### 5 After treatment

Assessing the effects of treatment on the cancer and your body



lane is done with her treatment.

After radiation treatment ends, the effects of radiation continue to treat the cancer. You will continue to see your care team at your clinic. They will assess the success of treatment and monitor for side effects.



1 month

Jane talks to her nurse and doctor about her side effects at her first follow-up appointment.



the success of her treatment.

A few months



At her next follow-up visit, Jane's doctor checks



Long term

Jane's care team will keep in touch to monitor her response to radiation and watch for long-term side effects.

Monitoring side effects

Side effects should go away gradually after radiation ends. Some side effects may take longer to go away than others. Some may be permanent.

Assessing treatment response

May be too early to assess your treatment response.

Continue to monitor side effects as they go away.

The full effect of radiation may not be seen until weeks or months after treatment ends.

Your doctor will assess if your treatment was effective with: ☐ Bloodwork ☐ Symptom check ☐ Other

Ask your doctor how they will monitor long-term treatment response.

Ask your doctor what long-term side

effects might occur. Your care team

may schedule additional follow-up

visits to monitor these.

# Doctor's sketchpad

This work was supported in part by the University of Chicago Bucksbaum Institute for  ${\it Clinical Excellence. For more information: Dr.\,Dan\,Golden\,@radonc.uchicago.edu}$ ©2018 IIT/Institute of Design and UChicago Medicine

### My Information

Your treatment is unique. Record important information and progress here.

Preparing for your simulation scan	My tr
My simulation scan/ at :pm	Throu
The time between my CT	my do
simulation scan and the days	Befor
start of radiation will be about weeks	□ drii
<b>Before</b> my CT simulation scan, I will need	□lim
☐ bloodwork ☐ urine test	□ sta
☐ to cut my hair ☐ to stop eating at	
□ to drink : am pm of water	□ Ot
	My a
☐ to stop these medications:	My fi
<b>During</b> the CT scan, I will need	
□ a catheter □ to get an IV	Missi
S	Sticki
Anything else I need to do/know?	impo
	appoi Each
	Lucii

### My treatment information

ughout treatment, I will see octor every M T W Th F

re each visit, I need to...

nk water

nit food and water for  $\_$ rt these medications:

### fter treatment information

rst follow-up appointment

### ng appointments

ing to your treatment plan is rtant. If you need to miss an intment, contact us to reschedule. missed day will be added to the end of your treatment schedule.

Long breaks between appointments could make your treatment less effective.

26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45

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

### Numbers to call

For **medical** questions

and concerns

(999) 999-9999 DAYTIME

(999) 999-9999 NIGHTS/ WEEKENDS

For billing and insurance questions

(999) 999-9999

For scheduling appointments or

missing appointments

(999) 999-9999

**UChicago** 

Medicine

Other numbers

DISCUSSION GUIDE

## **Your radiation** treatment pathway

Every patient's experience is different

Consult 📘 Simulation scan 📙 Planning ···( Treatment 🗕 After treatment 🕽

### **Understanding radiation therapy**

### What is radiation treatment?

A treatment that kills cancer in a specific area of the body.

### How does radiation treatment work?

Your custom radiation plan will carefully target the cancer and reduce impact on healthy tissue.

### How will radiation treatment affect me?

Radiation will hit some healthy tissue. causing side effects. This healthy tissue will repair and rebuild itself after radiation, while the cancer will not. Splitting your radiation into small doses will help your healthy tissue heal in between treatments.

Some of these side effects, like fatigue, will occur during treatment or shortly after. Others, called late side-effects, may take months or years to show up.

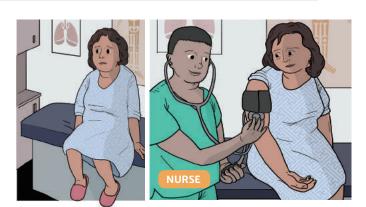
### 1 Consult

Discussing radiation treatment, how it will help you, and how to prepare

Treatment tracker

My treatment will be

\_visits.



