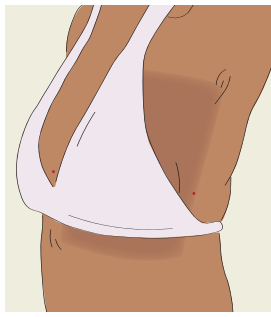


5 After treatment

Assessing radiation's effects on cancer and your body

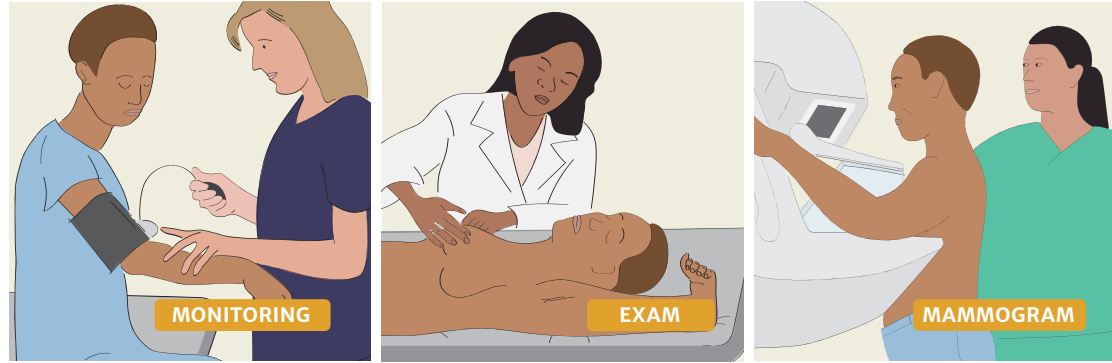
- Radiation's effects are still at work in your body
• Side effects (skin irritation, tenderness, fatigue) begin to subside 2-3 weeks after treatment
• Contact the clinic if your side effects worsen



FOLLOW UP
4-6 weeks after her last treatment, the doctor checks Beth's side effects. Changes to her skin have become less noticeable.

CONTINUING CARE

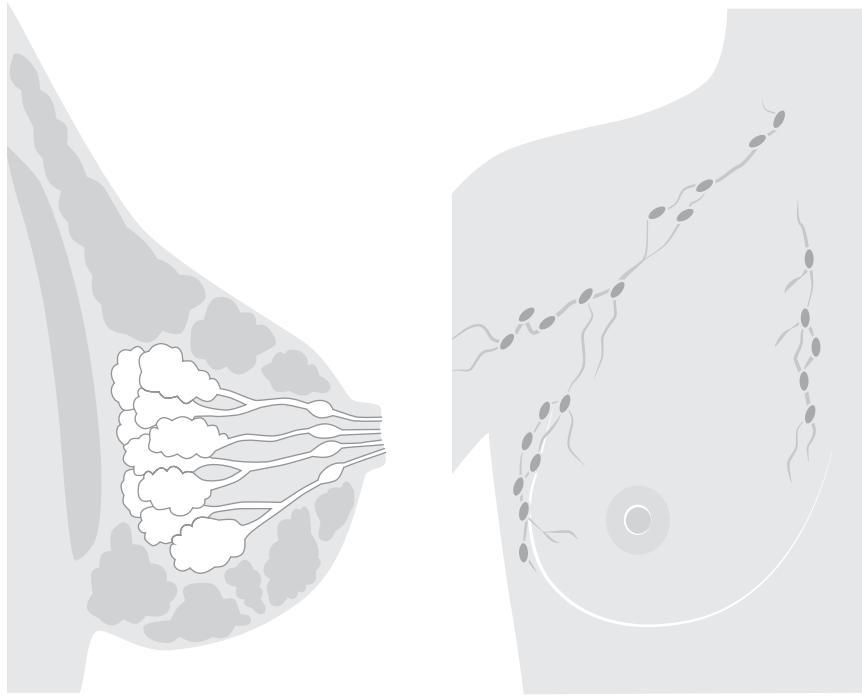
Doctors continue to monitor Beth long term. They watch for any side effects. Beth continues to have mammograms. She exercises to maintain her wellbeing and health.



Notes

Horizontal lines for taking notes.

