

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



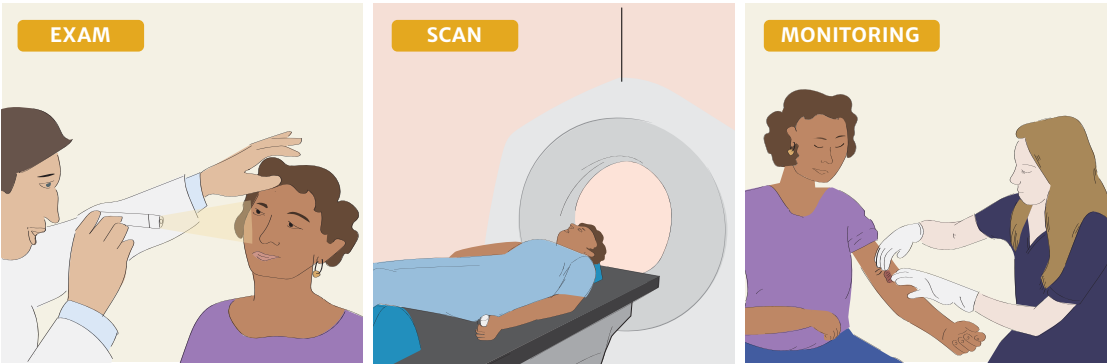
**FOLLOW UP**

4–5 weeks after her last treatment, the doctor monitors Carla for her recovery.

Changes to her scalp have become less noticeable.

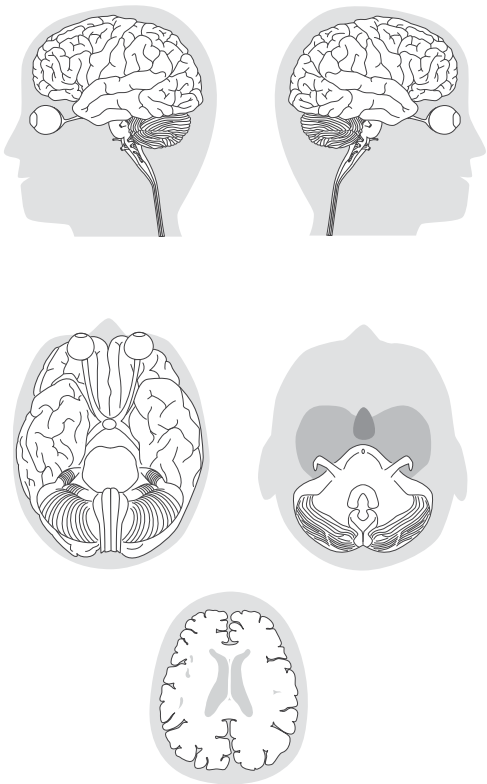
CONTINUING CARE

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.



Notes

DOCTOR'S SKETCHPAD



My Information

MY PLANNING SESSION

\_\_\_\_\_ / \_\_\_\_\_ at \_\_\_\_\_ : \_\_\_\_\_ am pm

**Before my planning session, I need:**

☐ a brain MRI ☐ a PET scan

☐ a haircut ☐ a shave

☐ stop medication(s) \_\_\_\_\_

**During my planning session, I will receive:**

☐ a mask ☐ a frame ☐ an IV

**Planning my treatment** will take \_\_\_\_\_ days weeks

**TREATMENT INFORMATION**

Throughout treatment, I will see my doctor every **M T W Th F**

**Before each visit, I need to:**

☐ take medication(s) \_\_\_\_\_

☐ other \_\_\_\_\_

**I may receive:** ☐ a boost

MISSING APPOINTMENTS

- Contact us to reschedule
- Each missed day will be added to the end of your treatment schedule
- Long breaks between appointments could make 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.

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

Your other doctors:

\_\_\_\_\_

\_\_\_\_\_

Customize, and print phone number section from file:

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TREATMENT TRACKER

\_\_\_\_\_ visits

(\_\_\_\_\_ boost treatments)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

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DISCUSSION GUIDE

CENTRAL NERVOUS SYSTEM

Your radiation treatment pathway

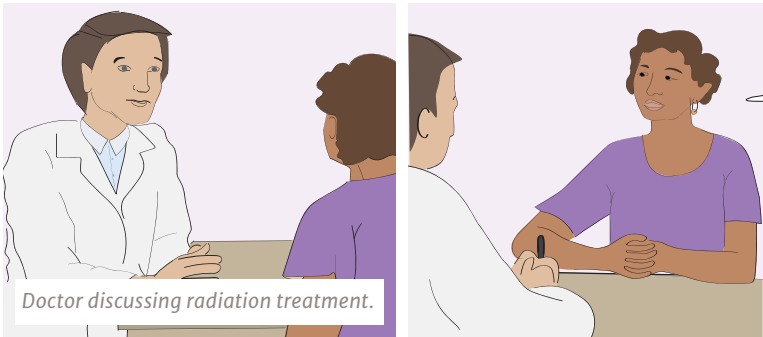
- Consult
- Planning session
- Treatment planning
- Treatment
- After treatment

