



CyberKnife[®] Prostate treatment Information Booklet

Radiation Oncology

For all enquiries phone: (08) 6383 3000



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What is the CyberKnife® system?

The CyberKnife® Robotic Radiosurgery System is a radiation therapy treatment machine mounted on a robotic arm similar to robots used in car manufacturing. The CyberKnife® System can track tumour and patient movement to deliver radiation to tumours anywhere in the body, with a high degree of accuracy. Although the name implies scalpels and surgery, the CyberKnife® Robotic Radiosurgery System does not cut the skin.

CyberKnife® treatment for prostate cancer

CyberKnife® works the same way as all other forms of radiation treatment in that it does not remove the tumour or lesion, but it interrupts the DNA of the tumour cells so they then lose their ability to reproduce.

In the case of prostate treatments, it is almost impossible to prevent patients and their internal organs moving during treatment. The prostate moves as air passes through the rectum and the bladder fills and empties. The CyberKnife® System is capable of moving with the patient's anatomy, continuously identifying the exact location of the prostate allowing a greater degree of accuracy and higher doses of radiation to some areas, while minimising dose to the surrounding healthy tissue. This helps to reduce side effects commonly associated with conventional radiation therapy treatments.



Pre-treatment preparations

In preparation for CyberKnife® treatment you may be required to have scans and fiducial markers (gold seeds) inserted. If this is required, you will be advised and necessary appointments will be made.

Fiducial Placement

Fiducial markers enable the CyberKnife® to pinpoint the exact location of the tumour. Insertion of fiducial markers involves a procedure in which four tiny gold seeds are placed into the tumour using a needle guided by ultrasound or CT. This is usually done as a day procedure. If this appointment is postponed or cancelled please contact us.

Bowel and bladder preparation

You will be required to follow bowel and bladder preparation instructions for the planning CT and MRI, as well as all treatment appointments. You will have been given these instructions and appointments by the booking clerks.

CyberKnife® CT planning and MRI appointments

A CT planning scan and MRI will enable a customised treatment plan to be formulated. This appointment will be approximately one week after the fiducial markers are inserted to allow any swelling to subside.

The CT staff will work out a position for you that is stable comfortable and reproducible.

Using data from the planning CT and MRI scans, a customised treatment plan will be formulated by a team that includes your Doctor, CyberKnife® Radiation Therapist and Medical Physicist. This takes approximately 1 to 2 weeks.

Treatment

Please wear comfortable clothes to your appointments.

You will be asked to lie on the treatment couch in the same position as you were in for the CT planning appointment. Once you are in the correct position, checks will be completed and your treatment will begin.

When your treatment is in progress, the team will be able to see you on the cameras and talk to you via intercom. During treatment, images will be taken continually to confirm the treatment location. The CyberKnife® will move around you and treat you from many different angles and positions. You will not feel anything, and the equipment will not touch you.

Treatment takes approximately 1 hour, and you will be required to lie still and breathe normally during that time. Due to the length of time you must lie flat on the couch, we advise that you refrain from eating a big meal before your treatment. You may bring your favourite music or audio book to listen to during treatment.

The treatment is usually delivered in 5 sessions on alternate days. Please arrive 15 minutes before your appointment time and allow 2 hours for each visit.

Possible Side Effects

Treatment is generally well tolerated, and side effects are minimal. You may not experience any side effects at all, or they may occur some weeks after treatment.

Some patients may experience some degree of burning sensation on urination, increased frequency of urination or an increased need to get up for urination overnight for which your Doctor may prescribe medication. Should you experience these symptoms or require further information about the side effects particular to your treatment, please ask your Doctor.

Emotional wellbeing

It is completely normal for you to feel emotional for some time after the diagnosis of cancer. Sleeping, eating and mood disturbances are all quite common under these circumstances.

You can try spending time with people that make you feel good. Relax and do things you enjoy. Try to exercise regularly and say no to those activities you don't feel like doing.

You should tell the Radiation Therapists or Nursing team if you feel you are having difficulty coping with your diagnosis, treatment, domestic and travel arrangements or finances. They will organise for you to see trained professionals as needed.

