



## 2 Planning session

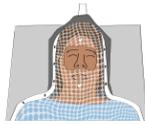
Determining the best treatment position

- 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

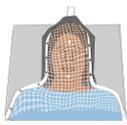
Your mask will be customized for your needs.

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

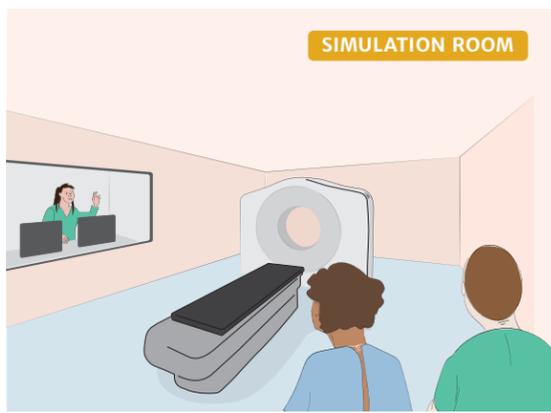
#### IV contrast

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



Carla, we're ready for you now.

RADIATION THERAPIST



SIMULATION ROOM



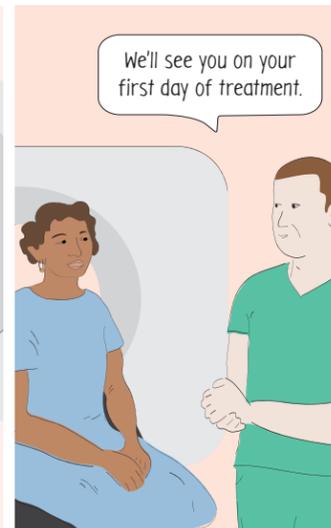
We are going to make a mask. It will help keep you in the same position. This will ensure treatment is as precise as possible.

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.



Scans are taken to customize Carla's treatment plan.



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

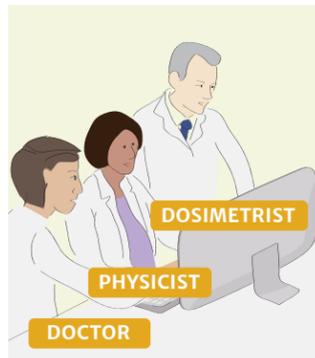
## 3 Treatment planning

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.



DOSIMETRIST

PHYSICIST

DOCTOR



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

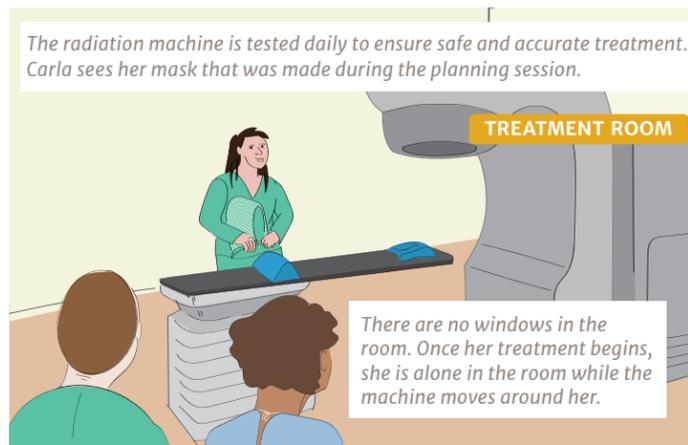
- Duration: 15-60\* minutes
- The first treatment is usually longer
- You will see your doctor and nurse at least weekly
- \* Depending on your case, the details of your treatment may differ



Carla, we're ready for you now.

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

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



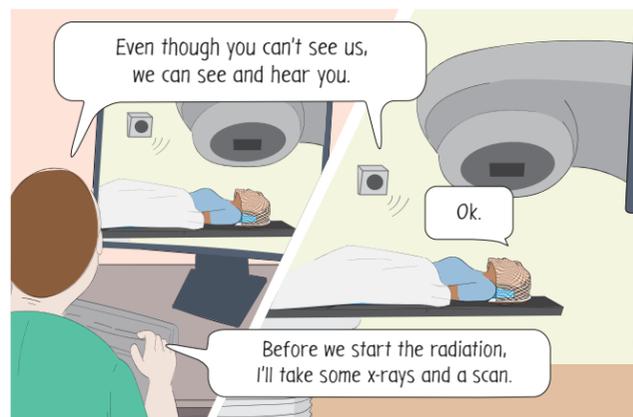
TREATMENT ROOM

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.



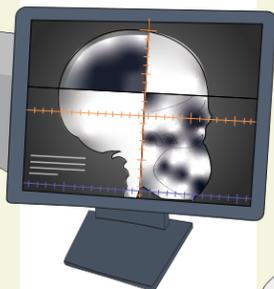
I'm going into the control room to start your treatment now... do you need a warm blanket?



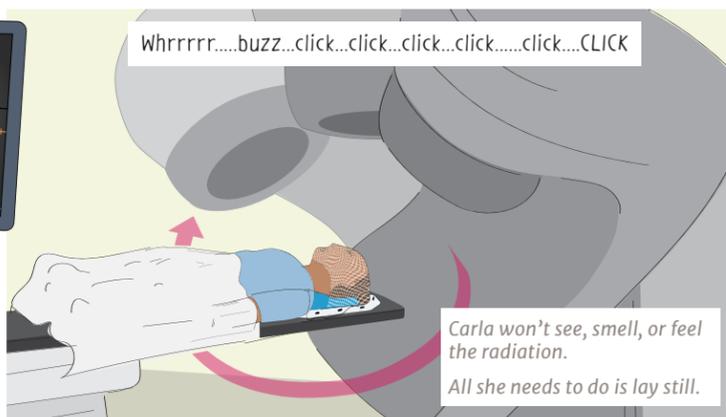
Even though you can't see us, we can see and hear you.

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 Carla is in the right position.



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

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



All done! You did great!



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.



Feeling tired? A little bit.



WEEKLY DOCTOR VISIT

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



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

I'm losing some hair.

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.



Continuing your everyday activities is important to healing.

