

Welcome to the Radiotherapy Center

CONTACT

Secretaries to :

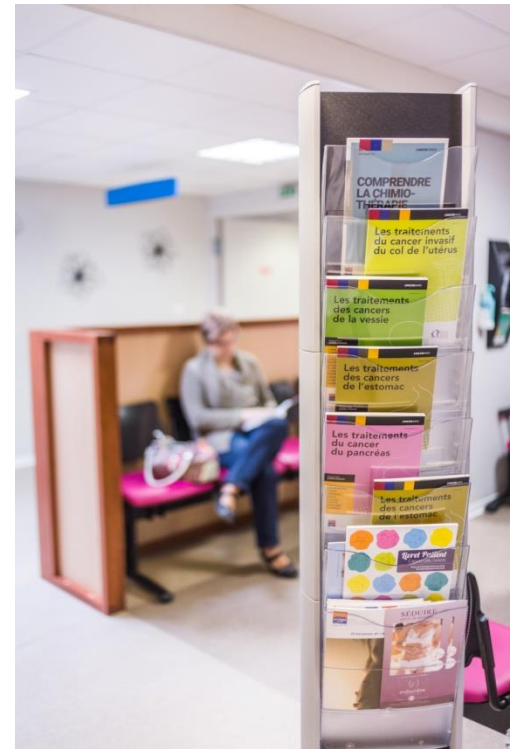
- . Dr Benhaddou
- . Dr Lefèvre
- . Dr Salemkour

05.45.24.26.06

Secretaries to:

- . Dr Atallah
- . Dr Desrousseaux

05.45.24.25.43



Site internet : <http://angouleme.radiotherapie.fr>



Centre de Radiothérapie Angoulême Charente – CERAC

CeRAC IV ACL-PRO 22-V8, info booklet for radiotherapy

Because of your illness, you are going to receive treatment for a few weeks in the Radiotherapy Unit in the Angouleme Radiotherapy Centre.

This document will help you understand and follow the course of your treatment.

It's only a leaflet and it won't replace the dialogue with the team taking care of you.



What is radiotherapy?

It is a treatment to destroy cancer cells using very high-energy rays while minimizing the risk to healthy cells.

Radiotherapy is a local treatment; it reaches the cancer cells only in a very specific (localised) area of the body. It is different from medical treatments such as chemotherapy or hormonotherapy, which are general treatments affecting the whole body.

The rays pass through the body, they don't remain inside it: you will not be radioactive.



Information about radiotherapy

- **Radiotherapy is a painless treatment.**
- **The rays are invisible.**
- **External irradiation does not make you radioactive.**

It is not necessary to avoid physical contact with other people. Even hugging, kissing or having sex does not pose a radiation hazard.

- **During treatment, it is necessary to rest and have a balanced diet.**

However, depending on your condition, it is quite possible and beneficial to maintain a physical or professional activity. You should eat a balanced diet (follow the diet if you are asked to) and keep your skin clean and dry.

- **The side effects that may occur during radiotherapy are usually temporary and vary depending on the area of the body undergoing treatment.**

They are located in the treated area. Your doctor will inform you of any side effect you may experience and give you advice on how to overcome any. However, many patients do not experience any of these effects.

- **Radiotherapy sessions are daily** (no sessions at week-end and Bank holiday).

