

SABR Stereotactic ablative body radiotherapy

AN OVERVIEW BY ROWAN CHILD QUEEN
ALEXANDRA HOSPITAL-PORTSMOUTH

What will be covered?

What is available on the NHS

The difference between SABR and conventional treatment

Treatment info
MDT pathway

Common side effects



What can be treated with SABR in the NHS?

Lung

Bones
including
spine

Lymph nodes

Prostate

Liver

Adrenals

Pancreas

The differences in SABR to conventional radiotherapy

01

Hypo-fractionated

02

Later side effects

03

Slightly longer treatment times

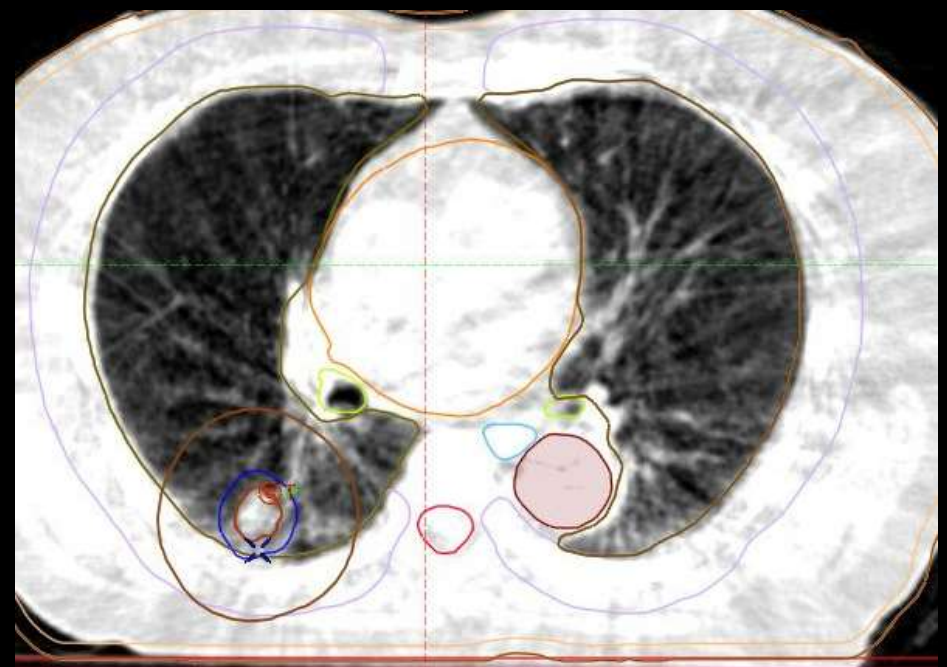
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Often treated without histological diagnosis (lung)

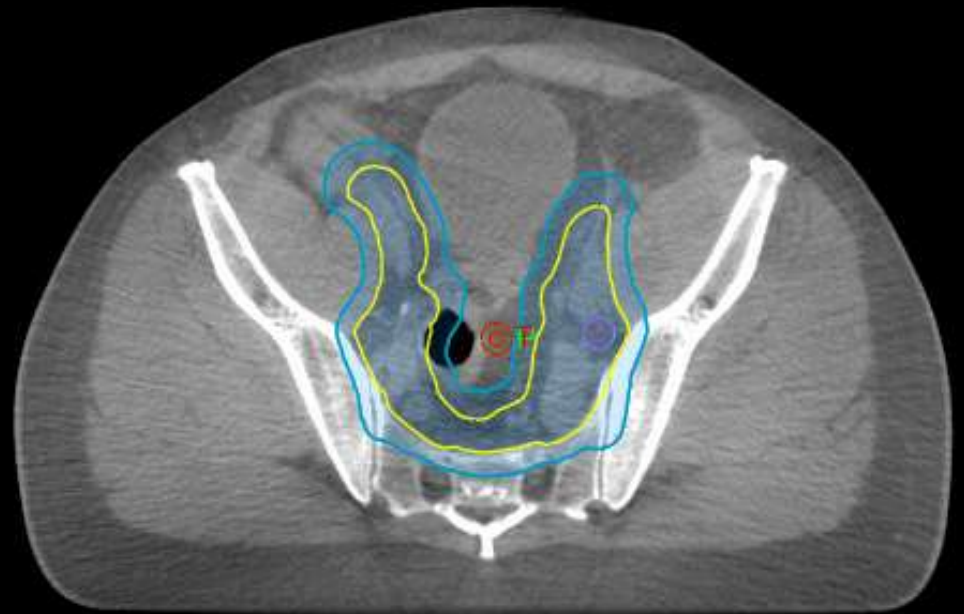
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Used in oligometastasis to stop the metastatic cascade

