

Oh, no, will I glow ?

All About Radiation Therapy



Nemours Alfred I. duPont
Hospital for Children

Dedication

We dedicate this book to all of those who battle cancer. You are heroes, and we praise you for your courage and bravery throughout treatment.

Acknowledgments

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Radiation Therapy



Radiation therapy is one of the ways that doctors can treat cancer. It uses a special kind of X-ray to destroy cancer cells. Radiation does not hurt you. A special machine is needed to give radiation therapy. That means you may need to go to an adult hospital for your radiation treatment, instead of your usual children's hospital.

Christiana Hospital



Helen F. Graham Cancer Center



*Nemours/Alfred I. duPont
Hospital for Children*



You can bring things with you to keep you busy while you wait.



You will be greeted when you arrive.



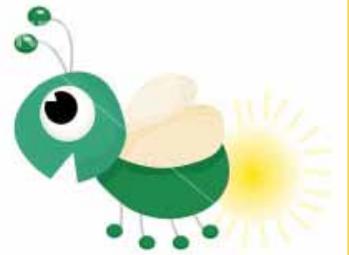
You can watch TV in the waiting room.

When you receive radiation therapy, you will visit a doctor called a Radiation Oncologist. The doctor and his radiation team do a great job making sure kids are well cared for.

Radiation therapy is usually given during the week.

My radiation is scheduled for _____ days.

It starts on _____



making sure kids are
well cared for

radiation is invisible



*This is the radiation table.
Look at the ceiling. What do
you see?*

Radiation is given by pointing an invisible beam at the area on the body where the cancer cells are. You will not see, feel or smell the beam.

Things to know about radiation:

- Receiving radiation does not make you radioactive.
- You cannot touch, see or feel the radiation and it will not hurt.
- When you are receiving radiation, no one can be in the room with you.
- You need to be as still as possible (not move). It is very important that we treat the right spot every time.
- You can breathe normally.
- The treatment usually lasts about 10 minutes. Practice staying still a couple times a day before your treatment starts. This may help you stay still during the treatment.
- You can wear comfortable clothes.

*This sign is posted so people
who are not getting radiation
do not to walk in.*



There are many different kinds of cancer. The place on your body where you will receive radiation depends on your type of cancer and where your cancer cells may be hiding.

Places where kids get radiation:

- Arm
- Belly
- Chest
- Head
- Leg
- Neck
- Spine
- Whole Body



Draw the spot or spots where you will get radiation.

W Z V H C E L E B R A T E H Y G P V P Z
 A S J Q R E A M Z X B O T A J O B V O U
 I H F V W Q T U X X K K W X S C G N N T
 K G O R E H I X I S I Y E I X T M F O Y
 I B O K V L P F A I G I T O U H B Z I A
 I K E P J C S M R B D I P V Q T U T T Y
 W I J R U R O D Y G O R S I R L T Q A B
 Y G K A F C H I S N X Y M R W A D J L A
 F B V X R A D I O A C T I V E E L Z U Y
 V F Q N B H H D M J F J U G O H O X M I
 X P G V C R S L X A Y M T R O P M S I V
 P D O B L R A Q H E E D P L H R Y R S R
 T X G Q G D F V Z I J B R T H O D F A L
 R R C H Z G L O E T N K K G H M O W N U
 C Z T K J R A D I A T I O N L U B R B K
 R M B J O J J V V X O O L Y Z T R F Q O
 X T L R I N G T H E B E L L R T F C A N
 R C R G U S Q M E S V T B F O X D C M O
 A C A N C E R A M G G C U Z O M S U O V
 Y L V P D L B I E S U O E G A R U O C T

Find these words hidden in the puzzle:

- | | | | |
|-------------|---------------|------------|-----------|
| RADIATION | BODY MOLD | TUMOR | PORT |
| RADIOACTIVE | POSITION | COURAGEOUS | CELEBRATE |
| CANCER | HEALTH | X-RAY | MASK |
| HOSPITAL | RING THE BELL | BRAVE | BEAM |
| HERO | SIMULATION | | |