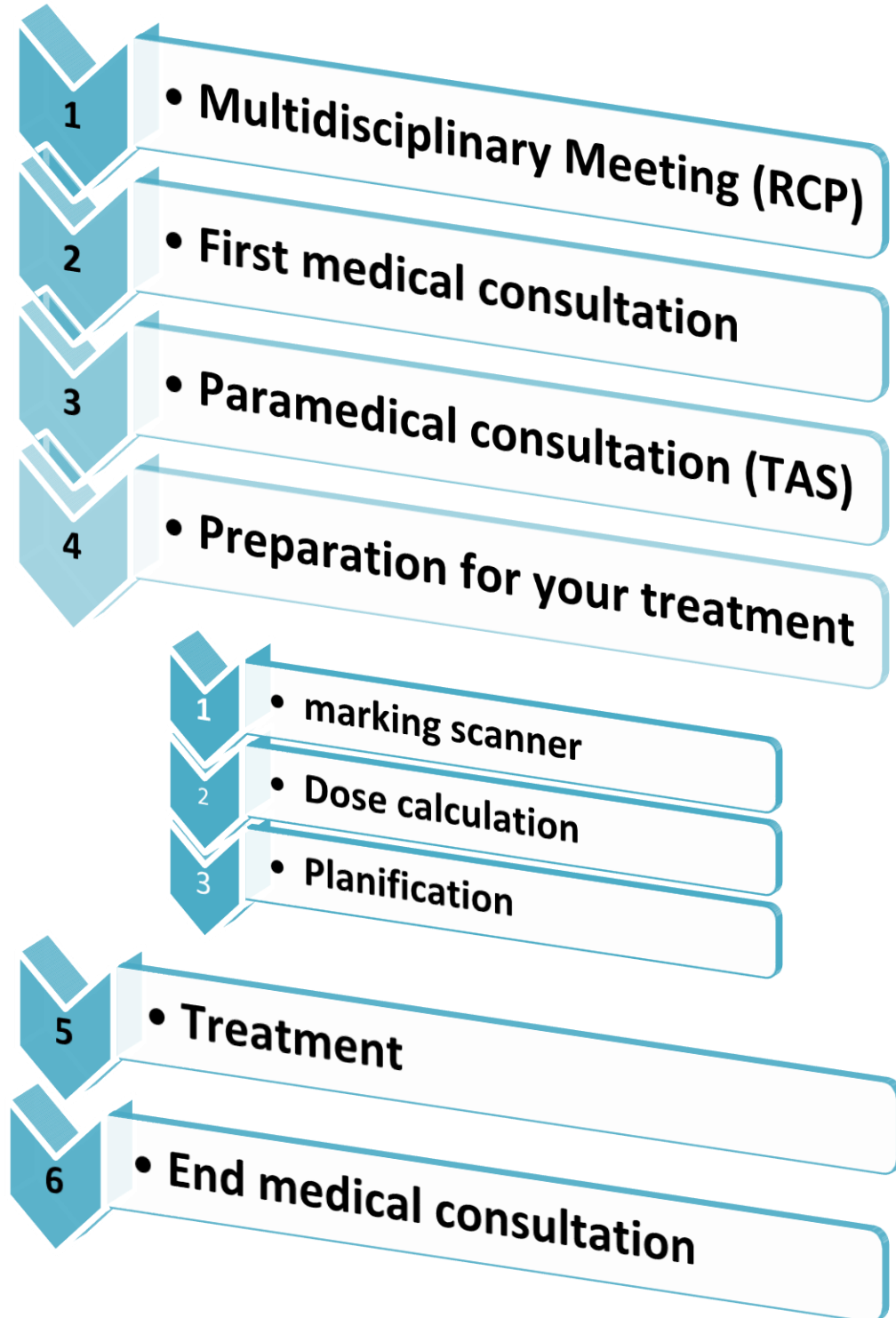
Appointment times are given every Friday for the following week.

The timetables are set in the light of the technical constraints of each treatment, it will therefore not be possible to modify the timetables except for priority reasons.

Please, notify us as soon as possible if you are unavailable.



Your journey in the radiotherapy center



1. Multidisciplinary Meeting (RCP)

The management of each cancer involves several medical specialties. Therefore each case is reviewed in a multidisciplinary meeting called RCP (Réunion de Concertation Pluridisciplinaire).

These meetings take place every week according to the specialty (Urology, Gynecology, Pneumology...). They are attended by oncologists, medical specialists according to the specialty, pathologists, radiologists, nuclear physicians...

For each patient the proposed management is discussed using nationally validated references. It offers the advantage of a discussion between several specialist doctors to propose the best therapeutic strategy for / to the patient.

2. First medical consultation with the radiation oncologist doctor (Consultation d'annonce):

The treatment proposal, established in the multidisciplinary meeting, is discussed with the patient during a specific consultation, called consultation d'annonce (announcing the diagnosis/treatment). During this consultation, the doctor in charge of the patient will explain to him/her the characteristics of his/her disease, the proposed treatments, the expected benefits and the possible side effects. This consultation is important. It may be useful for the patient to be accompanied by a relative. It is important that the patient take the time to ask any questions he / she has and to make sure he /she has understood.

After agreeing on the treatment the proposal is confirmed in a document called 'a personalized care programme's (PPS). It includes the dates of the different treatments, their durations as well as the contact details of the different members of the care team. It can evolve according to the state of health of the patient.



