



Neuroscience

North Bristol
NHS Trust



Radiotherapy for Patients with Primary Brain Tumours



Exceptional healthcare, personally delivered

What is Radiotherapy?

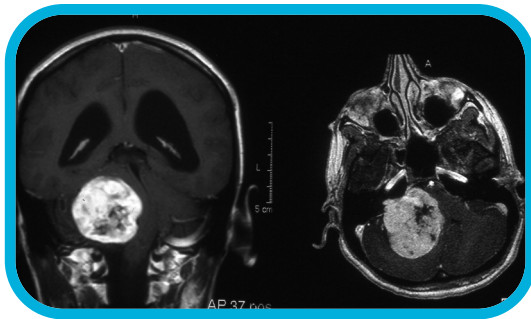
A powerful X-Ray used to try to **destroy tumour cells**

Why do you need Radiotherapy?

To try to **destroy tumour cells** after surgery

or

To try to **destroy tumour cells** instead of surgery



Planning - what happens?

First - you and your family will meet an **oncology doctor** to discuss your treatment.



Dr Kirsten Hopkins,
Consultant Oncologist
at the Bristol Haematology
and Oncology Centre.



Dr Alison Cameron,
Consultant Oncologist
at the Bristol Haematology
and Oncology Centre.



Dr Hugh Newman,
Consultant Oncologist
at the Royal United Hospital, Bath.



Dr Sam Guglani,
Consultant Oncologist
at Cheltenham General Hospital.



Dr Sean Elyan,
Consultant Oncologist
at Cheltenham General
Hospital.

If it is decided you will have radiotherapy treatment.

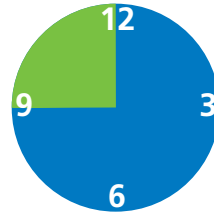
You will have 2 or 3 outpatient planning appointments at

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First Appointment

Planning

45 minutes



You will meet a **technician**

A mould of your head will be taken and a mask made



The Mould

The mould takes **no more than 10 minutes** to make

The mould is made from **Plaster of Paris**

The mould will firstly feel **cool** and then **warm** on your face

You **will** be able to **breathe**



From the mould a mask will be made

The Mask



The mask will be worn for **each treatment**

The mask will be made from **clear plastic**

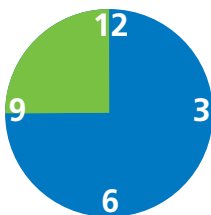
The mask will have **openings for your nose and mouth**

Usually you will have your **eyes closed** when wearing the mask

Second Appointment

Planning

30 - 45 minutes



You will meet **the Radiographer**

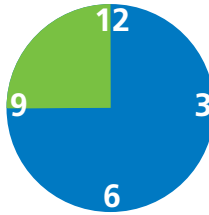
A CT Scan or X-Rays will be taken with the mask on to mark the **area to be treated**



Third Appointment

Planning

30 - 45 minutes



You will meet **the Radiographer**

Checks are made with you wearing the mask



Your treatment will start at the **next appointment**

Radiotherapy Treatment

You will attend on **week days, not at the weekend**

Monday Tuesday Wednesday Thursday Friday

~~Saturday~~ ~~Sunday~~

Your treatment will take **between 2 - 6 weeks**

What Happens?

You will go to the **waiting room** in the **radiotherapy department**

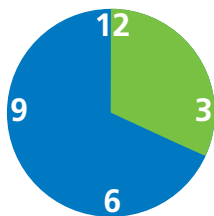


The radiographer will **call your name** and take you to **the treatment room**



What Happens?

The **treatment** will take **10 - 20 minutes**



You will lie on a couch

What Happens?

The radiographer will help you put your mask on and will then leave the room



The radiographer will be just outside the treatment room and can see you on a TV screen

You **lie still** on the couch

What Happens?

The treatment **machine buzzes** as the x-rays are given

The treatment will take **10 - 20 minutes**

You will **not** feel pain

What Happens?

When the **treatment** has **finished** the **radiographer will remove the mask**



You can then go home

Side Effects

You will have **some hair loss**

You may have **sore or dry skin**

You will feel **tired**

After Radiotherapy

You may feel **very tired** for **1 - 2 months** after radiotherapy and many people can feel quite low

Please feel free to contact your Specialist Nurse or GP who will be informed about your treatment

Neuro-Oncology Specialist Nurses:



Toni Lawton
0117 340 3723



Lois Baldry
0117 340 6609

After Radiotherapy

1 Month After Radiotherapy

You will see the **Oncology Doctor in the Outpatients department**

3 Months After Radiotherapy



You will have a **brain scan**

No results will be available on the **day of the scan**

When the results of the scan are known

You will have an **appointment** with the **Oncology Doctor** the results of the scan will be **discussed** with you and your family

The Neuro-Oncology Specialist Nurse

Will always be a point of contact for **support** and **information:**

Name of Neuro-Oncology Specialist Nurse:

.....

Contact Details:

.....

.....

.....

References

- 1 CancerBACUP (2006) Radiotherapy as a treatment for brain tumours Web site available at: www.cancerbackup.org.uk/Cancertype/Brain/Treatment/Radiotherapy [accessed September 2006]
- 2 Kagan, A, Winckel, J, Shumway, E. Photographic Communication Resources/Enhancing Communicative Access. Aphasia Centre; North-York, Ontario, Canada.
- 3 Worrall, L, Rose, T, Howe, T, Brennan, A, Egan, J, Oxenham, D, McKenna, K (2005) Access to written information for people with aphasia. 19 (Numbers 10-11), pp 923-927 (7).

