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.
If it is decided you will have radiotherapy treatment.

You will have 2 or 3 outpatient planning appointments at

Dr Sam Guglani, Consultant Oncologist at Cheltenham General Hospital.

Dr Sean Elyan, Consultant Oncologist at Cheltenham General Hospital.
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:

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Contact Details:

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References


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 website is the cancerbackup/macmillan information and support line for 'cancer information'; www.macmillan.org.uk/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.

How to contact us:

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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.

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