1 Consult

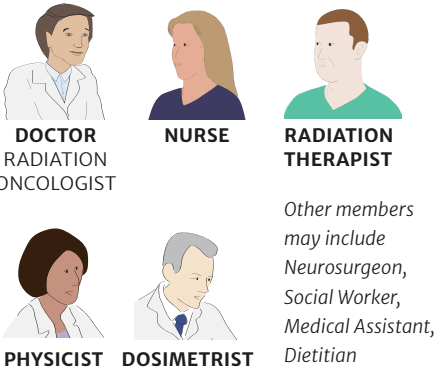
Discussing radiation treatment

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 radiation 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.



CARE TEAM



What's the goal of my radiation treatment?

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?

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.

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

You may have side effects like headache, nausea, skin irritation, hair loss and fatigue. Other side effects are possible.

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

2 Planning session

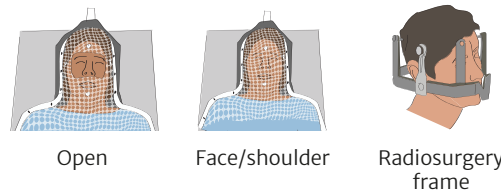
Determining the best treatment position

- 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

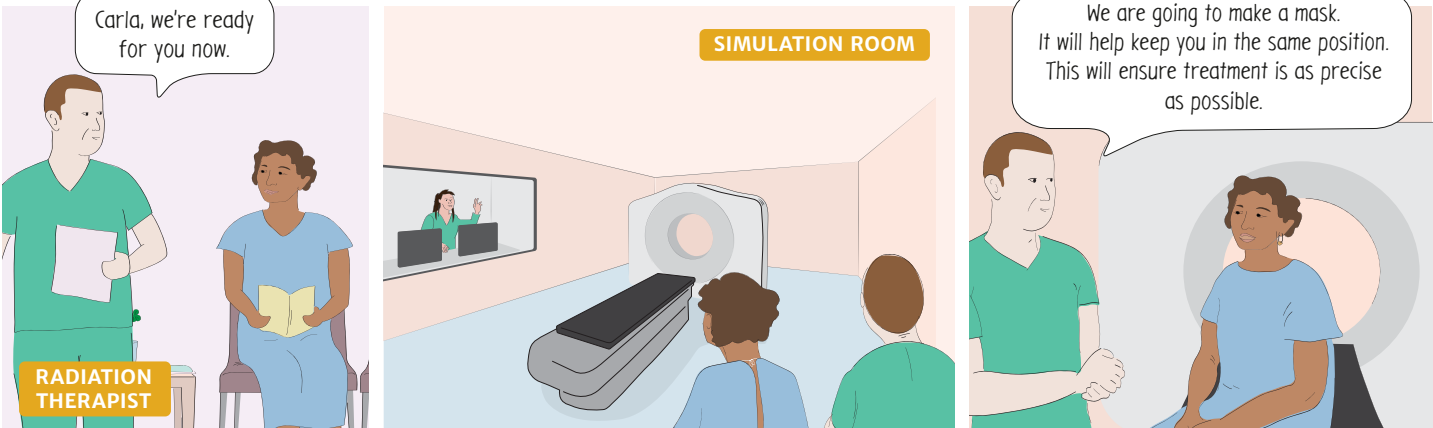
Your mask will be customized for your needs.

