



## 2 Planning session

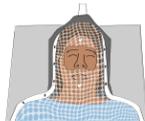
Determining the best treatment position

- Duration: 45-60 minutes
- This is also called a 'simulation scan'
- No radiation treatment happens today
- Radiation therapists position your body for the best treatment, while making sure you feel comfortable
- They keep a record so they can put you in the same position for each treatment

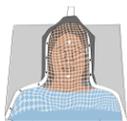
Your mask will be customized for your needs.

Be sure to tell the therapist if you feel uncomfortable or if the mask is too tight. They will help you feel comfortable.

### OTHER POSSIBILITIES



Open



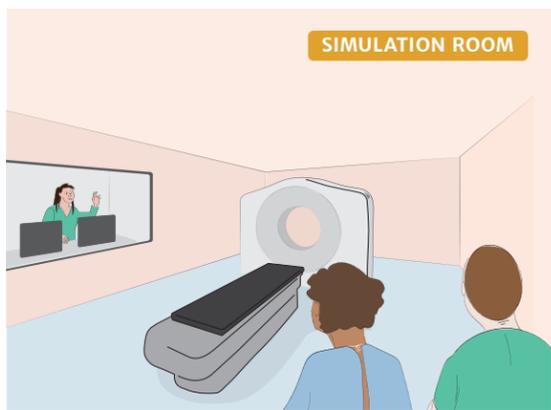
Face/shoulder



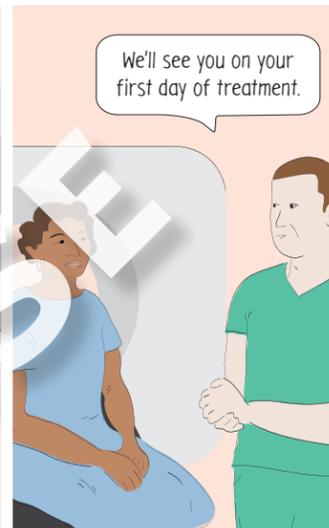
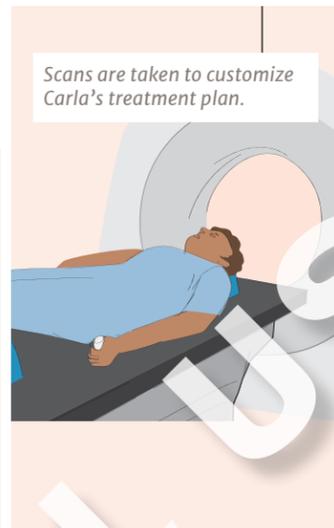
Radiosurgery frame

#### IV contrast

Your therapist may ask you to trim your hair or ask you to remove any jewelry.



Radiation therapists position Carla with support behind her head. They make a mask for her. Carla feels the warm material when they put it on her face. These will help her remain still during treatment. They also put marks on her mask to help align her to the beams.



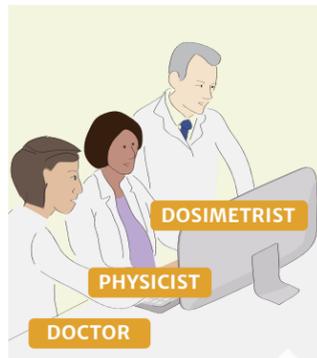
## 3 Treatment planning

Professionals create your custom plan

The radiation oncologist, physicist, dosimetrist and neurosurgeon (if required) will use your scans to plan your radiation treatment. Usually, this will take 3-7 weekdays.

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

If you have a radiosurgery frame, the treatment will be on the same day.



Your plan targets the treatment site and limits the effect on healthy tissues.

### 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 about insurance and/or billing

#### Seek Support



- Consider reaching out to friends, family, and others
- Consider speaking to the dietitian to plan your diet during treatment
- Your nurse can refer you to other support services if needed

## 4 Treatment

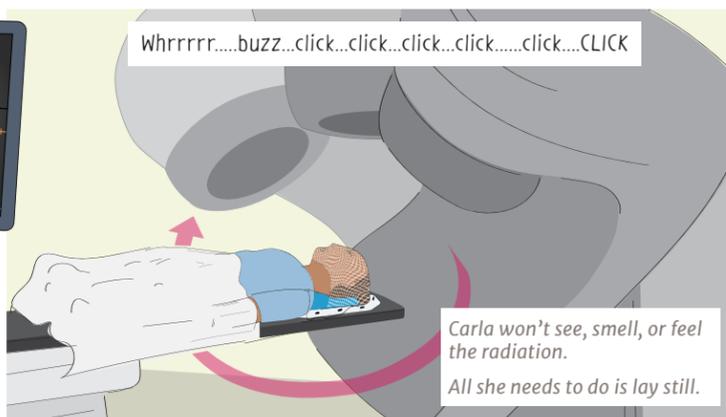
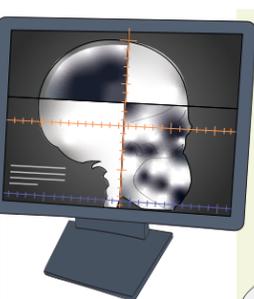
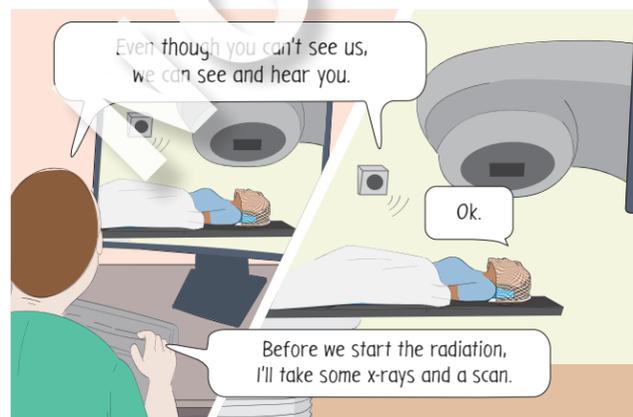
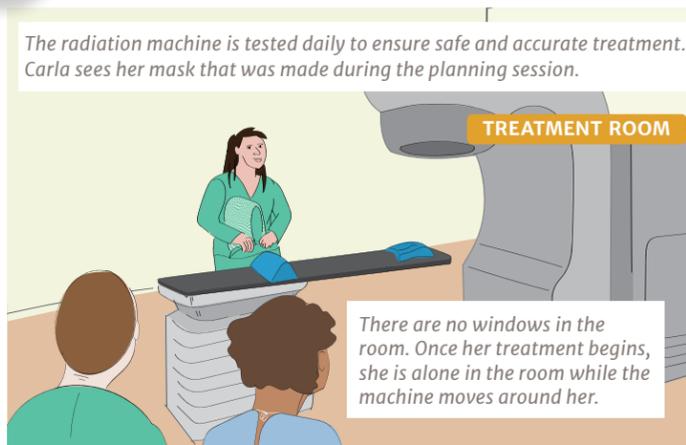
Visiting your clinic daily for radiation

- Duration: 15-60\* 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



Today is Carla's first day. She is a little nervous.

She notices that the machine looks different than the scanner used in planning.



In between treatments, Carla goes about her day normally. She can safely be around friends and family. She is not radioactive.



Continuing your everyday activities is important to healing.



Carla has noticed a patchy hair loss and mild headache. She mentions this to her care team.

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

### TREATMENT

2-3 weeks

### SIDE EFFECTS

Tell your nurse and doctor if you notice 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.