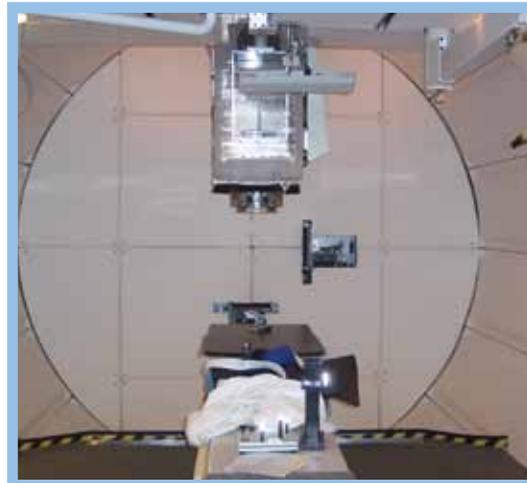
The radiation table



Lying on your belly



Standing for treatment

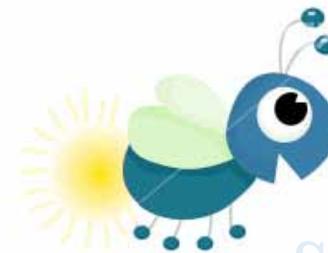


Photon therapy machine

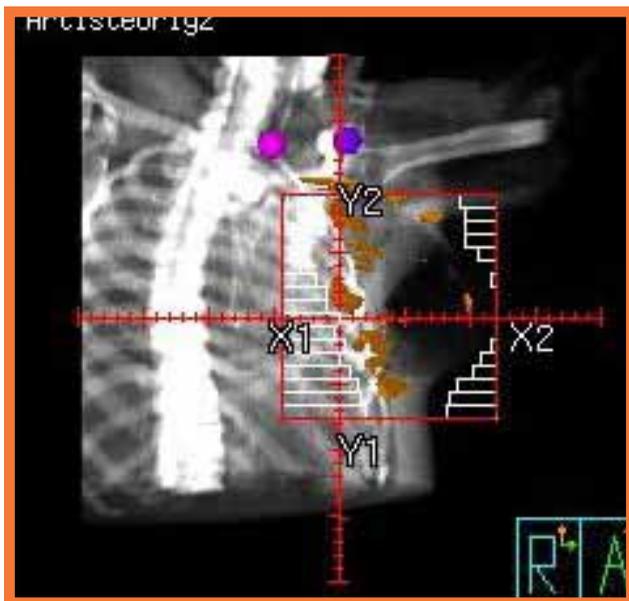
There are many different kinds of radiation treatments. You may hear them called **photons**, **external beam**, **protons** or **cyberknife**. Don't worry, cyberknife does not involve a real knife or any cutting.

The special machines we use to give radiation therapy are very big. The machines may look a little different from each other. Some kids will need to stand up for treatment and some will be on their back or belly for treatment.

My kind of radiation is called:



special
machines



This is a map that the radiation therapist uses to set up your treatment each day.

Before your first radiation treatment, you will go for simulation. Your simulation day may take longer than your regular treatment days. Simulation is when your radiation therapist will set up the machine just for you. Each time you come for treatment, the radiation therapist will have the machine ready for you. You can also talk to your radiation therapist about any questions you may have.

On simulation day, you will have X-rays, a CT scan and/or pictures, and your doctor will plan your specific treatment. The radiation therapist will draw some dots with ink on the area where you will get the radiation treatment. You may feel a small pinch when they put the dots on your skin. The area where the dots are is called the **port**. The port helps to aim the beam in the right spot each day.

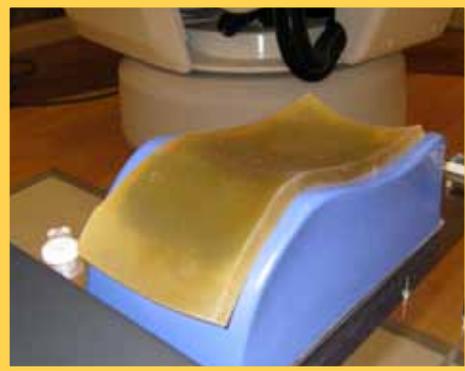
You may take longer than your regular treatment days. Your radiation therapist will be able to answer any questions you may have.