Dr Mokrane Benhaddou
Oncologue radiothérapeute du Centre
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Dr Vincent Atallah
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Oncologue radiothérapeute libéral

Medical Secretary :

First point of contact when you come to the service. They ensure the proper administrative registration of the patient (creation of file, photo taking for identity monitoring, collection of the various examinations, etc.), as well as the making of the various appointments (tracking scanner, the paramedical consultation, chemotherapy, among others).

The secretaries also make the link between the patients, the doctors and the team of manipulators and establish the travel vouchers for the entire duration of the treatment.

3. The paramedical consultation (TAS) :

This paramedical consultation is an opportunity for patients, their relatives and close family members to be given information and support.

This consultation is a special time when the technician can go over the information given initially by the doctor, and talk about the practical side of the treatment.

This appointment is for you, to listen to you, and to allow the staff to find out about your needs. You can also be introduced to other health professionals if you wish: (Psychologist, Dietician, Sophrologist, and ERI -- a dedicated space for information about cancer in French and English with bi-lingual staff).

At your request, a further meeting with a technician can be arranged during your treatment (with or without a relative) to answer your questions about the side effects of radiotherapy.

If needed, you will be directed to the specialist in charge of your treatment.

4. Preparation for your treatment :

The radiotherapist prescribes the appropriate treatment which is specific to you. This radiotherapy doctor works closely with the other doctors and health professionals around you.

There are a few steps to follow prior to the treatment.

➤ The pin-pointing/marketing scanner :

You will be installed in the same position as for your treatment, using special apparatus to immobilize the area to be irradiated if needed. This scan will give the precise information about your anatomy to help the doctor in defining the tumour, the area to target and the tissues to preserve.

This scan is not for diagnosis purposes.

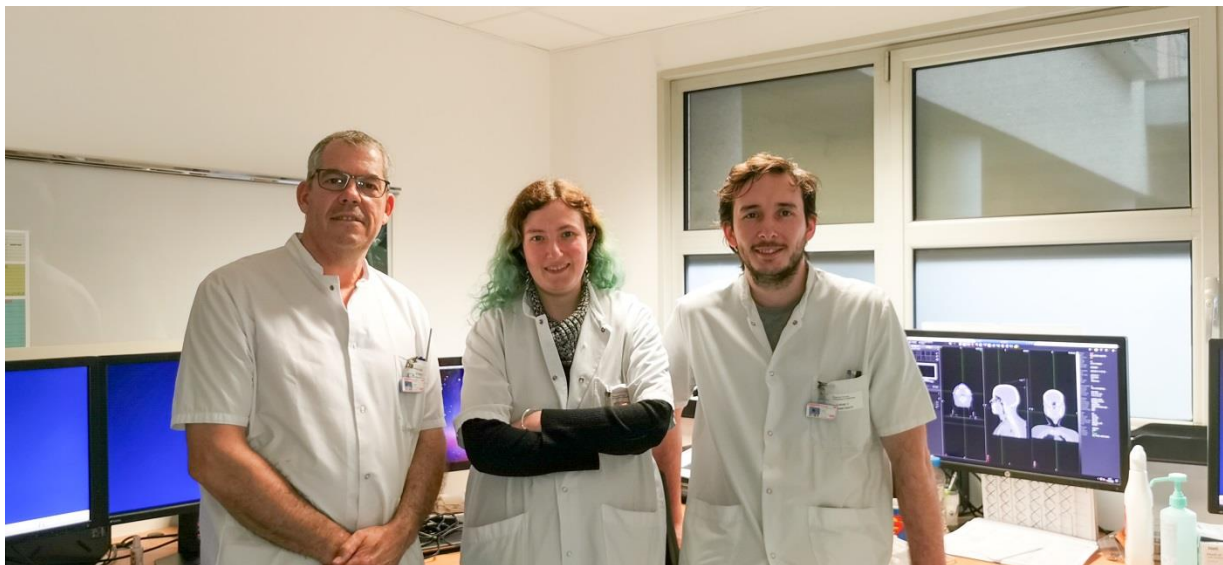


The marking scanner

➤ The dose calculation :

Using the scanner images and specific software, the doctors in radiotherapy, the physicists and the dose calculators will establish accurately the areas for radiation while protecting the healthy areas. This is when the field of radiation, the dose, and the number of sessions adapted to your particular case for your treatment are decided.

The time taken to finalize your treatment file is about 10 to 15 days, which explains part of the wait before starting treatment.



Dose calculation team

➤ The radiation physicist :

Regularly checks the equipment to make sure the machines deliver the correct quantity of rays. He works out, with the specialist, the best way to deliver your treatment depending on the areas to irradiate and the ones to protect.