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

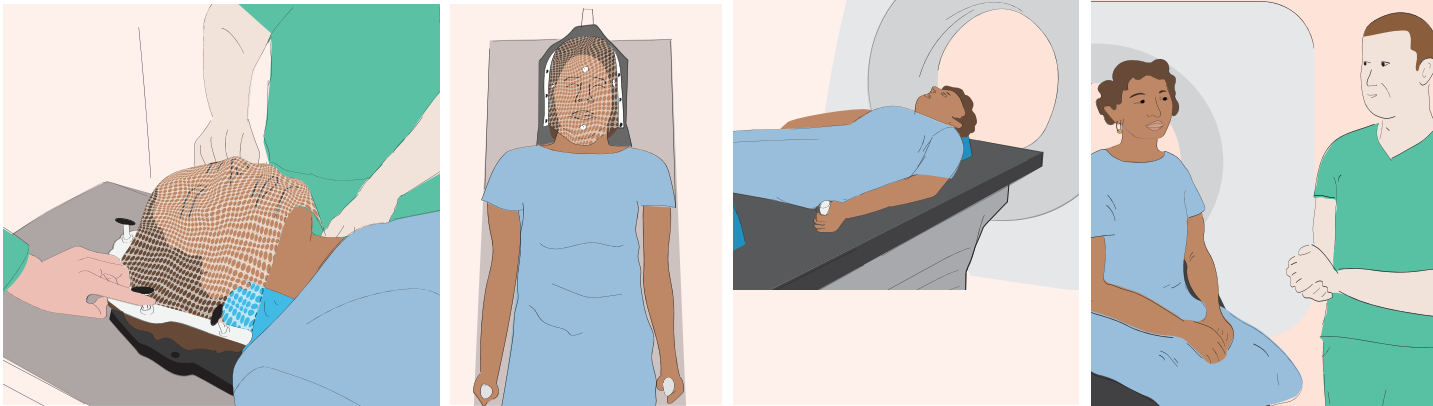
OTHER POSSIBILITIES



- ☐ 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.