This is a picture of a CT scan used to set up the radiation treatment. It is noisy.

simulation day





Headrest



important to stay still

During your radiation treatment, it is very important to stay still. Many kids need some help to stay still or stay in a certain position. Body molds, headrests and masks can help with this. Don't worry – these don't hurt. Some kids will also need medicine to help them stay still. The doctor will talk to you about this.

Body molds are made by sitting on a special giant pillow. This pillow will take the shape of your body. This does not hurt.



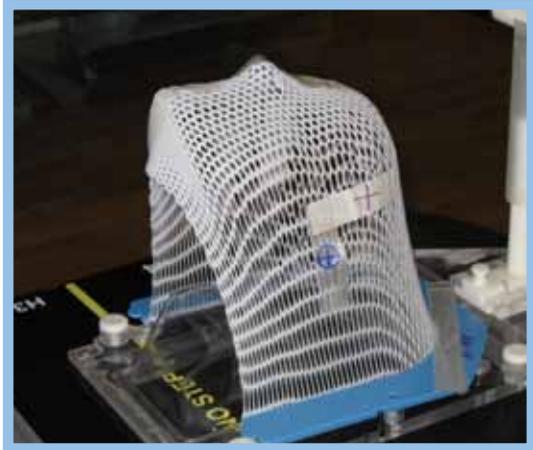
Headrest



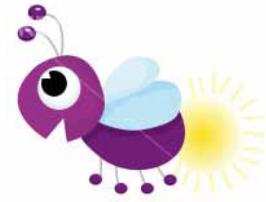
Body mold



Body mold



This is what the mask looks like after it is made.



If you are receiving radiation to your head, it is extra important to stay still. A mask is made especially for you on your simulation day. This mask will help you stay still.

Making the mask is like putting something wet and warm on your face, kind of like a wet washcloth. It has openings like a net so you can see and breathe through it easily. Making the mask only takes a short time. When the mask dries and hardens, it feels like plastic.

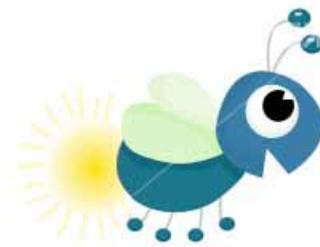
Something wet and warm is put on your face.



Making the mask.



You can see and breathe through the mask.



a mask especially for you





This is the monitor the radiation therapist uses to watch you.

what to expect



When you receive your radiation treatment, you will be able to bring your favorite music from home to listen to. This can help you relax and stay still.

What to expect during radiation treatment:

- You will get to go in a special room called the treatment room.
- During the treatment, you will be in the room by yourself.
- Your mom or dad will be able to wait for you in the waiting room.
- The radiation therapist will be in the next room and can see and talk with you.
- The machine may move around you, but will not touch you.
- You may hear whirling or clicking sounds.
- You will be in the treatment room for 10-20 minutes.

*This is a treatment room.
There is a TV on the ceiling.*

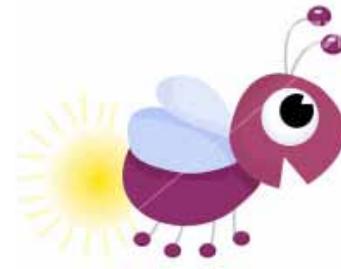


*This is the camera the monitor uses
to take pictures on the screen above.*





This is cyberknife.



Radiation destroys cancer cells and may hurt normal cells too in the area where radiation is given. Because of this you may get side effects. Side effects are what happens when healthy cells are hurt by the treatment, and can be different for everyone. It is important that you let your parents, nurse or doctor know how you feel, and if anything is bothering you.