Antony Coliaux

Radiophysicien



Francis Djoumessi

Radiophysicien



Valérie Blot-Lafon

Radiophysicien

5. Treatment: first session

Patients are contacted by telephone for the first appointment to the treatment. To the delay of the dosimetry work, is added the delay due to the availability of the treatment device. In general, a delay of 2 to 3 weeks is observed between the marking scan and the first session on the treatment device. CeRAC strives to maintain deadlines in line with good practice.



Treatment accelerator

The treatment begins with a verification step of everything that has been done before: scanner, determination of target volumes, location, calculation of the Radiophysicist, determination of irradiation fields, caches (external, or integrated into the machine) intended to protect the organs that the doctor doesn't want to irradiate. This is why this session is often longer than the others.

For the patient, it is the discovery of the treatment device.

The position is the same as during the scout scan.

The manipulator sets up the device according to the different areas to be irradiated and produces control images which are compared with the images obtained from the scanner.

These images will be validated by the doctor before the delivery of the first dose of treatment. This validation is done remotely, you will not see the doctor in the treatment room.

At the end of this session, the technicians give patients the first treatment appointments.

The service has several particle accelerators that work identically, you will not necessarily be scheduled on the same machine during your entire treatment. Pay attention to the name of the room that appears on your appointment card.

6. Your treatment: the other sessions

The technicians will do their best to give you the same appointment times throughout your treatment, within the limits imposed by technical constraints.

If you have some restrictions for the radiotherapy sessions (*work, specialist's consultation,...*) let the team know during your paramedical consultation or the pin-pointing scan, as early as possible, at least one week in advance, so they can plan accordingly.

Compliance with these rules, by both parties, can only help your good care.

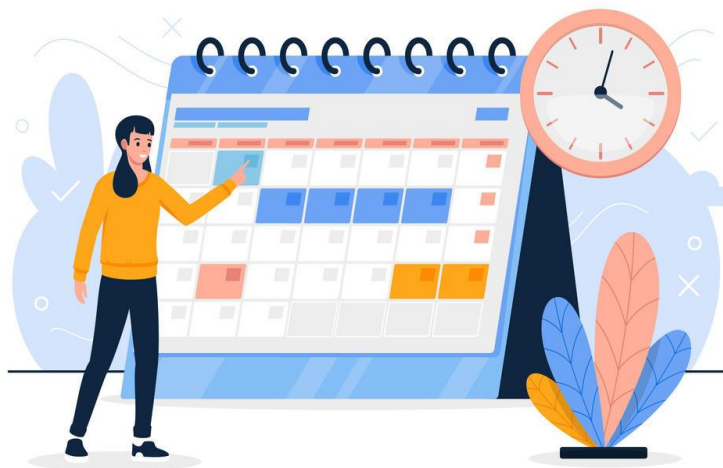
Your appointments for treatment sessions during the following week will be given to you every Friday.

Appointment times are fixed according to the technical constraints for each treatment; therefore, it will not be possible to change them unless there are reasons taking priority such as:

- **your work commitments**
- **other medical appointments that cannot be moved.**

Please notify us as soon as possible of your unavailability.

We will let you know should your appointment be changed at the last minute eg, if the treatment machine breaks down.



7. The monitoring of your treatment

Regular monitoring will take place during your treatment as follows:

- Your radiotherapist and the other members of the medical team looking after you will monitor your health by observing the way you react to the treatment and by asking how you feel.
- During your treatment you may ask at any time to have a consultation with the radiotherapist.
- The technicians are available every day. You can therefore tell them about your worries and ask questions. Do not forget to let them know about the side-effects you may have, or anything unusual.



8. The end of treatment consultation and the monitoring after

At the end of the treatment, the patients are systematically received in consultation by their referring radiation therapist. The doctor makes an assessment of the radiation therapy and its possible side effects. He/she organizes, with the patient, the post-treatment follow-up by scheduling the appointments for tests (Blood test, scanner, MRI...) and gives the patient an appointment for a follow up consultation at a later date.



Questions / Answers :



What are the side effects?

Radiotherapy is a localized treatment, therefore the side effects will depend on the treated area. Leaflets are given to patients to inform them of the side effects depending on the area that is treated.



Does radiotherapy make the hair fall out ?

Radiotherapy has no effect on the scalp and hair, except when it is a cranial radiotherapy that can cause hair loss localized to the treated area.



Will I be tired?

