

A close-up photograph of a woman with brown hair, wearing a dark blue quilted jacket with a grey and white plaid lining. She is holding a white coffee cup with both hands and looking off to the side. The background is blurred, suggesting an outdoor setting.

BUPA
CROMWELL
HOSPITAL



TOMOTHERAPY

ACCURATE
TREATMENT,
FEWER
SIDE EFFECTS

bupacromwellhospital.com

The Bupa Cromwell Hospital radiotherapy department provides patients with a high quality of care and is led by a skilled and professional team. TomoTherapy® is one of the most advanced, integrated cancer treatment systems available.

What is TomoTherapy?

The TomoTherapy HI-ART System is a very accurate way of treating cancer with radiation.

It combines three elements into one integrated system:

- treatment planning – a customised plan for each patient
- image-guided radiotherapy (IGRT) – a built-in CT scanner to accurately locate the tumour before each radiotherapy treatment
- intensity-modulated radiotherapy (IMRT) – a high dose of radiotherapy directed to the precise area of the tumour

The equipment used for TomoTherapy looks similar to a CT scanner. The patient lies on a couch that moves continuously through a large rotating ring.

Inside the ring is a linear accelerator which delivers radiation in lots of little beamlets. With the couch moving at the same time as the ring is rotating, the radiation beamlets emerge in a spiral (or helical) pattern and target the tumour from all angles.

The benefits of TomoTherapy

The main benefit is that the radiotherapy is very accurately targeted. The CT scan taken before each treatment gives us a very clear picture of the exact location of the tumour. This allows us to draw a tighter margin around the tumour and target the radiotherapy more precisely than would otherwise be possible.

The radiation is delivered via lots of little beamlets coming from all angles, rather than through fewer larger beams. This means the high dose radiation can be concentrated on the tumour, avoiding surrounding healthy areas.

There are very real benefits to the patient from this approach.

- Fewer side effects. Avoiding high dose radiation being given to healthy organs and tissue minimises the side effects for the patient. This is especially true when the tumour site is in, or adjacent to, critical organs such as the eye or kidneys.

- The ability to re-treat specific areas. The precision of TomoTherapy allows us to retreat a site while avoiding surrounding organs or tissue, for example the spinal cord, which have already received the maximum radiation dose that they can tolerate. We can now provide a lifeline for patients with treatment that was impossible in the past.
- Time saving. The ability to treat multiple sites in one treatment plan reduces overall treatment time.



A friendly and caring environment for patients

Patients are treated in a pleasant and comfortable environment and can expect:

- detailed information and advice on all aspects of their care
- appointment times that, wherever possible, meet their needs
- staff who will take time to explain the procedure and answer any queries
- a team that works together to minimise any discomfort to patients during their treatment
- a comfortable waiting area with facilities for relatives and friends

Our team members are very understanding of patients' specific needs or anxieties, and work hard to offer reassurance in a relaxed environment.

Support services

Radiotherapy treatment at Bupa Cromwell Hospital also includes eight counselling sessions. These are available for all patients and relatives.

Complimentary massage is also available for patients.

In addition, patients can be referred to one or more of the following services:

- specialists in breast care, lymphoedema and palliative care
- nutrition and dietary advice
- oncology physiotherapy



Contact

Patients require a referral for radiotherapy. To discuss this, or if you have any questions or need further information, please contact the radiotherapy department on 020 7460 5626/7.

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