- ·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

DOCTOR'S SKETCHPAD

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.

My Information

MY PLANNING SESSION

			am
/	at	:	pm

Before my planning session, I need:

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

During my planning session, I will receive:

🗆 an IV □ small tattoos

Planning my treatment will take

TREATMENT INFORMATION

Throughout treatment,

I will see my doctor every **M T W Th F**

Before each visit, I need to:

take these medications

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

□ other

MISSING APPOINTMENTS

Contact us to reschedule Each missed day will be added to the end of your treatment schedule

Long breaks between appointments make your treatment less effective

CHEMOTHERAPY

You may receive chemotherapy along with radiation. □ weekly

 \Box every 2 weeks

 \Box every 3 weeks

days

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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Your radia

DISCUSSION GUID

LUNG

TREATMENT TRACKER

visits

 \Box daily \Box twice daily

Discussing radiation treatment

Coňsult

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



WHAT IS EXTERNAL BEAM

Notes

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



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







THERAPIST

Other members

medical assistant,

may include

social worker,

dietitian

Behind the scenes PHYSICIST DOSIMETRIST

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.

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



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 preformed on your treatment plan before you are treated



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.



help him relax and remain still. Marks are drawn on his body to align him to the radiation.





Done for today. We'll see you after planning.



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

 $\hfill\square$ Get answers to your questions about insurance and/or billing

Seek Support



□ The nurse can refer you to other services

I'm going into the control room

to start your treatment now.



• 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's position before starting treatment. LINAC MACHINE The radiation machine is tested daily to ensure safe

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



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



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











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