

RADIATION THERAPY PROCESS

Virtual Simulation using the Spiral CT Simulator

First, we will make a positioning device that will limit body movement while you are on the CT scanner and the linear accelerator receiving treatment. We then obtain cross-sectional X-ray images of the parts of your body that need radiation. This scan takes 10-15 minutes.

Treatment Planning

The images from your CT scan are sent to our 3-D Treatment Planning computer. It is here that your physician will outline the cancer and the areas of potential cancer on each CT "slice." He will also outline normal tissues so that radiation to those areas can be minimized. Finally, your physician and dosimetrist will optimize the radiation beam angles and shape, then calculate the dosage.

Treatment on a Linear Accelerator

Your treatment plan is sent through our network to the accelerator. Radiation therapists verify these parameters before each therapy session. Treatment usually lasts a few minutes Monday through Friday for two to eight weeks.



WORKING TOGETHER

Treatment planning and implementation is a team process, involving not only our doctors and our skilled staff, but also you and your family. We will also coordinate your care plan with surgical and medical oncologists, other specialists and your family doctor.

It is our responsibility to provide information and medical skill, and it is each patient's responsibility to become as knowledgeable as possible so that he or she can obtain a sense of comfort and optimism about the treatment plan. Please ask questions. You can rely on our staff to give complete, compassionate answers or to direct you to other resources. The Cancer Information Center in our Castro Valley lobby (sponsored by the American Cancer Society) and the ValleyCare Health Library and Ryan Comer Cancer Resource Center in Pleasanton offer free information on cancer treatment and referral information for cancer-related services.

We believe that reduction of anxiety and your comfort are important during treatment, and we strive to make your visits as stress-free as possible. Convenient parking is provided at both locations and beautiful works of art are in patient areas.

DEDICATED, PROFESSIONAL CLINICAL STAFF

Our staff is trained and experienced in all areas of treatment planning and administration. The staff at our centers includes:

- Board-certified radiation oncology physicians
- Licensed radiation therapists
- Medical physicists
- Medical dosimetrists
- Medical assistants

21ST CENTURY CANCER TREATMENT:

- A dedicated spiral CT scanner allows remarkable precision through manipulation of 3-D anatomy.
- Powerful 3-D treatment-planning computers are used for dose optimization.
- Our three Linear Accelerators have high energy x-ray and electron beam capability.
- The Record and Verify System double-checks all treatment parameters daily.
- 3-D Conformal Radiation Therapy targets only the specific areas associated with the tumor.
- Intensity Modulated Radiation Therapy (IMRT) with a multi-leaf collimator allows more precise placement of radiation dose, even to small or concave tumors.
- Targeting Ultrasound allows the doctor and therapist to localize the prostate position before each treatment.
- Stereotactic Radiosurgery (SRS) and Stereotactic Radiation Therapy (SRT) are used to treat many types of brain lesions, both cancerous and benign.

YOUR FIRST APPOINTMENT

When you are referred to our office, we will contact you to schedule an appointment and discuss necessary paperwork. When you come for your appointment please bring your insurance card and any films or test results that your referring physician has not already provided to us.

AFTER HOURS

For urgent issues related to your radiation therapy, please call our office number and the answering service will notify the doctor on call. Prescription refills should be handled during office hours. Please ask for a refill at least 72 hours before you will need it. Medical emergencies should be handled by going to the closest hospital emergency room or calling 911.

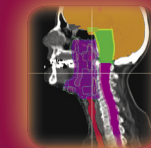


Michael R. Forrest, M.D.
Radiation Oncologist

"I'm proud that our practice has always strived to offer the latest advances in our field. In 1997, we were the first in the San Francisco East Bay area to offer 3-D Conformal Radiation. In 2001 we acquired the ability to provide Intensity Modulated Radiation Therapy and in 2004 we began offering Stereotactic Radiosurgery."

Dr. Forrest graduated from Emory University in Atlanta, Georgia in 1977. He performed his internship at the University of Oregon and his residency at the University of California in San Francisco. He has been in practice for 23 years in Castro Valley and 16 years in Pleasanton. His specialties are 3-D Conformal Radiation and Intensity Modulated Radiation Therapy for prostate and head and neck cancers. He has been certified by the American Board of Radiology since 1982.

Dr. Forrest is a member of the Alameda Contra Costa



East Bay Radiation Oncology Centers offer superior cancer therapy with

state-of-the-art technology, continuous quality improvement, high professional standards and qualified personnel. We are committed to providing superior patient service at a reasonable cost while maintaining our standing as one of the most technically sophisticated radiation therapy centers in the region.