# **5** After treatment

- Assessing radiation's effects on cancer and your body
- Radiation's effects are still at work in your body
- The outcome of treatment won't be known for months
- You may also need a brachytherapy boost



4-6 weeks after his last appointment, the doctor checks Phil's side effects and begins to see radiation's effects.

- Side effects (bladder and bowel) begin to subside 2-3 weeks after treatment
- Contact the clinic if your side effects worsen or if you are uncomfortable



CONTINUING CARE

You should continue to follow up with your doctor(s) to check you PSA levels. They will also monitor any remaining side effects.

# **My Information**

#### **BEFORE RADIATION TREATMENT**

PSA	IF AFTER SURGERY					
T(umor) stage		Ν	Extracapsular extension			
Gleason/grade group	Y	Ν	Surgical margins			
	Y	Ν	Seminal vesicle involvement			
	Y	Ν	Lymph node involvement			
DOCTOR'S SKETCHPAD						
			$\mathbf{R}$			

#### MY PLANNING SESSION

/	at		:			am pm		
Before my planning session, I need:								
□ blood work		🗆 an enema						
$\Box$ a urine test		□ fiducial markers						
□ an MRI scan		□ oral contrast						
$\Box$ to stop these	medication	$\Box$ to drinkwater						
		by						
During my planning session, I will receive:								
□ small tattoos □ a catheter □ an IV								
Planning my tr	eatment wi	ill ta	ke _			days _ weeks		
TREATMENT INFO	ORMATION							
Throughout trea	atment,							
I will see my do	ctor every	Μ	т	w	Th	F		
Before each visit, I need to:								
□ drink	water				be	fore		
$\Box$ take these me	edications							
□ other								

#### **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

#### **HORMONE THERAPY**

You may receive hormone therapy at the same time as radiation.

Hormone therapy may start before radiation and may continue after.

Start date

Duration \_\_\_\_\_ Months before radiation \_\_\_\_\_

**Related scans I may receive:** Done density scan

COMMON HORMONE THERAPY SHORT TERM SIDE EFFECTS • hot flashes

- $\boldsymbol{\cdot}$  loss of sexual desire
- weight gain

mengine guin

This work was supported in part by the Radiation Oncology Institute. For more information: Dr. Dan Golden dgolden@radonc.uchicago.edu This work is licensed under a Creative Commons Attribution– NonCommercial-ShareAlike 4.0 International License. Make attributions to: IIT/Institute of Design and UChicago Medicine v.11.20



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Your

radiation

PROSTATE

TREATMENT TRACKER

\_ boost treatments)

1 Consult

\_visits

DISCUSSION GUIDE

Phil has prostate cancer and has decided to receive radiation treatment. He's here for his first appointment.

Discussing radiation treatment

I may receive: 
a boost

26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45

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

# Notes



CARE TEAM:

#### WHAT IS EXTERNAL BEAM RADIATION TREATMENT?

# treatment pathway

#### • Consult

Understanding your radiation treatment

#### • Planning session

Determining the best treatment position

#### Treatment planning

Professionals create your custom plan

#### Treatment

Visiting your clinic daily for radiation

#### • After treatment

Assessing radiation's effects on cancer and your body

#### The nurse and doctor tell him what he needs to know about radiation.

Phil's experience will give you an idea of what to expect should you choose to have radiation therapy.









Other members may include medical assistant, social worker, dietitian RADIATION TREATMENT:

A machine called a linear accelerator— 'linac'—delivers doses of high energy rays. These rays kill cancer cells in your prostate and around it.

#### 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. Please, however, allow yourself the space to heal and rest.

2-3 weeks into treatment, you may experience differences in your bowel and bladder habits. Other side effects are possible.

If you experience any side effects or notice any changes in your health, ask your doctor or nurse. They are available every day if needed.

What is the goal of radiation treatment? How is this compared to other treatment possibilities? How does hormone therapy work

with radiation treatment? What are the most likely short and long

term side effects?

I've heard some things about radiation. Are they true?

Can I still work and see people?

