

2 Planning session

Determining the best treatment position

- Duration: 60 – 75 minutes
- This is called a 'simulation scan'
- No radiation treatment happens today
- Radiation therapists position your body for the best treatment. They make sure you are comfortable. They make a mold for support.
- They make notes about your position. This way they can put you in the same position everytime.

Be sure to tell the therapist if you are uncomfortable.

Your care team may use these techniques to make sure radiation is going to the right place:

Upper digestive system

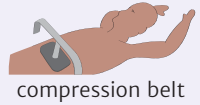
Lower digestive system



gating



hands on chest



compression belt



belly board



active breathing control



frog leg

May also include: contrast dye, skin marks, or other devices

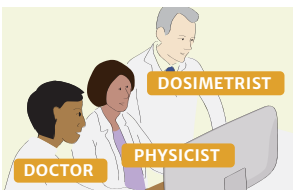
3 Treatment planning

Professionals create your custom plan

Your care team will use the planning scan to create your radiation treatment plan. Usually, this will take 5-7 work days.

Depending on your case, it might also take more or less time to develop your plan.

Your plan targets your tumor site in the digestive system. It limits the radiation dose on healthy tissues.



DOCTOR

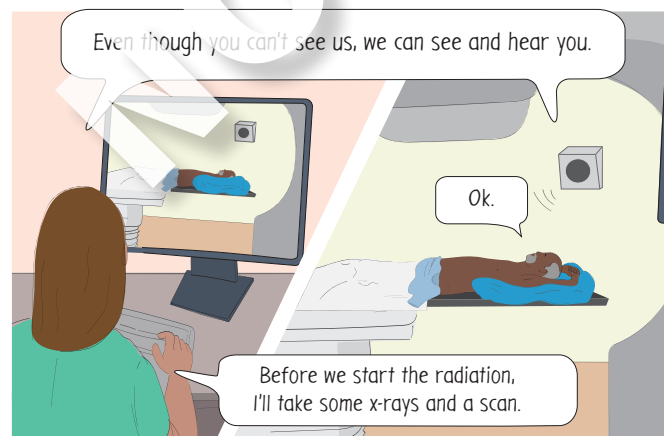
PHYSICIST

DOSIMETRIST

4 Treatment

Visiting your clinic daily for radiation

- Duration: 15-45 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

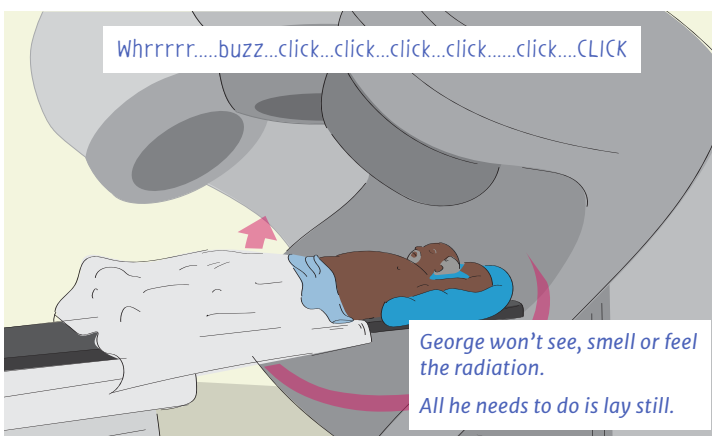
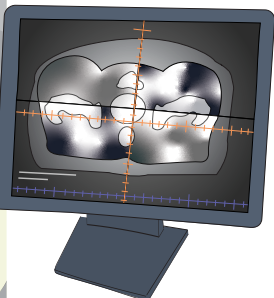


Even though you can't see us, we can see and hear you.

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 George is in the right position.