DOCTOR'S SKETCHPAD



My Information

MY PLANNING SESSION

____ / ____ at ____ : ____ am / pm

Before my planning session, I need:

- checkbox blood work, checkbox physical therapy, checkbox see my plastic surgeon, checkbox stop these medications

During my scan, I will receive: checkbox 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:

- checkbox take pain medication, checkbox practice arm exercises, checkbox other

MISSING APPOINTMENTS

- Contact the clinic 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

Treatment tracker

Calendar grid for 35 days with boost treatment markers.

Customize, and print phone number section from file:

Avery5352 EBRT DiscussionGuide phone no.doc

This work was supported in part by the Radiation Oncology Institute. For more information: Dr. Dan Golden dgolden@radonc.uchicago.edu



DISCUSSION GUIDE BREAST

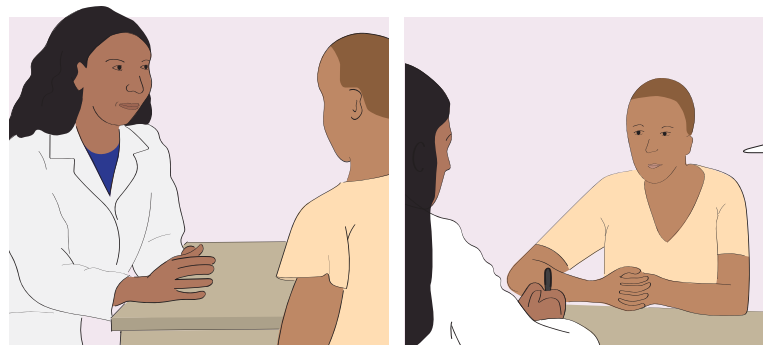
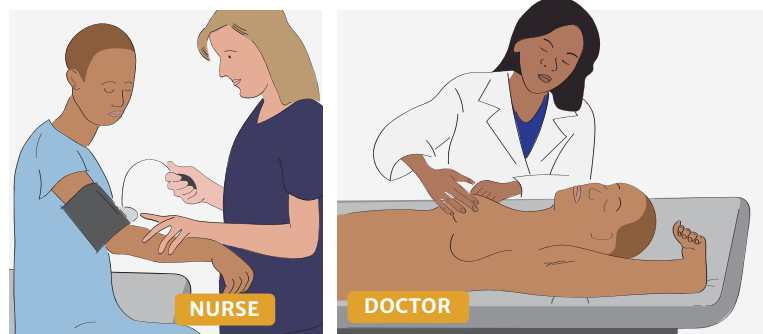
Your radiation treatment pathway

- Consult: Understanding your radiation treatment
• Planning session: Determining the best treatment position
• Treatment planning: Professionals create your custom plan
• Treatment: Visiting your clinic daily for radiation
• After treatment: Assessing radiation's effects on cancer and your body

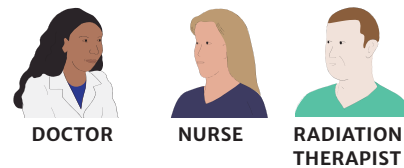
1 Consult: Discussing radiation treatment

Beth has breast cancer and is about to receive radiation treatment. She's here for her first appointment. The nurse and doctor examine her. They tell her what she needs to know about radiation.

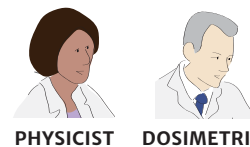
Beth's experience will give you an idea of what to expect. Your radiation treatment may be different.



CARE TEAM



Behind the scenes



Other members may include medical assistant, social worker, dietitian

What's the goal of radiation treatment? I've heard some things about radiation. Are they true? What are the most likely short and long term side effects-during and after treatment? Can I still work and see people?

Customize, print logo on:

Avery6870/8257 EBRT DiscussionGuide Logo.doc

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 breast.