Sources of Support

- 1 Neuro-Oncology Specialist Nurses (Bristol):

Lois Baldry

Tel: 0117 340 6609

Toni Lawton

Tel: 0117 340 3723

- 2 Hammer Out Support Group and Charity

(Registered Charity No: 1102750):

Tel: 0145 441 4355

Email: info@hammerout.co.uk

www.hammerout.co.uk [accessed September 2006]

support@hammerout.co.uk

Tel: 0845 450 1039

Other Useful Contacts

Hammer Out Brain Tumours

Registered Charity 1102750

Unit One
Thornbury Office Park
Midland Way
Thornbury
South Gloucestershire
BS35 2BS
0145 441 4355
www.hammerout.co.uk

Anne Coles
Family & Patient Support Co-ordinator
Hammer Out
0845 450 1039
support@hammerout.co.uk

Brain Tumour Action

Brain Tumour Action
25 Ann Street
Edinburgh
EH4 1PL
0131 466 3116

Charity No. SCO 21490
www.braintumouraction.org.uk

Macmillan Cancer Support

www.macmillan.org.uk/Home.aspx

Any questions about cancer, need support or just someone to talk to, call free, Monday to Friday 9am - 8pm (interpretation service available). 0808 808 00 00 within the macmillan web site is the cancerbackup/macmillan information and support line for 'cancer information'; www.macmillan.org.uk/Cancerinformation/Cancerinformation.aspx

Helpline:- Call free on 0808 808 00 00 Our cancer support specialists are available Monday to Friday, 9am-8pm.

Calls from landlines and mobiles (3, O2, Orange, T-mobile, Virgin & Vodafone) are free.

Marie Curie

For more information for patients and carers call FREEPHONE 0800 716 146.

Registered in England and Wales with Charity Reg No. 207994 and registered in Scotland with Charity Reg No. SCO38731

www.mariecurie.org.uk

The National Society For Epilepsy

www.epilepsysociety.org.uk

The National Society for Epilepsy is a Registered Charity (Registered in England No. 206186),

Helpline: 01494 601 400

NSE switchboard: 01494 601 300

Epilepsy Action

Main office: +44 (0)113 210 8800

Epilepsy Helpline: freephone 0808 800 5050 (UK only)

British Epilepsy Association is a registered charity in England (No. 234343) and a company limited by guarantee (registered in England No. 797997).

Registered office: New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY, United Kingdom

www.epilepsy.org.uk

Brain Tumour UK

www.braintumouruk.org.uk

For Support Call: 0845 4500 386

Brain Tumour UK is a registered charity (no: 1117538) and a company limited by guarantee, registered in England (no: 5983336).

Registered office is Cawley Priory, South Pallant, Chichester, PO19 1SY.

To contact, please write to the head office at Brain Tumour UK Tower House, Latimer Park, Chesham, Bucks HP5 1TU (Tel: 0845 4500 386) or email enquiries@braintumouruk.org.uk.

DVLA

www.dft.gov.uk/dvla

Medical Enquiries

(Medical enquiries - including lorry or bus licences)

If you contact us by telephone, you will be greeted by our interactive voice system. Staffed telephone enquiry hours: Monday to Friday 8:00 am to 5:30 pm and Saturday 8:00 am to 1.00 pm. Outside these times you will be able to listen to a variety of messages covering the most commonly asked question on driver and vehicle licensing and vehicle registration.

Telephone: If you are a car or motorcycle licence holder:
0300 790 6806

If you hold a bus or lorry licence: 0300 790 6807

Fax: 0845 850 0095

Address: Drivers Medical Group, DVLA, Swansea, SA99 1TU

E-mail: eftd@dvla.gsi.gov.uk

Directgov

'public services in one place'

www.direct.gov.uk/en/index.htm

Driving licence information;

www.direct.gov.uk/en/Motoring/DriverLicensing/index.htm

This booklet has been developed by Rachel Simmons; Specialist Speech and Language Therapist and Lois Baldry, Macmillan Neuro-Oncology Specialist Nurse at North Bristol NHS Trust. We are grateful to Anne Coles and all at [Hammer Out](#) for assisting us in this project. We would also like to thank the Neuro-Oncology Steering Group for their expert opinion and contribution during the development of this booklet.

We are also grateful to the patients and carers who have kindly taken time to contribute to the wording and content.

NHS Constitution. Information on your rights and responsibilities.

Available at www.nhs.uk/aboutnhs/constitution

[Last Accessed March 2010]

**PATIENT
APPROVED** 

How to contact us:



Clinical Nurse Specialists
for Neuro-Oncology,
C/o Room 14, Admin Block
Frenchay Hospital
Bristol, BS16 1LE



Toni Lawton
0117 340 3723
(answer machine)



Lois Baldry
0117 340 6609
(answer machine)



Sarah Levy
0117 340 2180
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Gloucestershire Oncology Dept
Cheltenham General Hospital
Sandford Road, Cheltenham
Glos, GL53 7AN



Mobile: 07774959982
Pager: 07659128251



0117 340 6608



[www.nbt.nhs.uk/
neuro-oncology](http://www.nbt.nhs.uk/neuro-oncology)

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.