

Radiation

In order to treat your cancer your doctor has decided you need radiation. It is normal to have questions and concerns about your treatment. Learning what radiation therapy is and what to expect during your visits can help you get through your treatments.

What is radiation therapy?

Radiation, also called radiotherapy, uses high energy x-rays to destroy cancer cells. It can be used as the only form of treatment or combined with other treatments, for example with chemotherapy or surgery.

Radiation can be given to:

- cure cancer
- control the growth of cancer
- relieve symptoms, such as pain
- reduce the risk of the cancer returning

Radiation Treatment

External Beam Radiation Therapy (outside the body)

- One or more beams of radiation are directed at the area on your body where your cancer is or was removed from.
- The radiation beam comes from a treatment machine which moves around you, but does not touch you.
- The radiation beam is “on” for a short time, a few seconds to a couple of minutes at a time.

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Nagdesisiyon ang iyong doktor na kailangan mo ng radiation upang malunasan ang iyong cancer. Normal ang magkaroon ka ng mga tanong at pag-aalala tungkol dito. Makakatulong sa paggagamot sa iyo kung may kaalaman ka tungkol sa radiation therapy at kung ano ang maaasahan mo sa iyong pagpunta para tumanggap ng radiation.

Ano ang radiation therapy?

Ang radiation, na tinatawag ding radiotherapy, ay gumagamit ng napakalakas na x-rays upang puksain ang mga cancer cells. Maaaring ito lang ang gagamitin sa paggagamot o maaaring isabay sa ibang paggagamot tulad ng chemotherapy o operasyon.

Ang radiation ay maring gamitin upang:

- gamutin ang cancer
- pigilin ang paglaki ng cancer
- maibsan ang mga sintomas, tulad ng pagsakit ng katawan
- mabawasan ang panganib na bumalik ang cancer

Ang pagbibigay ng radiation sa paggagamot

External Beam Radiation Therapy (panlabas ng katawan)

- Malalakas na sinag ng radiation ay nakaderetso sa bahagi ng katawan na kinalalagyan ng iyong cancer o pinag-alisan nito.
- Ang sinag ng radiation ay galing sa isang makina ng paggagamot na iikutan ka subalit hindi ka madadampian.
- Ang sinag ng radiation ay sandali lamang kung gamitin, mga ilang segundo hanggang dalawang minuto sa bawat paggamit.

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- Each appointment is about 15 minutes.
- Most patients receiving external radiation therapy will have a “simulation” appointment.
 - ~ This planning appointment takes 20-60 minutes.
 - ~ You are placed in the treatment position and scans or X-rays are taken of the area to be treated.
 - ~ Felt pen markings or small permanent tattoos are placed on your skin to outline the treatment area. These marks are necessary for the radiation therapists to accurately position you for treatment.

Internal Radiation Therapy (inside the body)

- Also called Brachytherapy.
- A tube is inserted into the area of the body affected by cancer.
- A radiation source is placed inside the tube and stays in place for 10-20 minutes.
- Appointment times are usually two to three hours long.
- Only some patients receive internal radiation therapy.

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- Ang iyong appointment ay tatagal ng mga 15 minuto.
- Karamihan sa mga pasyente na tatanggap ng panlabas na radiation therapy ay magkakaroon ng “simulation” appointment.
 - ~ Ang appointment na ito ay upang planuhin ang paggagamot mo at maaaring tumagal mula 20-60 minuto.
 - ~ Ilalagay ka sa tamang posisyon para sa paggagamot at ang bahagi ng katawan na gagamutin ay kukunan ng mga scan o X-ray.
 - ~ Mamarkahan ng tinta o maliliit na permanenteng tatu ang bahagi ng iyong katawan na gagamutin. Mahalaga ang mga marka upang mailagay ka sa tamang posisyon ng radiation therapists sa oras ng radiation.

Internal Radiation Therapy (panloob ng katawan)

- Tinatawag din itong Brachytherapy.
- May ipapasok na tubo sa bahagi ng katawan na may cancer.
- Ang pinanggagalingan ng radiation ay ilalagay sa tubo at iiwanan sa katawan ng 10-20 minuto.
- Ang appointment na ito ay umaabot ng mula dalawa hanggang tatlong oras.
- Ilan lamang sa mga pasyente ang makakatanggap ng internal radiation therapy.