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, side effects like skin irritation, breast tenderness and fatigue may occur. 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

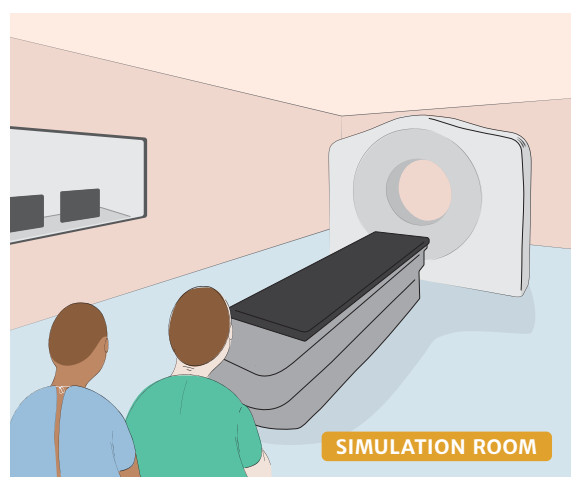
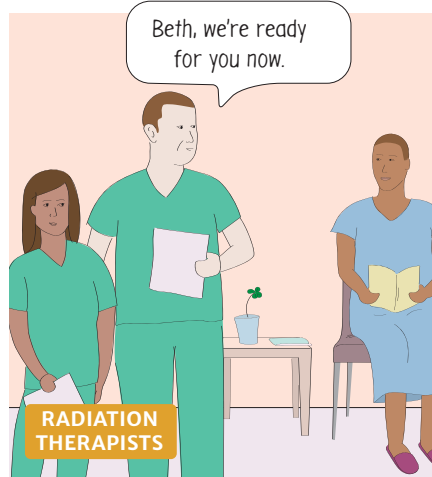
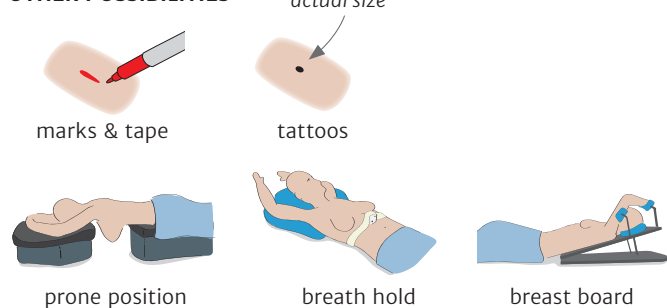
Determining the best treatment position

- 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
- For many, holding their arms above their heads is the hardest part

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.

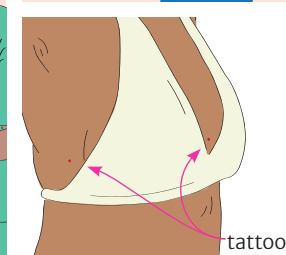
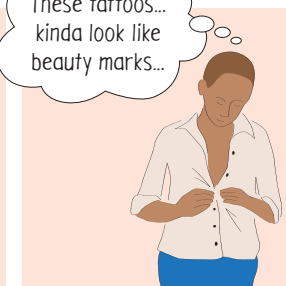
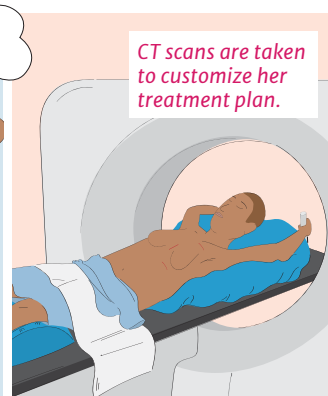
Everyone’s position will be different.

OTHER POSSIBILITIES



Radiation therapists position Beth with support devices. This helps her relax and remain still.

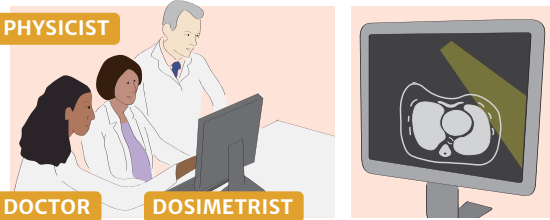
They also put marks on her body. This helps align her to the radiation.



