

Informed Consent

Informed consent is an important process before the start of radiation therapy. As any cancer treatment involves certain risks, it is important for patients to understand the benefits and risks of the recommended therapy before the initiation of the treatment.

Through the process of informed consent, patients are informed about the purpose of the treatment, the technique or approach to be used, and the outcome and potential adverse effects to be expected.

Patients are usually required to sign a consent form before planning radiation therapy. Signing the consent form indicates that the patient fully understands the therapeutic process and associated benefits and adverse effects, and agrees to accept the recommended treatments and their consequences. However, if questions or concern about the treatment arise after signing the consent form, patients should not hesitate to direct them to the attending physicians.

About RTC@NCIS

Established in 1999, the Radiation Therapy Centre of the National University Cancer Institute, Singapore (RTC@NCIS) houses state-of-the-art facilities and an internationally-trained team of radiation oncologists, therapists, physicists, nurses and healthcare professionals. Dedicated to providing holistic and specialized care, RTC@NCIS aims to be one of the world's leading comprehensive cancer centres, dedicated to the prevention, management, and cure of cancer.

Online Resources

Breast Cancer Network of Strength
www.networkofstrength.org

American Cancer Society
www.cancer.org

American Society of Clinical Oncology
www.cancer.net

Macmillan Cancer Support
www.macmillan.org.uk

Contact Information

**National University Cancer Institute, Singapore (NCIS)
Radiation Therapy Centre (RTC)**
5 Lower Kent Ridge Road Singapore 119074
(Kent Ridge Wing, via Linkway on Level 4)

Opening Hours: 8:30am – 5:30pm (Mon- Fri)
(except on Public Holidays)

For appointments, please contact
Tel: (65) 6772 4870/4854 Fax: (65) 6779 4062
Email: CancerApptLine@nuhs.edu.sg

For International Patients and Visitors
The International Patient Liaison Centre (IPLC) is a one-stop centre to support all the medical needs of our foreign patients.

Tel: (65) 6779 2777 (24-Hours Helpline) Fax: (65) 6777 8065
Website: www.nuh.com.sg/iplc

National University Cancer Institute, Singapore (NCIS)
1E Kent Ridge Road,
NUHS Tower Block, Level 7, Singapore 119224
Tel: 6772 4811 Fax: 6872 3137
Email: ncis@nuhs.edu.sg
Website: www.ncis.com.sg



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678
Website: www.nuh.com.sg

Free Shuttle Bus Service

Free Shuttle Bus Service from Dover MRT Station to NUH

Operation hours : 8.00 am – 8.30 pm (Mondays – Fridays)
: 8.00 am – 2.00 pm (Saturdays)
Not available on Sundays and Public Holidays

Dover/NUH passenger pickup/drop off point : 1. Dover MRT Station (opposite Singapore Polytechnic)
2. Main Building, Lobby Entrance (near roundabout)
3. Kent Ridge Wing, Level 3, South Entrance

For more information on Shuttle Bus schedule, log on to www.nuh.com.sg

NEW! Circle Line Kent Ridge Station opens on 8 October 2011

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station, right at the door step of the NUH's Main Building.
The NUH Shuttle Bus Service between Dover Station and NUH will cease on 1 Nov 2011.

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek advice from your doctor if you have any questions related to the surgery, your health or medical condition.

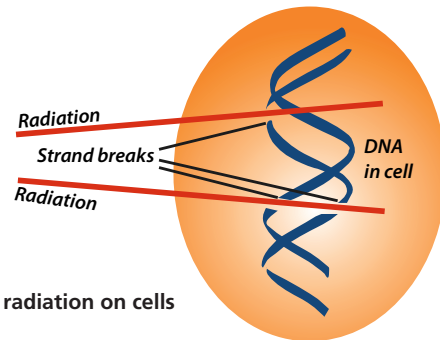
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Patient Information on High-Dose Rate Brachytherapy



What is radiation therapy?

Radiation therapy treats cancer by using high-energy X-rays generated from a radiotherapy machine to eradicate cancer cells. It inhibits cancer growth while sparing normal tissues by ionizing radiation effects on the DNA of actively multiplying cancer cells. When these cancer cells die, the body naturally eliminates them. Healthy tissue is then able to repair itself in a way cancer cells cannot, and are hence spared.



Effect of radiation on cells

Radiation therapy can be delivered in two ways, externally (external beam radiation therapy) and internally (brachytherapy). The type of radiation therapy prescribed by a radiation oncologist depends on the location, size and type of cancer.

What is High-Dose Rate Brachytherapy (HDR Brachytherapy)?

HDR brachytherapy involves the placement of a radioactive source in or close to the tumour. This ensures that the high doses of radiation delivered are limited to the tumour. The placement of the radiation source is temporary and will be removed after the procedure. As such, the patient will not be radioactive once the source is removed.

What are the conditions treated with HDR Brachytherapy?

- Cancers of the prostate, breast and gynaecology sites, eg. cervical and endometrial cancers.
- Particularly effective for small, localized tumours.

What are the benefits of HDR Brachytherapy?

- Side effects are minimized due to the targeted nature of brachytherapy.
- Allows a high dose of radiation to be given.
- Limited radiation dosage to surrounding health tissues.
- Shortens the course of external beam radiotherapy.

How should I care for myself during radiation therapy?

- Get plenty of rest during treatment.
- Consult your doctor about any medications you may be taking to make sure they are safe for use during radiation therapy.
- Eat a well-balanced diet.
- Stay out of the sun, avoid hot or cold packs, only use lotions and ointments after checking with your doctor or nurse and clean the area with warm water and mild soap.
- Coping with cancer alone may be challenging - it may be helpful to join a patient-support group.

What can I expect at Radiation Therapy Centre@NCIS?

Before Treatment

- A radiation oncologist will review your current and past medical records, family history, medications, allergies and lifestyle.
- Applicators are inserted into the treatment area to facilitate the placement of the radioactive source.
- Adequate medication for pain and/or sedation will be given to make sure that you are comfortable during the applicator placement.
- A CT simulation scan will be performed for brachytherapy-planning which will then be reviewed and fine-tuned to achieve the best treatment outcome.

During Treatment

- At the start of treatment, you will be positioned in the brachytherapy treatment room.
- Once positioned correctly, the therapist will be monitoring your treatment process via the control room.
- Communication with the therapist is possible through the microphone in the treatment room.
- Treatment can be stopped at any time should you feel unwell or uncomfortable.
- Throughout the procedure you will be awake.

After Treatment

- Follow-up appointments will be scheduled to check your response to treatment and ensure normal recovery.
- Your treatment team will always be available to assist you with further subsequent questions and follow-up plan.

