

## Your Clinical Team

During your visit to the Prostate Cancer Center of New Jersey you will be supported by a team of highly skilled specialists dedicated to your care and prostate cancer treatment. Your team includes:

### Urologist

Your urologist from the Urology Group of New Jersey will be integrally involved and kept apprised of your IMRT/IGRT treatment progress.

### Radiation Oncologist

The radiation oncologist is your physician who will oversee your radiation therapy treatments. The radiation oncologist works closely with the radiation therapy team to develop your treatment plan and ensure that each treatment is given accurately. The radiation oncologist also monitors your progress and adjusts your treatments as necessary to make sure the radiation is hitting its targeted tumor while minimizing side effects.

### Medical Physicist

The medical physicist oversees the work of the dosimetrist to help ensure that IMRT/IGRT treatments are properly tailored to each patient. They also collaborate with radiation oncologists to design treatment routines, take precise measurements of the radiation beam and monitor equipment and procedures to ensure that each patient receives the prescribed dose of radiation.

### Medical Dosimetrist

The medical dosimetrist works very closely with the radiation oncologist and the medical physicist to carefully develop the treatment plan and calculate the exact dose of radiation specifically for each patient. The treatment plan is designed to effectively treat the prostate cancer while sparing as much of the surrounding healthy tissue as possible.

### Radiation Therapist

A radiation therapist is a specially licensed therapist who administers your daily radiation treatment under the doctor's prescription and supervision. They also maintain daily records and regularly check the machines that provide radiation treatments.

## Helpful Links

American Cancer Society — [www.cancer.org](http://www.cancer.org)

US National Cancer Institute — [www.cancer.gov](http://www.cancer.gov)

Urology Group of New Jersey — [www.UGNJ.com](http://www.UGNJ.com)