# **2** Planning session Determining the best treatment position

- Duration: 60-90 minutes
- This is also called a "simulation scan"
- •No radiation treatment happens today
- · Radiation therapists position your body for the best treatment. They make a record so they can put you in the same position every time

Be sure to speak up if you cannot hold your position. The goal is to relax in this position. This is difficult if you are uncomfortable.

Everyone's position is different.

**3 Treatment planning** 

·Your plan targets the cancer and limits

· Your plan is tested before you are treated

**Professionals create** 

your custom plan

radiation on healthy tissue

DOCTOR

**4** Treatment

for radiation

of treatment

• Duration: 15-45 minutes

Visiting your clinic daily

The first treatment is usually the longest

• For many, not peeing is the hardest part

• Your nurse and doctor will see you weekly.

I'm going into the control room

to start your treatment now.

You should mention any side effects like

changing bladder and bowel habits

·Before treatment, drink water and don't go to the bathroom until after treatment

• Duration: 3-10 weekdays

#### **OTHER POSSIBILITIES**

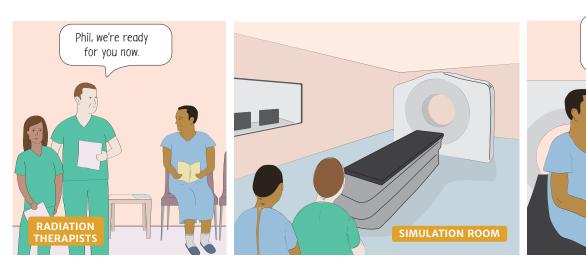
🗆 enema

□ oral contrast □ IV contrast □ rectal contrast □ penile clamp

marks & tape tattoos

actual size

You may receive these markings during this session or in treatment.



CT scans are taken to

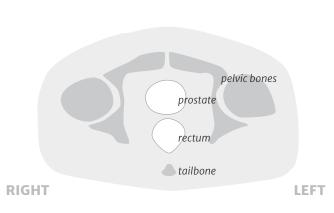
customize his treatment plan.

### Radiation therapists position Phil with support devices to help him relax and remain still.

They also draw marks on his body to help align him to the radiation.



#### DOCTOR'S SKETCHPAD



## **BEFORE TREATMENT**

A full bladder moves the bladder and small bowel away from the radiation field.

Try to drink at the same time before every treatment. Inconsistent water levels may delay your treatment that day.



Even though you can't see us,

Your experience may be different than Phil's.



we can see and hear you.

Done for today.

We'll see you after planning.

You'll be in a mold to

keep you in the same

position every day.



# IN THE MEANTIME

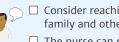


Plan □ Arrange transportation to the clinic Coordinate with work and others, so you can come to treatments and focus on healing

#### **Prepare for treatment**

- □ Find a water bottle to use before treatments
- Get answers to your questions about insurance and/or billing

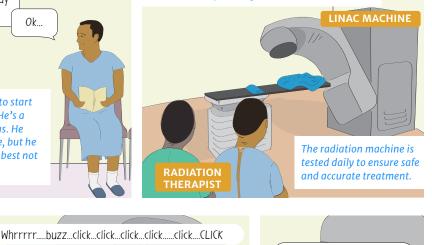
#### Seek Support



□ Consider reaching out to friends, family and others

□ The nurse can refer you to other services

#### Phil notices that the treatment room has thick walls and no window to the control room. His mold from the planning session is on the table.

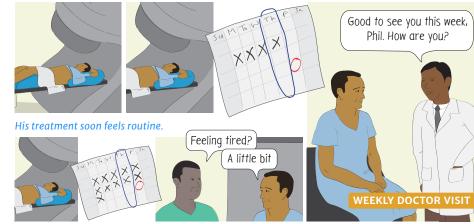


You did great.

See you again tomorrow!



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



Phil's bladder and bowel habits have changed. He mentions this to his doctor.

Tell your nurse and doctor if you notice any side effects or changes in your health.

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

#### TREATMENT

# 2-3 weeks SIDE EFFECTS

#### 'BOOST'

You may receive extra targeted radiation treatments called a 'boost.' It will feel just like your other radiation treatments.

A brachytherapy boost is also possible.