

# Radiotherapy

## What Is Radiotherapy?

Radiotherapy is a cancer treatment that utilises high-energy radiation to kill cancer cells by targeting tumours. It can be used with the intent to cure cancer or to manage the condition and alleviate symptoms.

Radiotherapy continues to evolve, improving the treatment experience. The latest techniques target cancer more precisely, often in fewer sessions, and aim to minimise side effects.

These advancements are key to enhancing quality of life during cancer treatment and beyond, which is our goal for every patient in our care.

Our consultants are highly trained in advanced radiotherapy techniques.

## Radiotherapy For Prostate Cancer

Advanced radiotherapy may be suitable for prostate cancer that hasn't spread to other parts of the body (localised or locally advanced). Radiotherapy can control prostate cancer progression and may have less impact on sexual and urinary health compared to surgery.

Our oncologists are dedicated to finding the right treatment for you, working closely with you from the start to make this choice together.

Advanced radiotherapy treatments for prostate cancer include:

- SABR (Stereotactic Ablative Radiotherapy): Delivers high doses of focused radiotherapy to the prostate and surrounding areas in as few as five sessions, aiming to cure the cancer. SABR can be delivered by cutting-edge technologies including the MRIdian MR Linac and CyberKnife, allowing for high accuracy treatments to minimise potential side effects.
- Routine IMRT (Intensity-Modulated Radiotherapy) and IGRT (Image-Guided Radiotherapy):\*\* Delivered using TomoTherapy.

Our consultants also use palliative radiotherapy to treat painful symptoms of prostate cancer, such as bone pain and spinal pressure, rather than aiming for a cure.

## Radiotherapy For Kidney Cancer

We offer SABR treatment for localised kidney tumours, including treatment on the MRIdian for kidney cancer. Combined radiotherapy and immunotherapy are used for advanced kidney cancer, which has spread beyond the kidneys. The latest treatments can control advanced kidney cancer for some time.

## Radiotherapy For Bladder Cancer

Advanced radiotherapy techniques can treat muscle-invasive or locally advanced bladder cancer. It's combined with chemotherapy and can be an alternative to surgery. Additionally, we offer VMAT (Volumetric Modulated Arc Therapy) radiotherapy for bladder cancer.

### What to Expect During Radiotherapy for Cancer Care

Our expert consultants care for patients in modern, fully-equipped private clinics and hospitals, supporting outstanding patient experiences. Dedication to excellent cancer care means meeting your every need, and helping you feel comfortable, informed, and confident during treatment.

Your team of urology cancer specialists includes highly experienced urologists, oncologists, radiographers, and advanced nurse practitioners.

## Recovery And Side Effects

With advanced techniques and expert care, treatment is designed to help you recover quickly and return to doing what matters to you.

As with all cancer treatments, radiotherapy can have side effects. There are ways to manage these during your treatment and beyond. The latest advancements in radiotherapy techniques are also helping to minimise these risks.

Depending on where in the body you're being treated (kidney, prostate, or bladder), immediate side effects can include:

- Sore skin
- Tiredness
- Feeling sick
- Loss of appetite
- Diarrhoea
- Sexual side effects

For some people, radiotherapy has long-term effects, including changes to bowel habits, urinary symptoms, and sexual function.

Our consultants ensure that the potential benefits outweigh the risks of treatment and will help you understand how treatment could impact you.