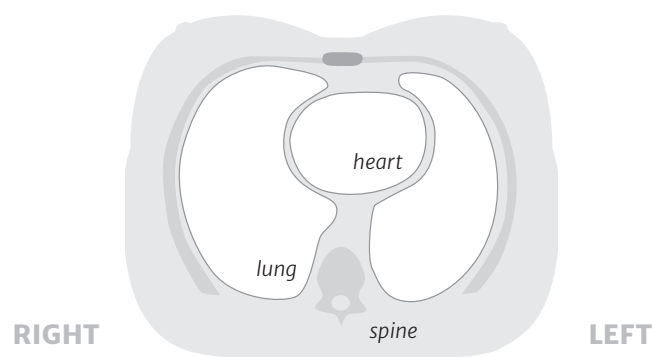
3 Treatment planning

Professionals create your custom plan

- Duration: 3–10 weekdays
- Your plan targets the remaining cancer and limits the effect on healthy tissue
- Your plan is tested before it is used to treat you



DOCTOR'S SKETCHPAD



IN THE MEANTIME

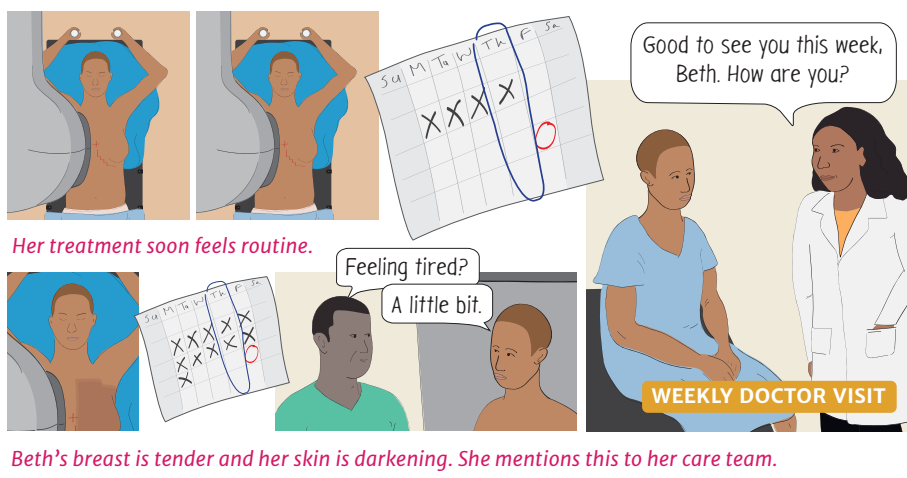
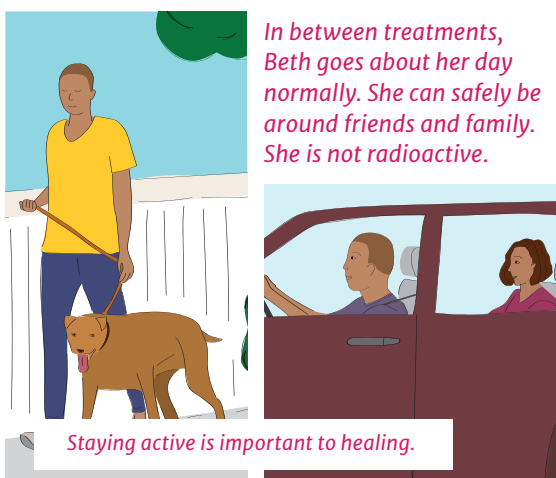
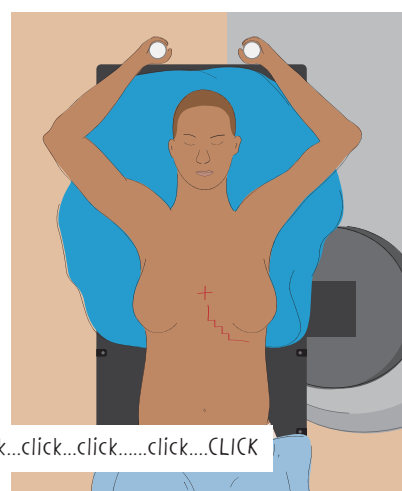
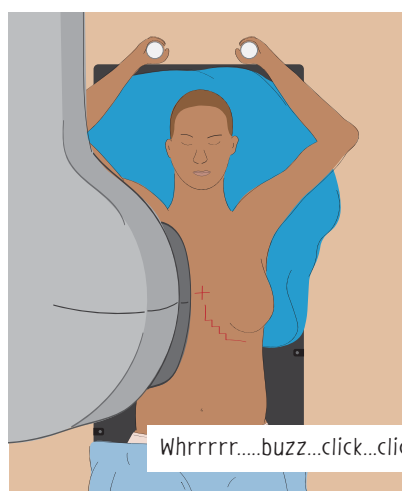
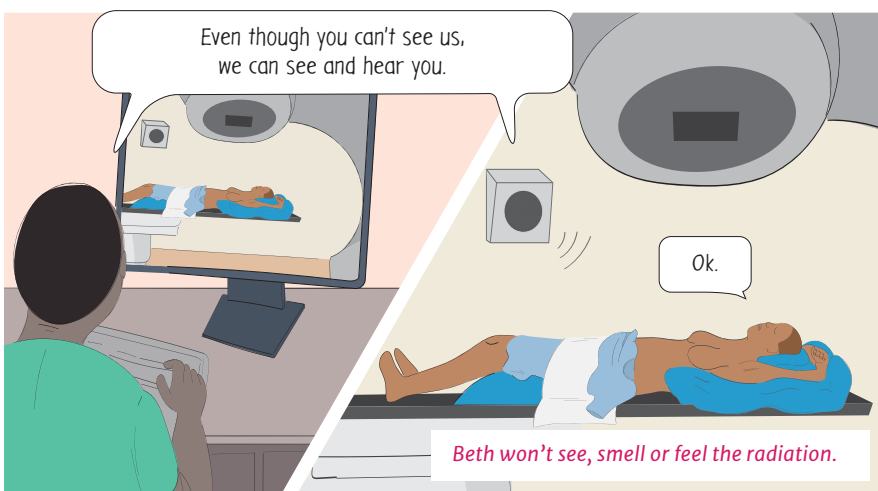
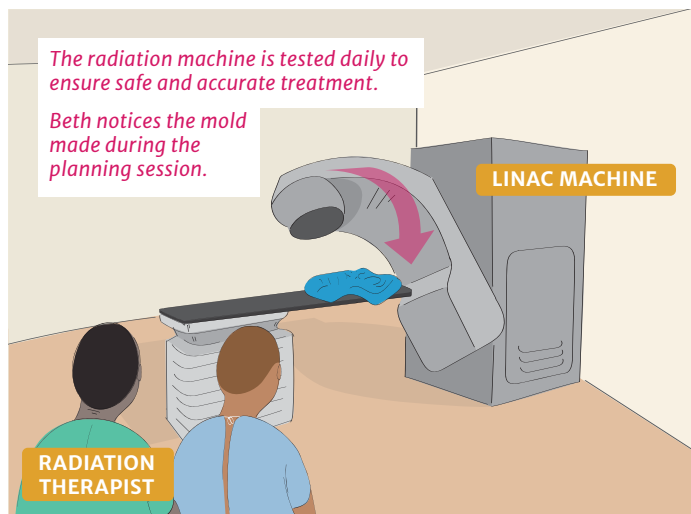
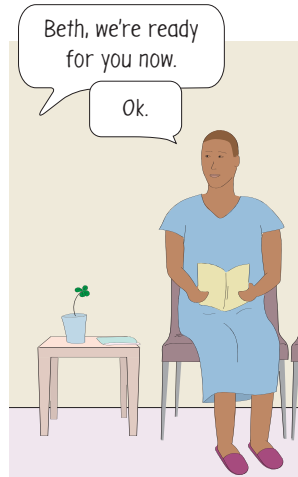
- Plan**
- Arrange transportation to the clinic
 - Coordinate with work and others, so you can come to appointments and focus on healing
- Prepare for treatment**
- Practice arm raising exercises
 - Get answers to your questions about insurance and/or billing
- Seek Support**
- Consider reaching out to friends, family and others
 - The nurse can refer you to other services

4 Treatment

Visiting your clinic daily for radiation

- Duration: 15–45 minutes
- The first treatment is usually the longest
- You will visit your nurse and doctor weekly
- Some clinics check your positioning again on the first day. They may call this a ‘dry run’ or a ‘v-sim’

Today is Beth’s first day of treatment. She’s a little nervous. She notices that the treatment room has thick walls. There are also no windows into the control room. The machine moves around her.



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



Tell your nurse and doctor if you see 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.