

BODY RADIOSURGERY TREATMENT PROCEDURE

Many people ask us how does stereotactic body radiosurgery work. There is literally great interest worldwide. To make the process, we have made a list of steps describing how we proceed:

- All patients and family seeking information about Body Radiosurgery are contacted by telephone, fax or e-mail. Information concerning treatment, indications and results are reviewed.
- Appropriate films are reviewed at our Combined Modality Body Radiosurgery conference with expert physicans in a variety of fields present. Appropriate pathology and CT scans, MRIs, x-rays and other materials are reviewed. If a patient is thought to be a candidate for consideration of body radiosurgery, the patient and/or family are notified.
- Patients seeking further information are invited in for consultation. Consultation includes a history, physical examination, review of the films, pathology and other records.
- If the patient is felt to be an appropriate candidate and desires to proceed with fractionated body radiosurgery, treatment is offered after the Informed Consent process; explaining risks, benefits and alternatives.
- The stereotactic body frame is custom-fitted for each patient. The frame includes coordinates and indicators to determine the exact body position within the frame. Small tattoos (the size of a period of typewriter print) are placed on strategic locations to confirm accuracy of reproducibility of the set-up.
- High resolution CT scans of the patient in the fiducial-marked box is performed.
- After repeated quality assurance processes, stereotactic radiosurgery treatment plans are generated with the coordinated work of radiation oncologists, radiation physicists and dosimetrists.
- All involved staff review treatment plan and coordinates to double-check each step for quality assurance.
- The patient is once again placed in the stereotactic body frame to confirm accuracy of set-up using CT guidance. Once this is assured, stereotactic radiosurgery is performed.
- Stereotactic body radiosurgery is performed with the patient on the linear accelerator couch in the custom-fitted stereotactic body frame.
- Treatment lasts 20 to 40 minutes depending on the size and complexity of tumor. After treatment, the patient leaves the treatment room and resumes normal activities. The number of treatments is determined by each patient's clinical situation. In general, the treatments will number five.
- Follow-up films (usually CT scans) are requested on a regular basis as suggested by the physicians and will be reviewed at the multi-specialty conference. The patient will be fully informed of the outcome.

We realize not all questions are answered. We have seminars open to the public to explain stereotactic body radiosurgery in more detail. We also have a hot line at 212-CHOICES or send e-mail questions to gil.lederman@rsny.org.