

## 5 After treatment

### Assessing radiation's effects on cancer and your body

Notes

- Radiation's effects are still at work in your tumor
- The outcome of the treatment won't be known for a few months
- Pain from swallowing and fatigue will begin to subside 2–4 weeks after treatment

- 1–4 months after radiation treatment, if you notice a cough, changes in breathing, or fever contact your radiation care team
- Please contact your nurse or doctor if you experience new or worsening side effects



#### FOLLOW-UP

4–6 weeks after finishing his radiation, Luke sees his doctor.

The doctor checks to make sure Luke's side effects are going away.



3–6 months after finishing his radiation, Luke gets a scan to assess the success of the treatment.

The doctor also checks Luke's treatment-related side effects.

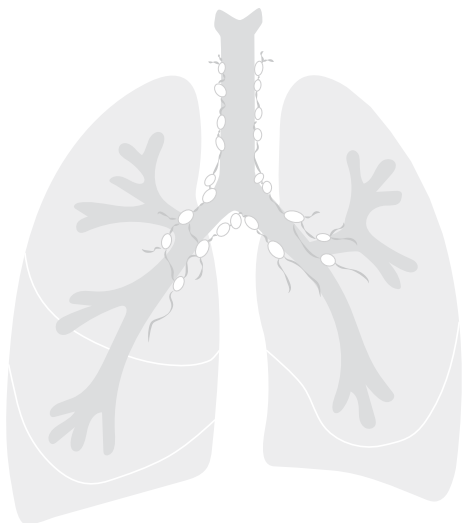
#### CONTINUING CARE

You should continue to see your doctors to ensure the cancer is going away. You will have scans to check your response to treatment.

Your doctors will watch for any side effects from treatment.

Your doctors may recommend chemotherapy or immuno-therapy after radiation.

#### DOCTOR'S SKETCHPAD



## My Information

#### MY PLANNING SESSION

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

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

- bloodwork
- bronchoscopy
- pulmonary function tests
- stop these medication(s) \_\_\_\_\_
- PET scan
- brain MRI

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

- an IV
- small tattoos

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 these medications \_\_\_\_\_
- 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

#### CHEMOTHERAPY

You may receive chemotherapy along with radiation.

- weekly
- every 2 weeks
- every 3 weeks

Chemotherapy may start before radiation and may continue after.

Your medical oncologist: \_\_\_\_\_

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

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#### TREATMENT TRACKER

\_\_\_\_ visits

daily  twice daily

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 LUNG

### Your radiation 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 for radiation
- **After treatment**  
Assessing radiation's effects on cancer and your body

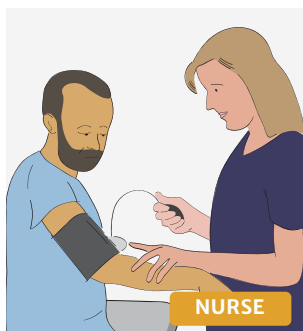
## 1 Consult

### Discussing radiation treatment

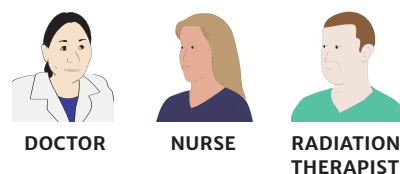
Luke has lung cancer and is about to receive radiation treatment. He's here for his first appointment.

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

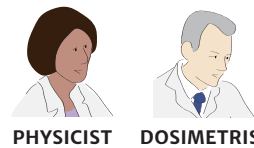
Luke's experience will give you an idea of what to expect. Your radiation treatment may be different.



#### CARE TEAM:



#### Behind the scenes



Other members may include medical assistant, social worker, dietitian

What is the goal of radiation treatment?  
 What are the most likely short and long term side effects based on the location of my tumor(s)?  
 I've heard some things about radiation. Are they true?  
 Can I still work and see people?

If you are also having chemotherapy, ask how your care team will help coordinate your treatment schedules.

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#### WHAT IS EXTERNAL BEAM RADIATION TREATMENT?

