Oh, no, will I glow?

All About 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.

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

Thank you to the physicians, nurses, cancer care coordinators and child life staff at Nemours/Alfred I. duPont Hospital for Children, Wilmington, Delaware for your collaboration.

Thank you to our models, Brian A. and Sian R. for their time and enthusiasm in helping with this project.

Thank you to the Devoe and Lawrence families for reviewing this book.

A special thank you to Jon Strasser, MD and Jackie Squillace, RN and the entire radiation oncology staff at Christiana Care Health System in Wilmington, Delaware.

Thank you to Massachusetts General Hospital Cancer Center for the photo of the Proton Radiation Therapy Machine.

This book is made possible by a grant funded by the State of Delaware Cancer Consortium.
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______________________

You will be greeted when you arrive.

You can watch TV in the waiting room.

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

making sure kids are well cared for
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.
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

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

Draw the spot or spots where you will get radiation.
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:

____________________________________
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.
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.
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.
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.
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 cyberknife.

This is one type of radiation machine.

let us know how you feel
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: ___________________________
________________________________________________
________________________________________________
________________________________________________
________________________________________________
________________________________________________
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: _____________________
________________________________________________
________________________________________________
________________________________________________
________________________________________________
________________________________________________
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.
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.
30. You sit on a giant pillow to make this.
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.
36. Highest quality; best job; not a bird or a plane it's _________ Man.

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.
15. Radiation is part of my ________ plan.
16. Every day
17. Radiation gives a _____at the area on the body where the cancer cells are.
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.
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.
Questions I need to ask:

________________________________________________
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