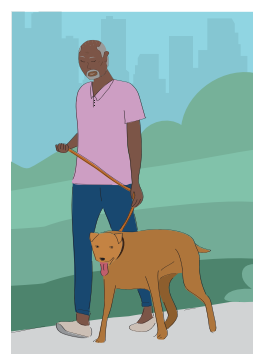


Whrrrrr...buzz...click...click...click...click...CLICK

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



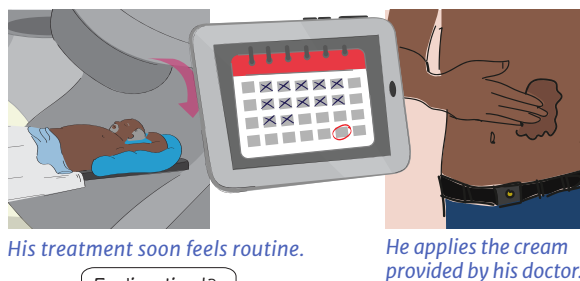
All done! You did great!



Continuing daily activities is important to healing.



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



His treatment soon feels routine.

He applies the cream provided by his doctor.



Feeling tired? A little bit.



WEEKLY DOCTOR VISIT

George notices that he is less hungry. He mentions this to his care team.



Good to see you this week, George. How are you? I'm less hungry than usual.

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

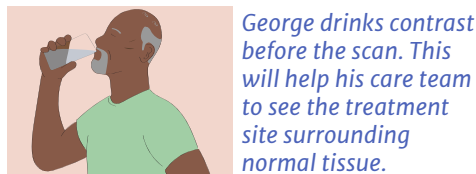
TREATMENT

2-3 weeks SIDE EFFECTS

Tell your nurse and doctor if you notice any changes 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.

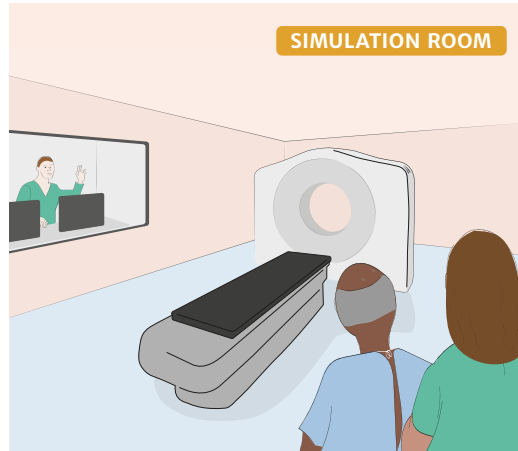


George drinks contrast before the scan. This will help his care team to see the treatment site surrounding normal tissue.



RADIATION THERAPIST

George, we're ready for you now.



SIMULATION ROOM

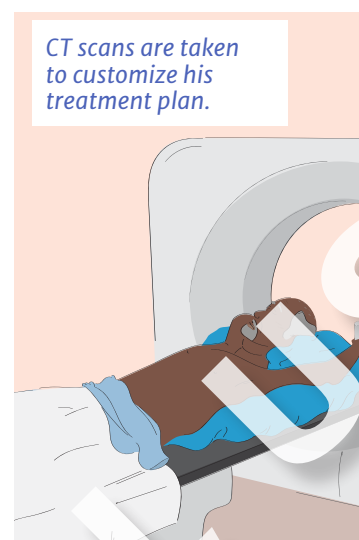


We are going to make a mold. It will help keep you in the same position for all your treatments.

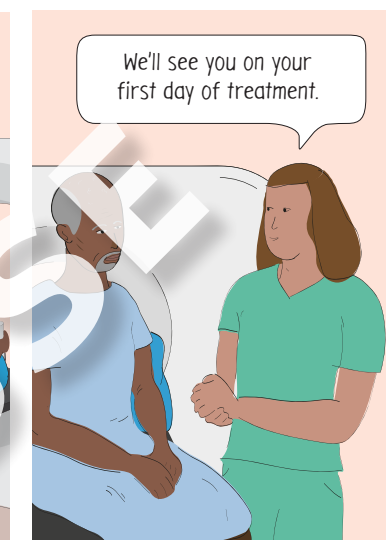
Radiation therapists position George with support devices. This will help him remain still during radiation treatment.



Are you comfortable?



CT scans are taken to customize his treatment plan.



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

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 and concerns about insurance and billing
- Speak with a dietitian
- Pick up medication

Seek Support

- Consider reaching out to friends, family, and others
- Speak with a social worker
- Your nurse can refer you to other support services if needed