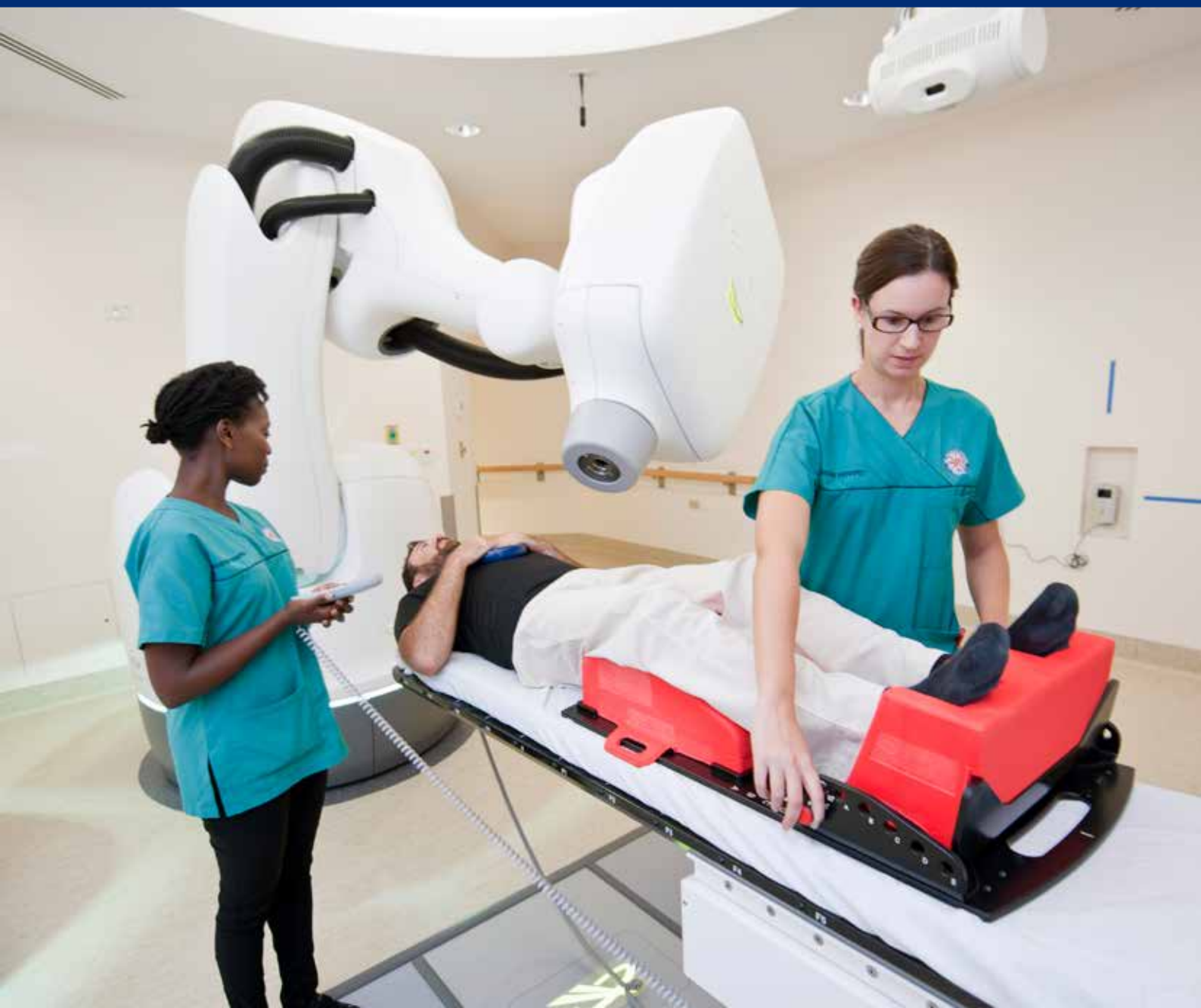
Completion of treatment advice

Allow yourself time to recover once treatment is completed. Each patient responds differently to their treatment and recovery times may vary. It is best not to compare your progress with that of others.

If you are experiencing any side effects from the treatment, these may continue for the next few weeks afterwards and may even get worse before they begin to get better. Side effects should gradually subside within 1 month.

Tiredness and fatigue due to radiotherapy may affect you for some time. Here are some tips on how to manage this:

- ▶ Continue exercise such as walking, bowling, golf or swimming
- ▶ Consider scheduling your activities for the day according to your energy levels
- ▶ Ensure you have a healthy balanced diet
- ▶ Ensure you are adequately hydrated
- ▶ Accept help from friends or family and ask for help if you need it.



Follow Up

When radiation therapy is completed your Radiation Oncologist will organise a follow-up appointment. If you experience any problems related to your treatment after completion and before your follow-up appointment, please contact us by phoning: (08) 6383 3000, Monday to Friday from 8.00am to 4.00pm. Outside of these hours you can attend your General Practitioner (GP) or if the matter is urgent go to the Emergency Department or if it is not urgent.



Further support and health information:

There are also various services provided by a number of organisations for people undergoing cancer treatments.

For other support please refer to:

Look Good Feel Better

Free call: 1800 650 960

Website: www.lgfb.org.au

'Look Good, Feel Better' is a free workshop run by professionals from the cosmetics industry for women. The practical workshop covers skincare, make-up and headwear demonstrations and participants receive a complimentary Confidence Kit full of skincare and makeup products. Experienced volunteers from the beauty industry help show how to manage the changes that may occur to the skin, hair and general appearance as a result of treatment.

Workshops are run frequently in the Radiation Oncology Department. Please speak to the Radiation Therapists or Nursing staff if you are interested in attending.

WA Psycho-Oncology Service

Telephone: 08 6457 1177

Email: wapos@health.wa.gov.au

This service is available to adult Western Australians diagnosed with cancer. Clinical psychologists apply psychological theory and evidenced-based assessment and treatment strategies to help people address their needs and meet their goals. You may self-refer or ask a health professional to refer you.

The Cancer Council

Telephone: 131120

Website: www.cancerwa.asn.au/patients

The charity works across every area of every cancer, from research to prevention and support. Assisting people from the point of diagnosis through to their treatment and beyond.

Health Direct

Telephone: 1800 022 222

Website: www.healthdirect.gov.au

General guidance for patients: symptoms, diagnosis, treatment options and available services. 24-hour health advice.

Solaris Cancer Care

Telephone: 08 6383 3475

Website: <https://solariscancercare.org.au/>

SCGH DD block, Ground floor Hospital Avenue, Nedlands

Solaris Cancer Care provides up-to-date, practical, evidence informed information on complementary integrative approaches to cancer management, disease prevention, health and wellbeing activities and support services that are designed to help people feel and cope better with their cancer and treatment.

Cancer Australia

Telephone: 1800 624 973

Website: www.canceraustralia.gov.au

Established by the Australian Government to benefit Australians affected by cancer.

Some prostate organisations you may find useful:

Prostate Cancer Foundation of Australia

Telephone: 08 93466302

Website: www.prostate.org.au

Lions Australia Prostate Cancer

Telephone: 08 93552782

Website: www.prostatehealth.org.au

This site can direct you to local and rural support groups for men with prostate cancer.

WA Cancer & Palliative Care Network

Urology Nurse Co-ordinator

Telephone: 0400 023 139