This is one type of radiation machine.



let us know
how you feel

your treatment is unique



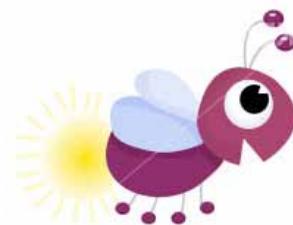
Side effects of treatment depend on where you get treated:

- Kids who get radiation to the head have different side effects than kids who get treatment to the arm.
- Kids who get treated to the chest have different side effects than kids who get treatment to the belly.
- Sometimes the skin in the area that gets radiation may get red and dry. You will be given special instructions about how to care for your skin in the radiation port area.

Your nurse will talk to you about what side effects you may have and ways to stay well while you receive treatment.

Side effects I might have: _____

Things I can do to feel better: _____





Rest after radiation is important.



It is important to take care of yourself during treatment:

- Listen to your body and rest when you are tired. Stay active when you feel well.
- Let your parents, doctor or nurse know how you feel.
- Eat a balanced diet.
- If you have a question ask it.

Things I can do to take care of myself: _____



Talk to someone if you have questions.



taking care
of yourself



Ring the bell on the day when all your radiation treatments are finished.

On the day that all of your radiation treatments are finished, you will get to ring the bell!

Even after your treatments are complete, you will need to visit your doctors for checkups even if you are feeling well. These visits will continue for many years after your treatment is finished.



