



PROSTATE CANCER RADIATION TREATMENT:



A guide for conversations with your healthcare professional

For most patients, everything about radiation therapy is new. This handout provides some key information and questions to ask your health professional, to help you receive the best possible treatment and care.

Some Quick Facts: Radiation Therapy

1 in 8 men will be diagnosed with prostate cancer during their lifetime.¹ The survival rate for prostate cancer is high, especially for early stages of the disease. Approximately 50% of men diagnosed with prostate will receive some type of radiation therapy during their cancer treatment. Radiation therapy can be used on its own, or in combination with chemotherapy and surgery. It is used to destroy cancer cells, and is completely painless, similar to getting a scan. It is usually delivered once a day for between 1 day and 8 weeks.

How Does Radiation Therapy Work?

Normal cells grow and divide to form new cells. Cancer cells grow and divide faster than most normal cells. Radiation works by making small breaks in the DNA inside cells as they are dividing. This makes cancer cells a lot more vulnerable to radiation than normal cells, as they divide more often. These breaks in the DNA keep cancer cells from growing and dividing, causing them to die.

The goal of radiation therapy is to destroy cancer cells and / or slow tumor growth while minimizing the harm to nearby healthy tissue.



Radiation Therapy

If you need radiation therapy, it's important to ensure the radiation reaches the right place, while avoiding vital organs. To do this, a variety of methods are used to ensure you are in the right place before and during treatment. These methods range from tattooing and marking your body, to taking additional X-rays and using devices that limit movement of certain areas of the body, known as immobilization devices.

AlignRT® - A new standard of care

AlignRT® is an innovative technology which increases treatment accuracy and patient comfort during radiation therapy. It has been shown to help deliver "optimal patient positioning", across many different cancer treatment sites, including prostate.

AlignRT is in 24
out of the top 25
"Best Hospitals for Cancer"
as tracked by U.S. News & World Report





As part of your shared treatment decision-making, you may consider asking your healthcare professional if your radiation therapy delivers on these important benefits:

What to ask your healthcare professional?	Why is it important?	An answer that can give you confidence:
How can I be sure that my radiation is accurately delivered?	If you need radiation therapy, it's important to ensure the radiation reaches the right place, while avoiding vital organs and healthy tissue.	You will be monitored using AlignRT® so you can be confident that the treatment will be automatically paused if you move from the safe position - the system can track movement too small for humans to detect.
Has the approach you use been shown to avoid extra X-ray images?	Before treatment, X-ray images will sometimes be used to ensure everything is in the right position. Avoiding a repeat of these images is important to reduce additional radiation dose.	Set up with AlignRT can help us position you more accurately before treatment, which in turn may mean less repeat images to double-check you are in the right position before treatment.
Can I safely avoid having tattoos and / or marks drawn on my body for radiotherapy?	You may prefer to avoid tattoos or marks. Tattoos are permanent, and marks can rub off onto clothing and need to be kept for the whole course of treatment.	Yes, we use a system which is supported by studies ^{2,3,4} showing it is at least as accurate as tattoos or marks. If you want, we can skip the tattoos and marks. *not all centers with AlignRT® are tattooless.
How will Surface Guided Radiation Therapy (SGRT) enhance my treatment comfort?	SGRT is a motion monitoring system that helps set you up for treatment and to monitor your movement during treatment with submillimeter accuracy.	We have AlignRT and it will help ensure you are in the correct position and has been shown to reduce treatment time. This can be beneficial because you will be required to have full bladder during treatment.
What technology are the best centers using?	A technology well-used by the best centers may make you more comfortable that you are getting the best care.	The top 24 of the US News & World Report "Best 50 Hospitals for Cancer" have AlignRT®.

- <https://www.cancer.org/cancer/types/prostate-cancer/about/key-statistics.html>
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- Shah AP, et al. Clinical evaluation of interfractional variations for whole breast radiotherapy using 3-dimensional surface imaging. Pract Radiat Oncol 2013;3 (1):16-25.
- Sueyoshi, et al Eliminating Daily Shifts, Tattoos, and Skin Marks: Streamlining Isocenter Localization With Treatment Plan Embedded Couch Values for External Beam Radiation Therapy PRO <https://doi.org/10.1016/j.ppro.2018.08.011>

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To find a treatment center near you or for more information, visit

SaferRadiationTherapy.com/prostate

Ask your healthcare professional for AlignRT® today.