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

#### 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.

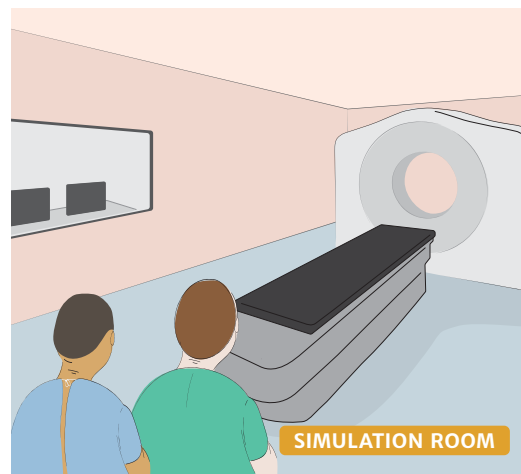
2–3 weeks after starting treatment, you may begin to feel pain when swallowing or feel tired. Other side effects are possible.

**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.**

## 2 Planning session

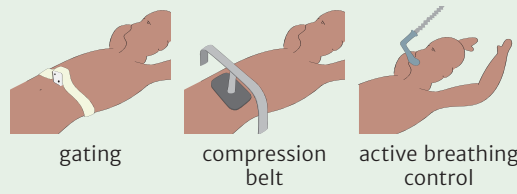
### Determining the best treatment position

- 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

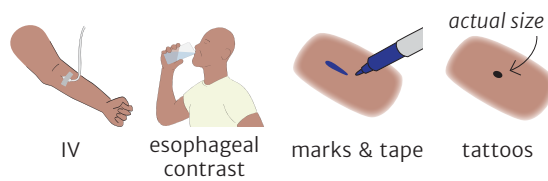


### TRACKING TUMOR MOTION

Your lung and your tumor(s) move as you breathe. Your care team may use these techniques and devices to track this movement.



### OTHER POSSIBILITIES



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 will be different.



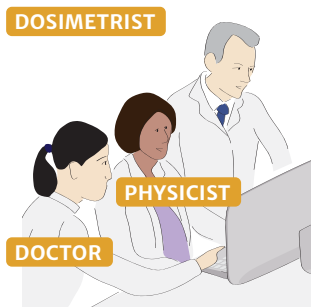
*CT scans are taken to customize his treatment plan.*



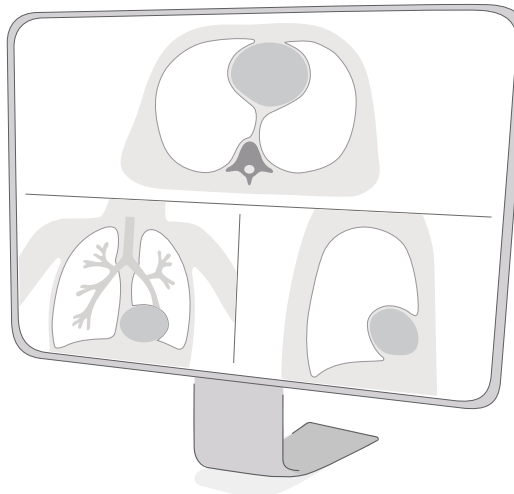
## 3 Treatment planning

### Professionals create your custom plan

- Duration: 3–10 weekdays
- Your custom radiation plan targets the cancer and limits damage to healthy tissue
- A quality check is performed on your treatment plan before you are treated



Together with your doctor, specialists work behind the scenes to create your custom radiation plan.