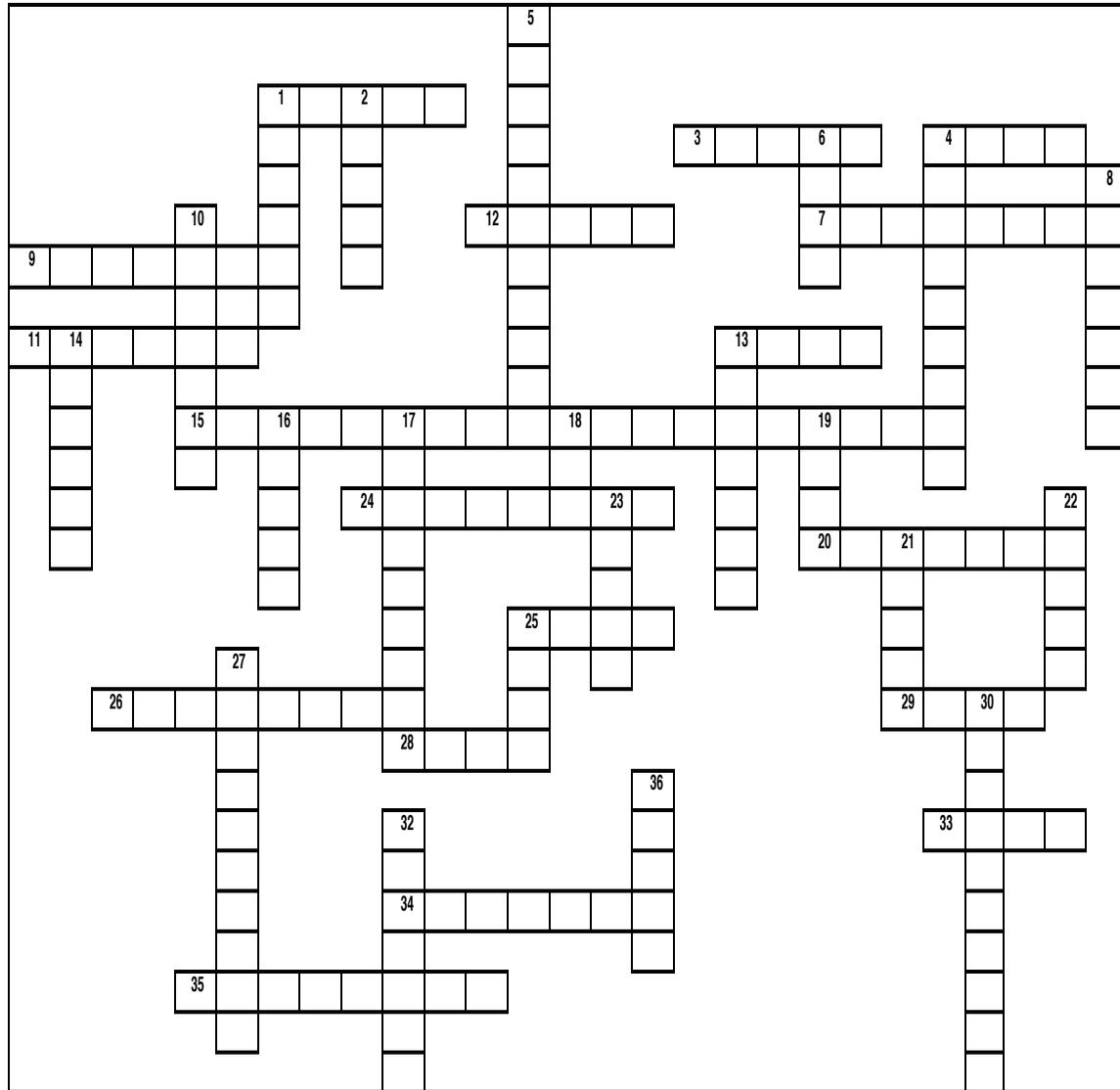
Autographs

People I Met at Radiation Therapy:

Radiation Oncologist

Radiation Nurse





Across

1. Showing courage. An Indian warrior is called a _____.
3. To have faith in. Rhymes with rust.
4. Quiet; still. The _____ before the storm.
7. You will need clinic visits for a long time. This is called _____.
9. To help. A kind of group where people get together to talk and help each other is called a _____ group.
11. To be well. Rhymes with wealth.
12. Images in your mind: sometimes during sleep.
13. Highest quality. Do your _____.
15. Special doctor who treats patients who are getting radiation.
20. To receive gladly. " Thank you. You're _____."
24. Healthy balance of the mind, body and spirit.
25. Ring this when you have completed radiation treatment.
26. Body molds may be used to help you stay in a certain _____.
28. The group who is caring for you. A group of baseball players who work together. Rhymes with beam.
29. To fix, to make better, to make well.
33. Area where they put the dots on your skin for radiation is called the _____.
34. Being brave. Having strength in the face of challenge.
35. The radiation team makes these especially for you to help you stay in position. You sit on a giant pillow to make this.

Down

1. The odor from your mouth. Sometimes a mint helps.
2. To impress, astonish.
4. What we do to honor holidays, birthdays, winning teams and accomplishments.
5. Process of getting ready
6. Free from harm. A place where you keep valuables.
8. State of emotions; upbeat; happy; in good _____.
10. Another name for physicians
13. To accept as true or real; to feel sure of.
14. Ability to do work. When you have _____, it's easier to be active.
16. Every day
17. Radiation is part of my _____ plan.
18. A whole number that is greater than 0 and less than 2.
19. Oh no, will I _____?
21. What you do when you hear a funny joke.
22. Relieve tension; chill out; be mellow.
23. What your mouth does when you are happy.
25. Radiation is given by pointing a _____ at the area on the body where the cancer cells are.
27. This is when your radiation therapist will set up the machine for you.
30. To complete or to finish.
32. Heavy metal objects you throw out of boats to help you stay in one place.
36. Highest quality; best job; not a bird or a plane it's _____ Man.

Across
 1. brave 3. trust 4. calm 7. followup 9. support 11. health 12. dreams 13. best 15. radiation oncologist 20. welcome 24. wellness 25. bell 26. position 28. team 29. heal 33. port 34. courage 35. bodymold

Down
 1. breath 2. amaze 4. celebrate 5. preparation 6. safe 8. spirits 10. doctors 13. believe 14. energy 16. daily 17. treatment 18. one 19. glow 21. laugh 22. relax 23. smile 25. beam 27. simulation 30. accomplish 32. anchor 36. super

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