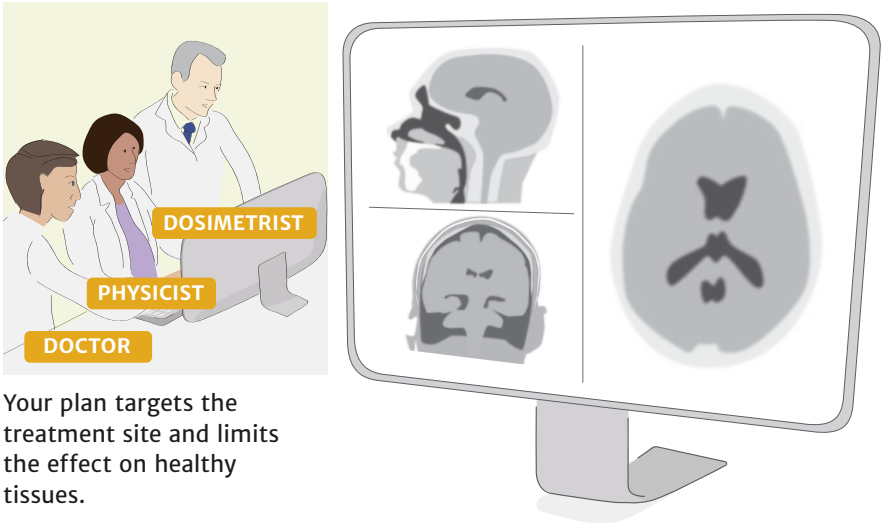
3 Treatment planning

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

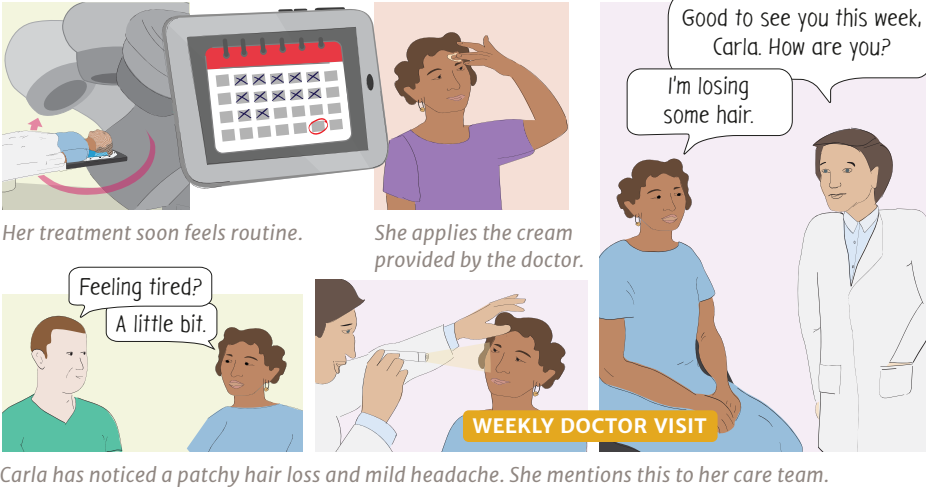
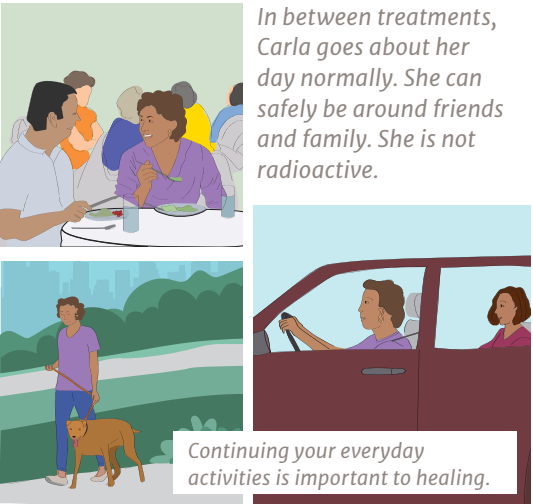
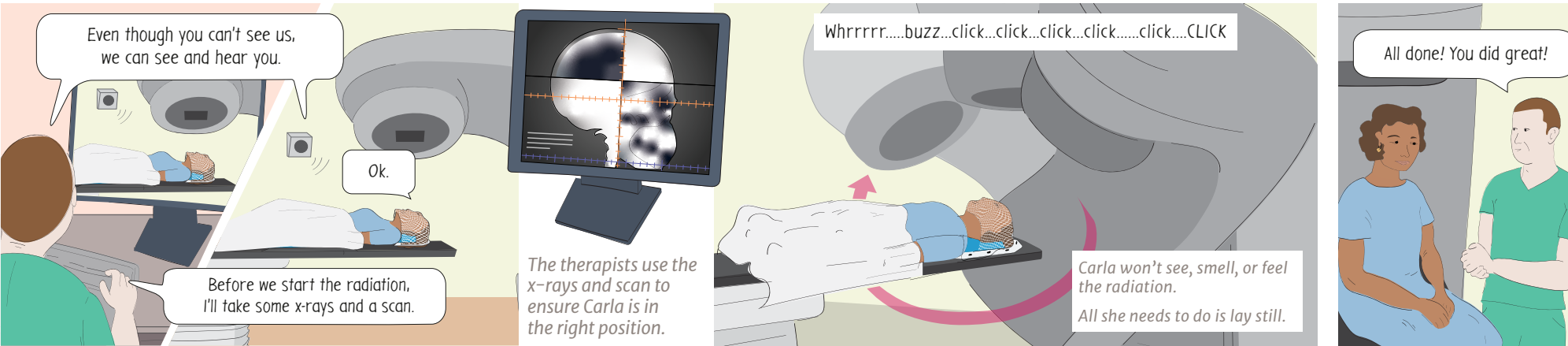
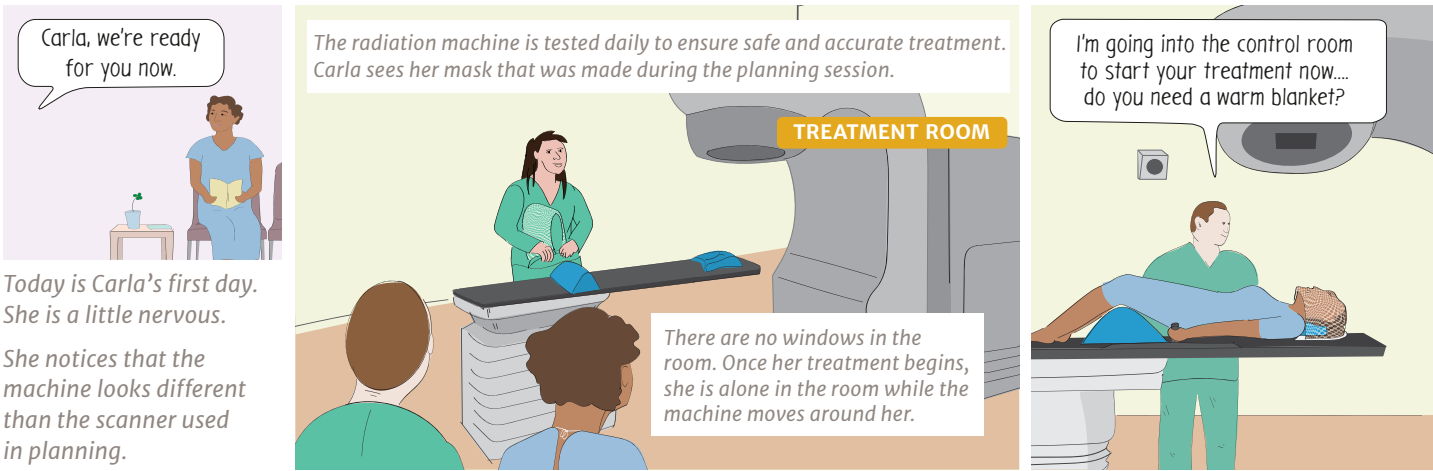
*Seek Support*

- ☐ 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



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	SIDE EFFECTS
2–3 weeks	

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.