Fatigue is one of the side effects of radiation therapy. It can be caused by anemia, loss of appetite, depression or toxic substances produced when cancer cells decompose and die. During radiation therapy, the body uses more energy to heal itself, so fatigue is not always relieved by rest. Frequent and daily trips to receive treatment may also be a source of fatigue. Fatigue usually dissipates gradually after radiotherapy is over, but some people continue to feel tired after this treatment.



Should I follow a specific diet ?

Some treatments located in particular in the abdomen and pelvis may require you to follow a diet. Your doctor will tell you during the consultation before treatment if it is necessary.



Are any precautions necessary before, during and after the session ?

Depending on your treatment, you may be advised of certain precautions to take to limit the side effects of the treatment. These instructions will be given to you by the doctors and the technicians.



Do I have to be accompanied?

You do not have to be accompanied, but if you feel too tired to take your car, you may choose to be accompanied by a loved one or a VSL (taxi). The presence of a loved one at your side can be comforting during your treatment.



Should I fast before the session?

You do not need to fast before a radiation therapy session. Depending on your treatment, you may be asked to drink before treatment or to follow a particular diet



Can I drive after the session ?

A radiotherapy session does not prevent driving. However if you feel too tired to drive your own car, you may choose to be accompanied by a loved one or a VSL (taxi service).



Do I need to close my eyes during the session ?

The rays delivered during treatment are invisible and won't dazzle you. However we use lasers to center your position and if during your positioning the laser is projecting on your eyes we advise you to close them for comfort. However, if you wish, you can close your eyes for the duration of the session.



What happens during a radiotherapy session?

The technicians will place you on the treatment table, in the same position as previously. They will focus the machine on the tattoos to define the area to be treated and make sure your position is correct.

The rays are directed to the area to be irradiated.

At every session, a control x-ray using the same treatment machine is done to verify that the aim is correct. You must remain still.

The technicians will leave the room, but they will monitor you with the help of the cameras fitted in the treatment room.

They can also hear you as there is an interphone, always connected, in the room.



How long does a session last ?

It lasts only a few minutes but you will be in the treatment room for about ten minutes. The first session takes a bit longer to verify everything before the treatment starts.



Does it hurt?

Radiotherapy is painless and will not make you radioactive. The rays are invisible.



How long will the treatment last ?

The number of sessions varies depending on the case. Usually the treatment lasts a few weeks, for four or five sessions a week, from Monday to Friday. The duration of the treatment will be indicated to you at the outset but it won't be possible to give you, at that time, the precise date of the end of the treatment. This will depend on how you react to the treatment and on the maintenance of the machines

For the treatment to be as effective as possible, it is important that you have the number of sessions prescribed. Once your treatment has started, it is advisable not to miss a session.



When do you get your appointments for treatment ?

Your appointments for treatment sessions during the following week will be given to you every Friday. Timetables are fixed according to the technical constraints of every treatment; therefore, it will not be possible to change them unless there are reasons taking priority such as: your work commitments or other medical appointments that cannot be moved. Please notify us as soon as possible of your unavailability.

We will let you know should your appointment be changed at the last minute, for example if the treatment machine breaks down.



Pain and radiotherapy

Most patients who undergo radiotherapy experience some pain at some point during their illness.

Any pain implies two different problems: its cause (diagnosis) and its management (treatment).

Don't try to play down such pain, especially if it continues for a while, even if it is not severe. In fact, experiencing physical pain, even if it is not very strong, can have some significant impact on your quality of life, your mood, your work, your relationships with your relatives and the health professionals. Whatever its cause or intensity, to prevent and treat pain remains a priority throughout your illness, in order to relieve it, improve your quality of life and even facilitate your treatment in some cases.

People react differently to pain.

As the patient **you** are the 'pro-active player' in your care; you are the only one who can tell the health team how you feel. Your participation is essential to help us assess your pain and the effectiveness of the treatments, with or without medicines.

No procedure, no blood test, no scan, is able to measure pain: **talking about it is the first step in dealing with it.**

Therefore you must be informed, and listened to, by the health professionals.

These are often the first people to face the patient's complaint and therefore the first players in the assessment and management of pain.

Good communication between the person who suffers, his/her doctor and the entire health team will result in proper pain management.

All health professionals can give you good advice to help you in case of pain: doctors, pharmacists or nurses will give you answers according to their competence and their role. By their presence, understanding and support, your relatives can also be a great help in bearing pain on a daily basis.

In all cases, it is important not to suffer alone.