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Side Effects of Radiation Therapy

Except for feeling tired, side effects occur only in the area of your body that is being treated with radiation. Everyone can experience side effects differently. Eating well and getting proper rest is important to help you manage them.

Possible short term side effects:

- | | |
|---------------------------|------------------------|
| -headaches | -hair loss |
| -skin irritation | -feeling tired |
| -sore mouth and/or throat | -difficulty swallowing |
| -loss of appetite | -nausea |
| -vomiting | -swelling |
| -productive cough | -diarrhea |
| -bladder irritation | |

When you start radiation your therapist will tell you how to take care of the treatment area and how to manage any side effects. It is important to tell your therapists, nurse and doctor about all side effects.

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Ang masasamang epekto ng Radiation Therapy

Mapapagod ka subalit ang masasamang epekto nito ay mararamdaman mo lamang sa bahagi ng katawan na tumanggap ng radiation. Iba-iba ang karanasan ng mga pasyente. Kumain nang wasto at magpahinga upang mapamahalaan ang masasamang epekto.

Ang mga panandaliang masasamang epekto:

- | | |
|----------------------------------|-------------------------|
| -sakit ng ulo | - nalalalagas ang buhok |
| -pangangati o pagbabago ng balat | - napapagod |
| -masakait ang bibig o lalamunan | -nahihirapang lumunok |
| -walang ganang kumain | -pagduduwal |
| - pagsusuka | -pamamaga |
| -pag-ubo nang may plema | -pagtatae |
| -pagkirot ng pantog | |

Sa pagsisimula ng iyong radiation, papayuhan ka ng iyong therapist kung paano aalagan ang bahagi ng katawan na tumatanggap ng radiation at kung paano pamamahalaan ang masasamang epekto. Kausapin ang iyong therapist, nars o doktor kung mayroong masasamang epekto sa iyo.

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Radiation Therapy Facts

- All radiation treatments are given between Monday and Friday at CancerCare Manitoba, 675 McDermot Avenue in Winnipeg.
- Some patients may only receive one treatment; others receive as many as 35 or more treatments. This will be decided by your doctor.
- Sometimes a shell or cast may be needed for your treatment. This will be placed over the part of your body that is receiving radiation. It will help you to stay in position during your treatment.
- Radiation therapists can be male or female. All are trained professionals who care about your well being.
- It is necessary to expose the area where you will be treated so that the therapists can see the marks or tattoos that help them place you in the treatment position each day. Every effort will be made to keep you comfortable and maintain your privacy.
- During the radiation treatment you are alone in the treatment room. The therapists can see and hear you. You are safe.
- You can breathe normally when you are being treated.
- You can not feel or see radiation.
- Radiation Therapy contact phone number: 787-2585 or toll free at 1-866-561-1026.

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Mga kaalaman tungkol sa Radiation Therapy

- Ang lahat ng paggagamot o radiation treatments ay ginagawa mula Lunes hanggang Biernes sa CancerCare Manitoba, 675 McDermot Avenue, Winnipeg.
- May mga pasyente na maaaring isa lamang ang paggagamot; ang iba ay maaaring umabot ng 35 o higit pa ang paggagamot. Ito ay desisyon ng iyong doktor.
- Minsan ay mangangailangan ka ng shell o cast sa oras ng paggagamot. Ilalagay ito sa bahagi ng iyong katawan na tatanggap ng radiation. Makakatulong ito upang mapanatili ka sa posisyon sa oras ng paggagamot.
- Ang mga radiation therapist ay maaaring lalaki o babae. Silang lahat ay mga sanay na propesyonal na ang hangad ay mapabuti ka.
- Mahalagang nakalantad ang bahagi ng iyong katawan na nangangailangan ng radiation upang madaling makita ng therapists ang mga marka o tatu at nang mailagay ka sa tamang posisyon habang naggagamutan. Sisikapin nilang maging komportable ka at manatiling pribado ang gamutan.
- Sa oras ng iyong radiation treatment ay nag-iisa ka sa treatment room. Huwag mag-alala dahil nakikita at naririnig ka ng mga therapist. Ligtas ka.
- Huminga nang normal sa oras ng iyong paggagamot.
- Hindi mo mararamdaman o makikita ang radiation.
- Radiation Therapy contact phone number: 787-2585 o toll free sa 1-866-561-1026.