### 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**
- 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

## 4 Treatment

### Visiting your clinic for radiation

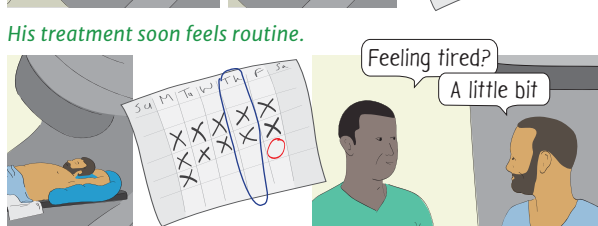
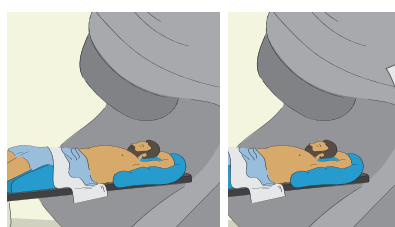
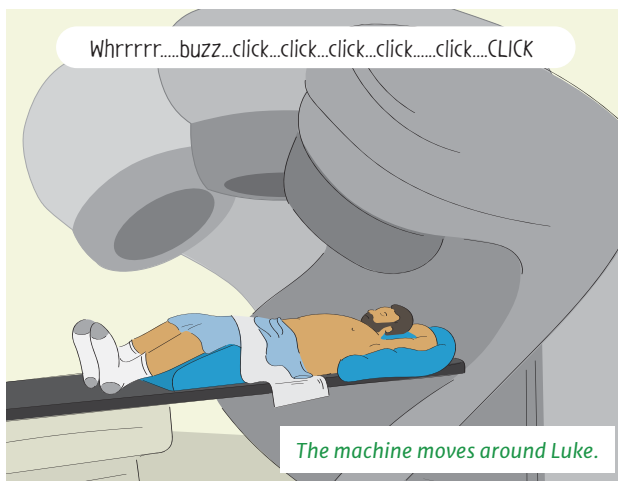
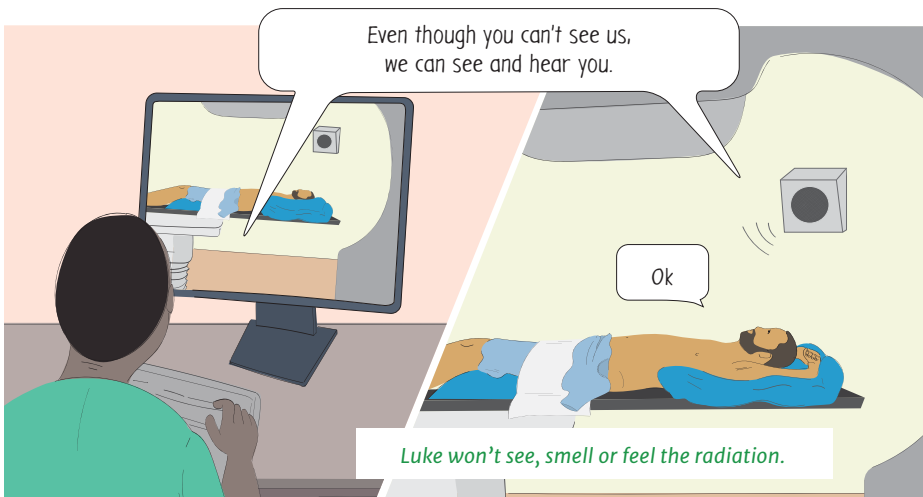
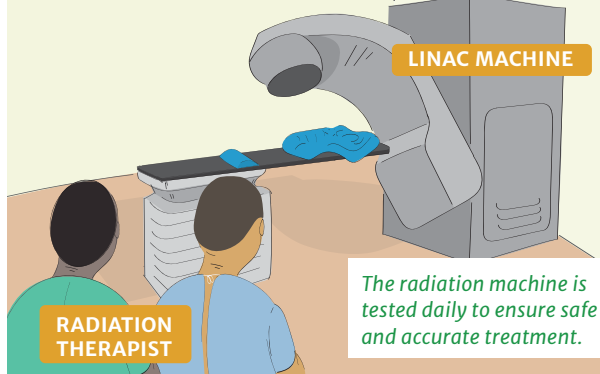
- Duration: 15–45 minutes
- The first treatment is usually the longest
- Your nurse and doctor will see you weekly to help you with side effects (trouble swallowing, fatigue)
- Some clinics check positioning again on the first day. This is called a ‘dry run’ or a ‘v-sim.’

Your treatment may be different from Luke's shown here.

*Luke is back to start treatment. He is a little nervous.*



*Luke notices that the room has thick walls and no window to the control room. Therapists verify Luke's position before starting treatment.*



*Luke is having trouble swallowing food. He mentions this to his doctor.*

*Good to see you this week, Luke. How are you?*

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



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