

SABR treatment for lung cancer

Information for patients at Mount Vernon Cancer Centre.

SABR is stereotactic body radiation, it involves the use of advanced technology to deliver a beam of radiation.

This leaflet **must be read with** the main SABR booklet PI72

What will happen during planning?

Before you begin your SABR treatment you will be asked to visit the radiotherapy department to have your treatment planned.

During the planning appointment, you will have a special support cushion made to fit you. This will help you stay in the correct position during treatment and make you more comfortable.

You will be asked to lie in the same position as for your treatment. This position should be comfortable so you can keep still for between 30-40 minutes. For this reason it is important for you to say if your treatment position is not totally comfortable.

You will then have a CT scan which will be used for planning your treatment.

What are the possible side-effects from having SABR treatment for lung cancer?

- Pneumonitis
Radiation may irritate the lungs, causing a cough and shortness of breath. This may require additional treatment with steroids or antibiotics. You should contact your oncology team if you notice these symptoms.
- Discomfort or pain near the area of treatment
- Occasional swallowing problems
- Fatigue

Please read about the general side-effects from having SABR treatment on page 9 of the SABR booklet (PI72).

Other help and support

People who have cancer often say that during their illness they experience a range of emotions. Many find it to be a stressful, anxious and confusing time.

If you would like further information about any aspect of cancer and its treatments, including the supportive services offered at the Lynda Jackson Centre (LJC), please drop in to the centre or call the Helpline.

The staff at the LJC work as part of the overall team caring for you and include healthcare professionals and trained volunteers. The centre provides a relaxed setting in which to talk and ask questions.

The LJC is situated between the main Cancer Centre building and Gate 3 (White Hill).

Services offered at the LJC include:

- Drop-in centre
- Telephone helpline
- Benefits advice*
- Complementary therapies*
- Relaxation classes
- Counselling*
- Look Good...Feel Better™ beauty workshops
- The Way Ahead headwear workshops
- Self-help courses

* These services are only available to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre

Mon-Fri: **9.30am–4.30pm**

Telephone Helpline: **020 3826 2555**

Website: **www.ljmc.org**