

## What is external radiotherapy?

External radiotherapy is carried out after surgery. It consists in directing a beam of radiation towards an anatomical area which the oncological radiotherapist has clearly defined.

## When is a treatment defined as “complementary” and when is it “loco-regional”?

In the case of a breast tumour, when just the glandular body of the breast is irradiated, the radiation treatment is defined as complementary; when a wider area than just the glandular body is irradiated (for example the lymph nodes of the region), in relation to a specific clinical condition, the radiotherapy treatment is defined as loco-regional.



*“The maximum result with the minimum of side effects for patients”*

### TO BOOK AN APPOINTMENT

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IEO  
Arc Advanced Radiotherapy Center

## Radiotherapy at the IEO for women who have undergone breast surgery

THE EXPERTISE OF THE IEO SERVES PATIENTS WHO HAVE UNDERGONE BREAST SURGERY BY OFFERING STATE-OF-THE-ART RADIOOTHERAPY, WHILE RESPECTING THEIR QUALITY OF LIFE.



## Breast tumours and radiotherapy

### What is radiotherapy?

Radiotherapy is a medical treatment whereby radiation is administered with curative intent. The radiation is produced by dedicated equipment - linear accelerators.

Radiotherapy is indicated in the treatment of many neoplasms, either as an exclusive treatment, or in association with surgery and/or chemotherapy.

### Why is radiotherapy performed?

In the specific case of a breast tumor radiotherapy is associated with surgical treatment with the aim of reducing the risk of local recurrence.

### How is radiotherapy performed?

Radiation can be administered from outside the body (external radiotherapy) or directly on the operating table during a surgical operation (intraoperative radiotherapy). At times both methods may be combined.

## ARC Advanced Radiotherapy Center



The Advanced Radiotherapy Center of the European Institute of Oncology is among the top ten centres in the world for treatment, research and technology.

### Why carry out Radiotherapy at the IEO?

Already for some years now at the European Institute of Oncology, external radiotherapy known as “hypofractionated” radiotherapy has been in use, in keeping with many other European countries and in the USA. In this type of treatment, the total treatment time is reduced, based on the ability to increase the daily dose received by the patient. At the same time, however, the healthy surrounding organs stay protected, obviously **without changing the efficacy of the treatment** and without increasing side effects to the irradiated area.

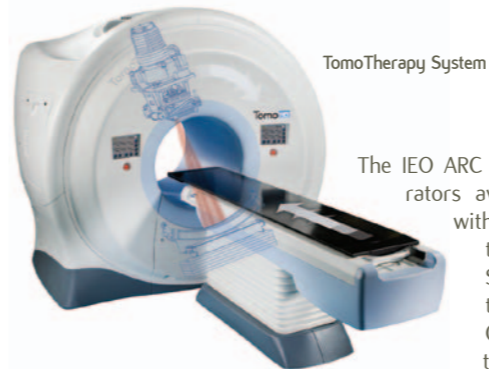
Cyberknife System



### What linear accelerators are available at the IEO?

This clinical practice is facilitated by **special latest-generation linear accelerators at the IEO**, which allow the radiation dose to be “shaped” to the patient via treatments defined as intensity-modulated (IMRT). At the same time these accelerators are equipped with sophisticated verification systems employing CAT images that are used every day to ascertain in real time the position of the patient during the radiotherapy session. This procedure is known as “image-guided radiotherapy” (IGRT).

Vero System



TomoTherapy System

The IEO ARC has six linear accelerators available, all equipped with the most sophisticated systems.

Some of these (TomoTherapy, Vero, Varian Clinac) are dedicated to the treatment

of breast disease. Two further accelerators are dedicated to the intraoperative radiotherapy programme IMRT.

### How long does a radiotherapy treatment at the IEO take?

**Complementary radiotherapy for a breast tumour can be conducted in 15/20 sessions (3/4 weeks)** instead of the 30 applications (6 weeks) envisaged by conventional radiotherapy. Similarly, a loco-regional treatment can be conducted in **15 sessions (3 weeks)** instead of in 25/28 sessions (5/6 weeks).

Trilogy™ System



## IEO viaggiare facile

IEO Viaggiarefacile (“Travel Easy”) is a service offering favourable terms and conditions and an organizational support which is attentive to patients’ needs, thanks to agreements with:



### Hotel accommodation services

The agreement with the Atahotels group offers special rates with a discount of up to 45% on the best rates available at the Quark Hotel (rooms) and the Atahotel Quark 2 (hotel accommodation and long-stay residence). Both structures are 4-star rated and are located near to the IEO and linked to it by a free shuttle-bus. The shuttle-bus services also links the IEO to the underground metropolitan rail network (Green line, Abbiategrasso Metro stop) and to the terminus of the 24 tram route.

For patients who need to stay for more than 10 days, for example those undergoing breast radiotherapy, there are further reductions (e.g. single room from 50 Euro per night/two-roomed accommodation from 1000 Euro per month). To take advantage of this, just let the operator know or insert the code IEORTP2013 in the booking form.

### Flight services

The agreement with Alitalia offers special reductions of up to 35% on certain tariff classes (depending on availability when booking) and all airports served by Alitalia, except for Crotona (operated in the territorial continuity system) for direct flights to and from Milan Linate.

### How to use IEO Viaggiarefacile

Just fill in the online request form at [www.ieo.it](http://www.ieo.it) and you will be contacted by dedicated staff who will make arrangements for your journey and stay. Alternatively, you may contact the travel agents at the IEO2 on the ground floor.