### Prostate Cancer Center of New Jersey

375 Mt. Pleasant Avenue  
Suite 251  
West Orange, New Jersey 07052

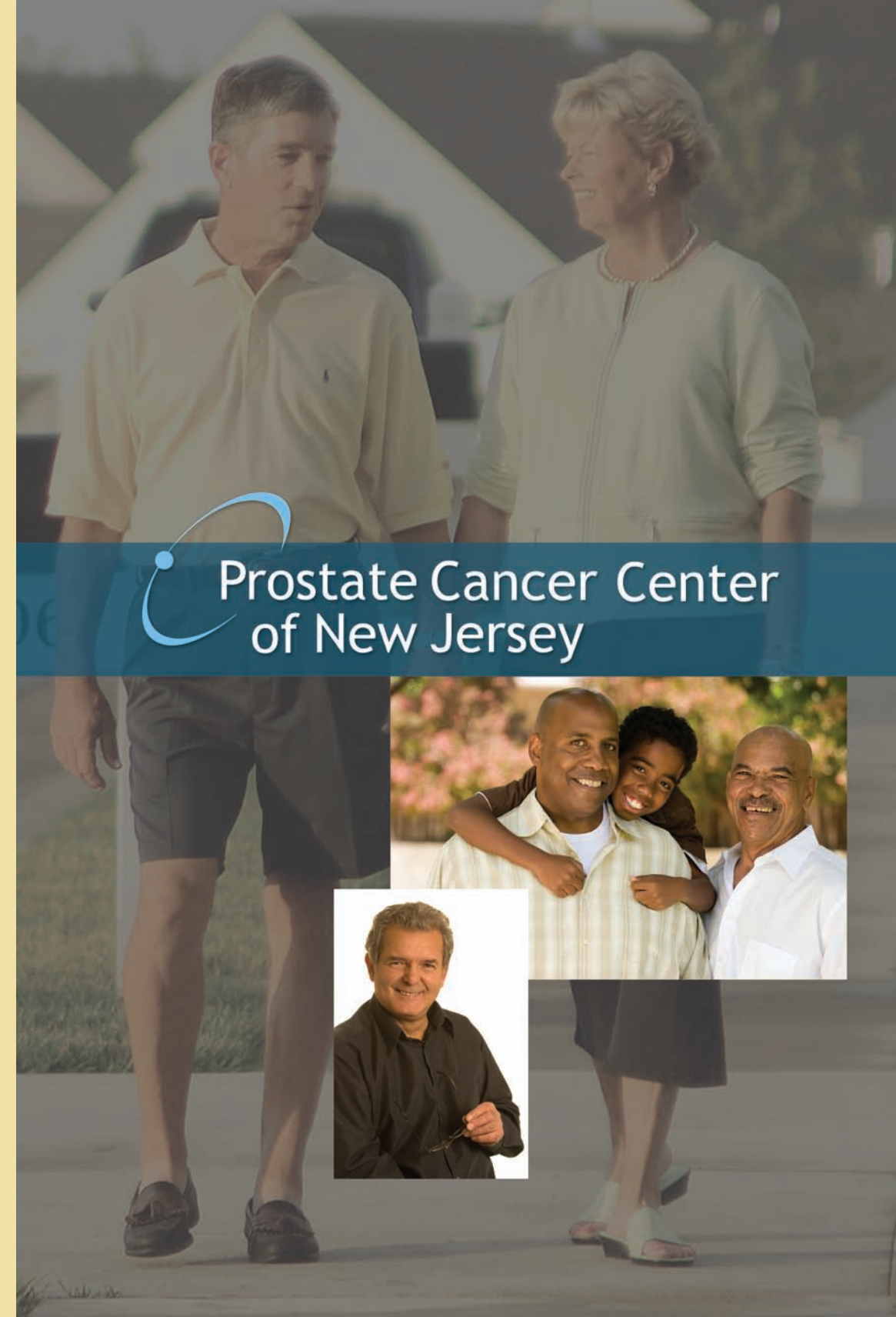
Phone: 973-323-1300  
Fax: 973-323-1319

Ample, free patient parking  
is located at the facility.

Prostate Cancer Center of New Jersey is a partnership  
between Urology Group of New Jersey and  
AKSM/Oncology, a national provider of IMRT/IGRT  
treatment for prostate cancer.

Urology Group of New Jersey  
**UGNJ**

**AKSM** oncology



**Prostate Cancer Center  
of New Jersey**

## The Prostate Cancer Center of New Jersey offers radiation therapy for the treatment of prostate cancer exclusively for patients of the Urology Group of New Jersey.

Since you have been diagnosed with prostate cancer, there are several options available to you including:

- **Surgery**
- **External beam radiation therapy** (*three-dimensional conformal radiation therapy or 3D-CRT or intensity modulated radiation therapy with daily image guidance (IMRT/IGRT)*)
- **Prostate brachytherapy**
- **Hormone therapy**
- **Chemotherapy**
- **Cryosurgery**
- **Watchful waiting**

Your urologist has recommended that you meet with a radiation oncologist, a cancer doctor who specializes in treating this disease with radiation therapy. The radiation oncologist will discuss all of your treatment options and help you determine if intensity modulated radiation therapy with daily image guidance (IMRT/IGRT) is right for you. To better assist you in learning more about IMRT/IGRT and your visit to the Prostate Cancer Center of New Jersey, please review the following information.



### What is External Beam Radiation Therapy?

External beam radiation therapy (also called radiotherapy) involves a series of daily treatments to accurately deliver radiation to the prostate.

### What is IMRT?

IMRT is a state-of-the-art technology that allows doctors to tailor each treatment to an individual patient. Using the CT and MRI, the radiation oncologist instructs the computer how much radiation to be delivered to the prostate and to the surrounding tissues. The computer determines the best way to deliver the treatment by varying, or “modulating,” the intensity of each radiation beam.

### Why is IGRT Important?

IGRT is used in conjunction with IMRT to ensure that the highly tailored treatment that is created by your clinical team is delivered exactly where it is intended with millimeter precision. Before your treatments begin, your urologist will implant small fiducial markers into your prostate utilizing a simple procedure to direct the radiation oncologist to the exact location of your prostate. During your treatment, state of the art imaging will be used to locate these markers every day and the treatment machine will be realigned to ensure that the prostate is exactly where it should be during your treatment. IGRT has been shown in studies to reduce side effects associated with radiation therapy.

## What Patients Can Expect

### Consultation Appointment

Your first consultation appointment will take about an hour and consist of the following steps:

- A Prostate Cancer Center of New Jersey staff member will talk with you about your current and past medical history, review any medications you may be taking and answer your questions.
- A radiation oncologist will conduct a physical exam, review your medical history, x-rays and test results and order any additional tests, if needed.
- The radiation oncologist will talk with you about how you could benefit from radiation therapy, explain the details of treatment and potential side effects and answer your questions.

### Please bring these things with you to your consultation appointment:

- **X-rays (CT's, MRI's, Bone Scan's)**
- **List of your current medications including name of each drug and dose**
- **Health insurance card or information**
- **Advance directive or medical power of attorney, if available**
- **It is encouraged to bring a family member or other support person with you to your consultation appointment.**

### Fiducial Marker Placement

If you and the radiation oncologist determine that radiation therapy is the appropriate treatment, you will be scheduled to return to your urologist to have the fiducial markers implanted into your prostate. This process is similar to the biopsy procedure that you had prior to diagnosis.

### CT Simulation

The treatment planning sessions, sometimes referred to as simulation, help the radiation oncology team determine the best set-up for the radiation beams to most effectively target the prostate with as little radiation as possible to the healthy tissues around it. These treatment planning sessions will last approximately one hour (and are similar to having a CT scan).

### Beginning Your Treatment

Upon completion of treatment planning, your IMRT/IGRT prostate cancer treatment will begin. Treatments will usually take place Monday through Friday at the same appointment time each day (for approximately 2 months).

## Your Appointment Schedule:

### Consultation Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Physician: \_\_\_\_\_

### Fiducial Marker Placement Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Physician: \_\_\_\_\_

### CT Simulation

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Physician: \_\_\_\_\_

### Daily Treatment Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Physician: \_\_\_\_\_

### Post Treatment Follow Up Appointment with UGNJ Urologist

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Physician: \_\_\_\_\_

