☐ Speak with a dietitian

☐ Pick up medication

Seek Support

 $\hfill \square$ 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
- · Depending on your case, the details of your treatment may differ

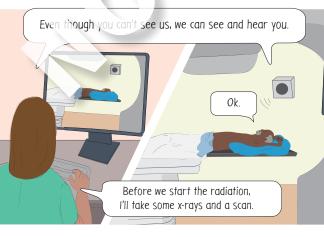


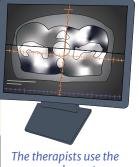
Today is George's first day. He is a little nervous.

He notices that the machine looks different than the scanner used in planning











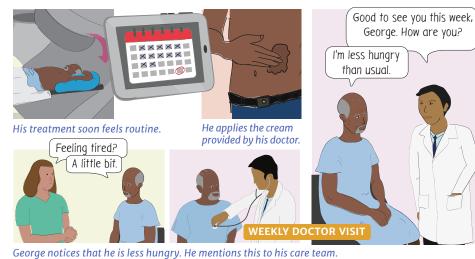






In between treatments, George goes about his day normally. He can safely be around friends and family. He is not radioactive.





side effects. TREATMENT

There is a 2-3 week delay in noticing



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.