So, you are having radiation treatment. Right now, there is a lot of information to understand. You might feel overwhelmed.

Meet Jane. Like you, she is about to experience radiation treatment. Her journey will show you what you can expect.

Your care team is here to support you.

















Comprehensive

Just like you, Jane is here for her first appointment. Jane has a lung tumor. She meets with the nurse and doctor. They will share with her the important things she needs to know about radiation.

### Topics to address today

- · What is the goal of your radiation treatment?
- · What have you heard about radiation? Ask your doctor to clarify if these things will be true in your case.
- · What side effects are more likely to occur? Less likely?

### Throughout your treatment

- · Be aware of how you feel, physically and mentally.
- If you experience any side effects or notice any changes in your health, let us know during your daily visit.
- Your nurse and doctor are available everyday if needed.









### 2 Simulation scan Determining the best position for your treatment

After today, the next step will be your CT scan for treatment simulation. During this visit, your care team will take steps to make sure the radiation hits the cancer and avoids your healthy tissue.

### Things your care team may do to make sure the radiation is going to the right place:

· Create a face mask or body mold to keep you still:

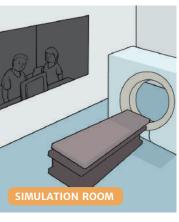






- · Give IV or oral contrast dye
- · Place a urinary or rectal catheter
- · Limit food beforehand
- · Place skin markings or tattoos for alignment:









Jane arrives at the clinic, checks in, and changes into a gown. Her team of radiation therapists call her into the room for her CT scan.







Jane's body position is determined by the location of her cancer. Possible positions are:

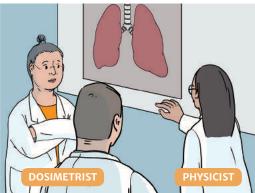




# 3 Planning

Creating your custom radiation plan

Your custom plan includes a specific arrangement of radiation beams. These target the cancer while limiting the effect on healthy tissue. In order to get this right, planning your treatment typically takes about 3-7 weekdays.



Jane's care team will use your CT simulation scan to prepare her custom radiation plan.

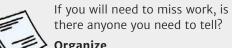


These radiation beams will taraet Jane's tumor while limiting effects on her normal tissue.

### What you can do while you wait

### Coordinate

How will you get to the clinic? Will anyone need to come with you?



there anyone you need to tell? Organize Do you have questions about

### insurance or billing?

Seek support



Who can you go to for emotional support?

### 4 Treatment Visiting your clinic for radiation

You will likely receive radiation every weekday. You will meet with your nurse and doctor once a week. Even though you will not see them everyday, your doctor is in close communication with your radiation therapists and reviews any X-rays or CT scans obtained during your treatment.

### During treatment, you may be asked to:

- Stop or start medications
- · Drink water or limit food before visits
- · If you are receiving chemotherapy with radiation, your care team will help coordinate your schedule.



Each day, Jane checks into the clinic and changes for treatment.



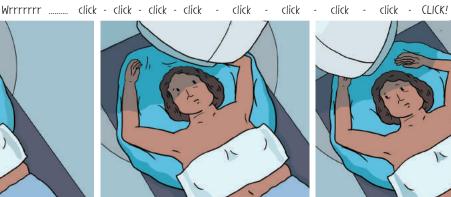
The radiation therapists position Jane based on her CT simulation scan. They may take an X-ray or CT scan at each visit to make sure she is aligned correctly.



During treatment, Jane's therapists leave the treatment room. From the control room, they see and hear her over video and intercom.











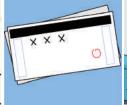
Jane does not feel the radiation while it is happening. Jane is safe to be around anyone as soon as she finishes each treatment. She is not radioactive.

















As treatment goes on, Jane gets used to the routine but feels more tired. She tries to listen to her body and may not be able to do everything she could do at the beginning.