Importance of nutrition during radiotherapy and /or chemotherapy

You are going to start radiotherapy treatment and perhaps chemotherapy too.

Depending on the area irradiated, it is possible that your appetite will decrease and that the treatment will cause some digestion problems (wind, diarrhoea).

If you have any problems with feeding yourself, it is important that you let the team know quickly, so that it can be dealt with properly.

Do not ignore a loss of appetite resulting in weight loss. Malnutrition, in the medium to long term, can affect your quality of life (intense fatigue, social isolation...).

As soon as you start your treatment, your doctor and the technicians will give you advice depending on your treatment.

➤ **Dietician :**

You can count on our dietician,. Please contact the secretary of your referring doctor to make an appointment.



The trusted/nominated person

Any adult may designate a trusted person who may be a parent, relative or GP, and who will be consulted in the event that the patient is unable to express his or her wishes and to receive the information necessary for this purpose. This designation shall be made in writing. It may be revoked at any time. If the patient so wishes, the trusted person accompanies him/her in his/her procedures and attends medical consultations in order to help him/her in his/her decisions.

The medical secretary at the time of your reception will ask you whether or not to designate a trusted person.

LOI INFORMATIQUE ET LIBERTÉS VOS DONNÉES PERSONNELLES

POURQUOI NOUS COLLECTONS VOS DONNÉES ?

- Le traitement de vos données a pour objectif l'organisation de votre prise en charge et la constitution de votre dossier médical ainsi que la gestion de votre dossier administratif et de facturation.
- Vos données anonymisées peuvent être également utilisées pour réaliser des recherches dans le domaine de la santé.

COMBIEN DE TEMPS SONT CONSERVÉES VOS DONNÉES ?

Durée réglementaire et adaptée.

QUELLE EST LA BASE LÉGALE DES TRAITEMENTS ?

Les traitements s'inscrivent selon les cas dans :

- l'obligation légale à la charge* du responsable du traitement
- les intérêts légitimes du responsable ou d'un tiers
- les dispositions de la loi informatique et libertés

VOS CONTACTS

- Pour des informations plus complètes et précises sur la prise en charge de vos données personnelles au sein du CeRAC, rendez-vous sur le site internet : <https://angouleme.radiotherapie.fr/informations-liees-au-traitement-de-vos-donnees-personnelles/>
- Pour faire valoir vos droits, vous pouvez saisir le correspondant au délégué à la protection des données (cdpo@gscscerac.care).
- Vous pouvez également adresser une réclamation à la CNIL (Commission Nationale de l'Informatique et des Libertés).

QUELLES SONT LES DONNÉES COLLECTÉES ?

- Vos données administratives (identité, N°SS, coordonnées, ...)
- Vos données médico-sociales (état de santé, résultats d'examen, habitudes de vie...)

QUI A ACCÈS À VOS DONNÉES ?

Vos données sont destinées :

- aux équipes de professionnels
- pour des travaux statistiques servant à l'analyse de l'activité de l'Institut, ou dans le domaine de la recherche
- à des institutions autorisées (organismes officiels comme la CPAM, tutelles, ...).

QUELS SONT VOS DROITS ?

Vous disposez d'un droit :

- d'accès, d'information, de mise à jour et de modification des données
- de limitation, de minimisation et de rectification de celles-ci

Références juridiques :

- Loi n° 78-17 du 6 janvier 1978 relative à l'informatique, aux fichiers et aux libertés
- Loi n°2018-493 du 20 juin 2018 relative à la protection des données personnelles
- Règlement européen Général 2016/679 du 27 avril 2016



To help you



Espace - Rencontre - Information
pour les Malades et leurs Proches
concernés par le Cancer

Espace

Un lieu d'écoute ouvert à tous dédié aux patients et à leurs proches concernés par la maladie cancéreuse

Rencontre

Partager et échanger des expériences et des savoir-faire avec l'animatrice lors de rencontres débats

Information

Accéder à des brochures et documents concernant la maladie, obtenir les adresses des associations



Permanences à l'Espace des Usagers

(hall nord)

- **Mardi** : 14h30 à 17h30
- **Jedi** : 9h30 -17h30 (pause méridienne de 30 min)
- **Vendredi** : 9h30 -17h

Espace à disposition gratuitement
et sans rendez-vous



➤ **Social workers :**

You can ask to see a social worker (leaflet enclosed with the contact details of social services).

➤ **La Ligue Contre le Cancer :**

0 810 111 101



Do not hesitate to ask questions !