The differences in SABR to conventional radiotherapy



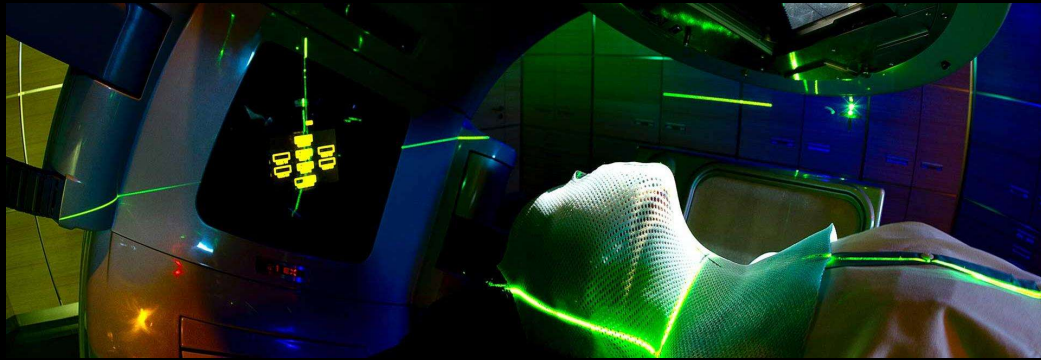
The differences in SABR to conventional radiotherapy



How many treatments do patients have

- Prostate 36.25Gy in 5#s compared to 74Gy in 37#s
- Lung
 - 60Gy in 8#s
 - 55Gy in 5#s
 - 54Gy in 3#s compared to 66Gy in 33#s
- Oligomets
 - 30Gy in 5#s
 - 30 Gy in 3#s compared to 20Gy in 5#s
 - Liver
 - 40Gy in 5#s compared to 67.5Gy in 15#s
- Adrenals
 - 30Gy in 3#s
 - 45Gy in 5#s
- Pancreas
 - 50Gy in 5#s compared to 15#s

Facts and Figures



- Portsmouth treats about 250 SABR patients a year
 - This accounts for roughly 0.8% of the total work-load for our department
 - 36 out of 79 departments offer SABR
 - 26 of these are Radiographer led services
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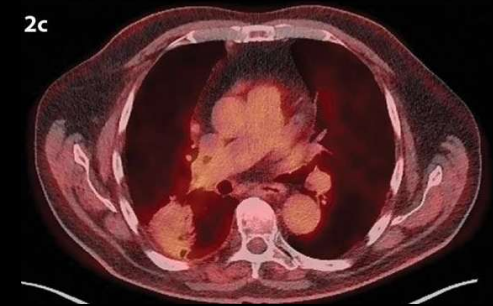
Inclusion criteria

- No more than 3 lesions to be treated with SABR
- MDT diagnosis
- Not suitable for surgery
- WHO PS <2
- >18 years
- Mets visible on a CT scan
- Life expectancy of >6 months
- <5cm tumour size
- >6 months away from systemic therapies
- >70% Herder score (lung)

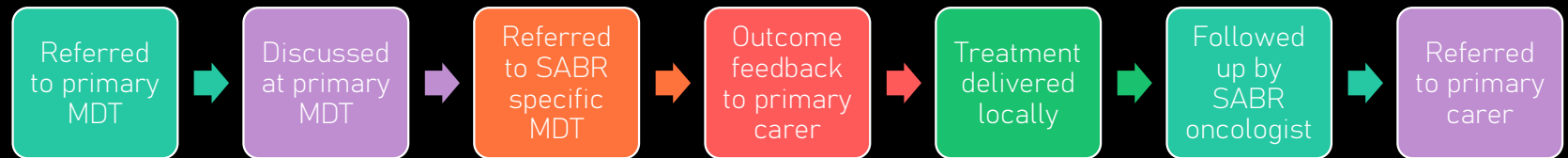


Exclusion criteria

- <6 months prognosis
- ~>5cm tumour size
- Cannot be seen on a CT scan
- Previous treatment in treatment area (can be offered in some centres)
- <6 months since previous treatment
- >3 site of metastasis (trials offering up to 10 mets- SABR-COMET-10)



MDT Pathway for SABR



Who is in our MDT at QAH



Common side effects (on treatment)

- Fatigue (all)
- Skin irritation (all)
- Shortness of breath + cough (lung)
- Loose bowels (prostate and some Oligomets)
- Pain flare (spine)
- Nausea (oligomets + spine)
- Hair loss in treatment area (all)



Common side effects (long term)

- Shortness of breath + cough (lung)
- Rib fractures (lung + oligomets)
- Fibrosis (lung+liver)
- Cancer in the treatment area (all)
- Infertility (prostate)
- Urinary changes (pelvis)
- Bowel changes (pelvis)



Any questions?

