



5-Day Targeted Radiation Therapy
Doctor Discussion Guide

5-DAY.....™
TARGETED RADIATION
THERAPY SOLUTIONS

**If you have been diagnosed with breast cancer,
you have a lot on your mind.**

This Doctor Discussion Guide is intended to help you ask your doctor questions that will help you understand and make decisions about your breast cancer treatment

| What to ask your doctor | Why you need to know |
|---|--|
| <p>How big is my breast tumor?</p> | <p>Knowing the size of the breast tumor can help you and your doctor make decisions about your treatment.</p> <p>For example, a 2 cm tumor is likely to be an early-stage cancer which may be eligible for breast conservation therapy, a current standard of care for early-stage breast cancers.^{2,3}</p> |
| <p>Has cancer spread to my lymph nodes?</p> <p>Note: <i>Lymph nodes are small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.</i></p> | <p>Your treatment options will vary depending upon whether or not the cancer has spread to the lymph nodes.</p> <p>Your doctor will most likely perform a sentinel node biopsy during your lumpectomy, which will assess if the cancer is in your lymph nodes.</p> |
| <p>What are all of my treatment options?</p> | <p>It's very rare that women would only have one option for treating their breast cancer. Make sure that you understand all of your options so that you can make the decision that's right for you.</p> |
| <p>Am I a candidate for Breast Conserving Therapy?</p> | <p>Depending on the size/stage of your tumor, you may be eligible for breast conservation therapy, which means a mastectomy is not necessary.</p> |
| <p>Do I need radiation therapy?</p> | <p>Radiation therapy is used to destroy any residual cancer cells in the breast following removal of the cancer. If you have breast conservation therapy, which is a standard of care for early-stage breast cancers², your doctor most likely will recommend radiation therapy. If you have a mastectomy, your doctor may recommend radiation, depending on the extent and type of your cancer.</p> |
| <p>Am I eligible for 5-Day Targeted Radiation Therapy?</p> | <p>If you have an early-stage breast cancer (stage 0, 1 or 2), with a tumor size smaller than 3 cm (about the size of a walnut), you may be a candidate for 5-Day Targeted Radiation Therapy. 5-Day Targeted Radiation Therapy works from within the breast to deliver radiation directly to the site of the lumpectomy cavity, which is where cancer is most likely to recur¹. This form of radiation therapy can usually be completed in about 5 days in comparison to conventional radiation therapy which takes 6 to 7 weeks to complete.</p> <p>You'll want to talk with the Radiation Oncologist to see what options they can give you, and what to expect.</p> |
| <p>Do I need chemotherapy?</p> | <p>Not all breast cancer patients require chemotherapy. It may be a good idea for certain patients, so be sure to cover the pros and cons of chemotherapy with your doctor. You'll also want to talk with the Medical Oncologist about what to expect.</p> |
| <p>Are there other patients that you have treated that I can talk to?</p> | <p>Every patient has a different experience with breast cancer treatment, but it is worthwhile knowing what to expect with the different types of treatments. Talking with women who have been on this journey before you will help you plan out your life while you are undergoing breast cancer treatment.</p> |

You may want to tape record your discussions with your doctor to help remember the exact details of your conversation — just let him or her know that you will be doing this before recording.

Here are some suggestions for helping you keep track of all your information

- Keep a notebook to record what your doctors tell you about your treatment options. You can look back at your notes when you are deciding about your treatment options.
- Take a friend or family member with you to key appointments. Two people listening to what doctors are saying will help you sort through all of the information and make treatment decisions that are right for you.
- Talk to breast cancer survivors about their experiences with treatment. This will help you decide on the treatment path that's right for you.

How big is my breast tumor?

Has cancer spread to my lymph nodes?

Note: *Lymph nodes are small, bean-shaped organs linked by lymphatic vessels. As part of the immune system, they filter out germs and foreign matter. Also called lymph glands.*

What are all of my treatment options?

Am I a candidate for breast conservation therapy?

Do I need radiation therapy?

Am I eligible for 5-Day Targeted Radiation Therapy?

Do I need chemotherapy?

Are there other patients that you have treated that I can talk to?

Breast Cancer Treatment Options

Make notes on what your doctor says are your treatment options. This will help you target your information collection on these specific treatments.

Additional Questions

If you have additional questions that arise as you are collecting information about breast cancer treatment options, note them here so that you will remember to discuss them with your doctor.

People to Contact

Note the names and phone numbers of people you want to talk to, such as other breast cancer survivors. This will help you remember to call them as you are weighing your treatment options. Volunteer through the Voices of MammoSite program by visiting www.voicesofmammosite.com

Next Steps

References:

1. King, TA et al. Long-term results of wide-field brachytherapy as the sole method of radiation therapy after segmental mastectomy for Tis, 1,2 breast cancer. *Am J Surg.* 2000; 180: 299-304.
2. <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-treating-breast-conserving-surgery>
3. <http://www.cancer.org/treatment/understandingyourdiagnosis/staging>