



# Radiation Oncology Centre of Jamaica Newsletter

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## ROCJ HOSTS FIRST BRACHYTHERAPY TRAINING COURSE



A section of the audience at the ROCJ Seminar on Brachytherapy from left to right: Dr. Reaud Gafoor Resident in Urology the The UHWI, and Urologists Dr. Richard Mayhew, Dr. Mark Cadogan, Dr. William "Bill" Aiken, and Dr. Michael Brooks. In the background is Dr. Collie Miller, Physicist and Managing Director at ROCJ.

Eleven (11) doctors participated in the first Brachytherapy Training Programme at the Radiation Oncology Centre of Jamaica, ROCJ, on March 18-19, 2010. The group included Urologists, Oncologists and residents in both fields from University Hospital of the West Indies (UHWI) and Kingston Public Hospital (KPH).

The main presenter, Dr. Thomas Shanahan, Clinical Professor in Urology and Radiation Oncology at the Southern Illinois University School of Medicine in Springfield, Illinois freely shared his knowledge and experience with the group during the lectures as well as during the live demonstrations.

"This was a very worthwhile seminar I wanted to get hands on training and become



competent in this procedure and I was able to learn from one of the best," said Dr. William Aiken, Urologist from Island Medical Centre.

Dr. Collie Miller, Medical Physicist and Managing Director at ROCJ, says "The two day training was a success. I was very happy with the number of doctors participating and the enthusiasm displayed in learning about this procedure."

Photos:

*Dr. Thomas Shanahan imparted valuable lessons to participants during the brachytherapy training lectures.*

*Across: Dr. Shanahan (at right) looks at the ultrasound monitor during the live demonstration, while Dr. Bill Aiken, urologist keenly observes the procedure.*

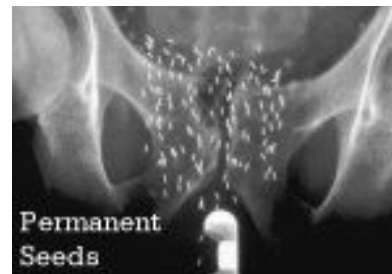
## Planning for Brachytherapy

Before the procedure to implant seeds into the prostate to treat prostate cancer takes place, several planning steps must be undertaken. The radiation oncologist, urologist and physicist plan and map the placement of the seeds to ensure they are correctly placed.

### What studies are done in preparation for Brachytherapy ?

About 2-3 weeks before the implant procedure, a volume study is performed using a BK Ultrasound System to acquire cross-sectional images of the prostate. The patient is given specific bowel preparation instructions prior to the procedure. This is to aid in the visualization of the prostate gland. The images obtained are used to determine the size of the prostate and for treatment planning. After reviewing images of the prostate the oncologist prescribes the amount of radiation needed and passes this to the physicist.

The medical physicist at ROCJ, using Eclipse Computer technology plans the needle and seed placements within the prostate. Planning enables the pre-determination of the optimum dose distribution in the prostate.



A series of tests are also required in preparation for the implant— including blood work, possibly a chest x-ray and/or EKG.

A consultation with an anaesthesiologist is also arranged . The day before the implant the patient is also required to do bowel preparation and must not eat or drink anything after midnight the evening before the implant.

## Brachytherapy in Jamaica

Dr. Robert Wan, Urologist, presented on Brachytherapy in Jamaica at the February 28, 2010 Jamaica Urological Society(JUS) Conference held at Jamaica Conference Centre in Kingston. Up to now Dr. Wan is the only urologist in Jamaica who performs brachytherapy as part of the team at Radiation Oncology Centre of Jamaica. Dr. Wan reviewed thirty-seven cases of the fifty cases done at the Centre since 2004. He detailed the successes and complications.



*Dr. Robert Wan Urologist, speaking at recently held Jamaica Urological Society Conference*

He concluded that based on the Jamaican experience brachytherapy was an accepted alternative to prostatectomy.

*Below:*

*Dr. Wan & Dr. Venslow Greaves, Radiation Oncologist, ROCJ, take a look at the Agenda for the JUS Conference.*



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