

## Your Clinical Team

During your visit to the Prostate Cancer Center of New Jersey you will be supported by a team of highly skilled specialists dedicated to your care and prostate cancer treatment. Your team includes:

### Urologist

Your urologist from the Urology Group of New Jersey will be integrally involved and kept apprised of your treatment progress.

### Radiation Oncologist

The radiation oncologist is your physician who will oversee your radiation therapy treatments. The radiation oncologist works closely with the radiation therapy team to develop your treatment plan and ensure that each treatment is given accurately. The radiation oncologist also monitors your progress and treatments to make sure the radiation accurately targets the tumor while minimizing side effects.

### Medical Physicist

The medical physicist oversees the work of the dosimetrist to help ensure that treatment is properly tailored to each patient. The physicist also collaborates with the radiation oncologists to design treatment routines. The medical physicist performs quality assurance procedures, monitors equipment and takes precise measurements of the radiation beam to ensure the accuracy of the radiation dose.

### Medical Dosimetrist

The medical dosimetrist works very closely with the radiation oncologist and the medical physicist to carefully develop the treatment plan and calculate the exact dose of radiation specifically for each patient. The treatment plan is designed to effectively treat the prostate cancer while sparing as much of the surrounding healthy tissue as possible.

### Radiation Therapist

Radiation therapists are a specially licensed therapists who administer your daily radiation treatment under the radiation oncologist's prescription and supervision. They also maintain daily records and perform daily quality assurance checks on the radiation treatment machine.

### Nurse/Front Office Personnel

The nurse and front office staff work closely with the radiation oncologist and are an integral part of the Cancer Center team. They help coordinate your treatment and facilitate communication between your urologist and the Cancer Center.

## Helpful Links

American Cancer Society — [www.cancer.org](http://www.cancer.org)

US National Cancer Institute — [www.cancer.gov](http://www.cancer.gov)

ZERO, The Project to End Prostate Cancer - [www.zerocancer.org](http://www.zerocancer.org)

Urology Group of New Jersey — [www.UGNJ.com](http://www.UGNJ.com)



\* Enter on  
Marion Drive

### Prostate Cancer Center of New Jersey

375 Mt. Pleasant Avenue,  
Suite 251  
West Orange,  
New Jersey 07052

**Phone: 973-323-1300 • Fax: 973-323-1319**

Ample, free patient parking is located at the facility.

Prostate Cancer Center of New Jersey is a partnership between Urology Group of New Jersey and AKSM/Oncology, a national provider of IMRT/IGRT treatment for prostate cancer.

Urology Group of New Jersey  
**UGNJ**

**AKSM** oncology



**Prostate Cancer Center  
of New Jersey**



Prostate Cancer Center of New Jersey  
is proud to be fully accredited by the  
American College of Radiology

## The Prostate Cancer Center of New Jersey offers radiation therapy for the treatment of prostate cancer for patients of the Urology Group of New Jersey.

Since you have been diagnosed with prostate cancer, there are several options available to you including:

- **Surgery**
- **Hormone therapy**
- **External beam radiation therapy including Intensity Modulated Radiation Therapy (IMRT) and RapidArc.**
- **Chemotherapy**
- **Prostate brachytherapy**
- **Cryosurgery**
- **Watchful waiting or Active surveillance**

Your urologist has recommended that you meet with a radiation oncologist, a physician who specializes in treating this disease with radiation therapy. The radiation oncologist will discuss all of your treatment options and help you determine if IMRT or RapidArc is right for you.

### Targeted Prostate Cancer Treatment

The science of radiation oncology has seen remarkable progress in recent years. Prostate Cancer Center of New Jersey brings the very latest radiation therapy techniques to our patients, including Intensity Modulated Radiation Therapy and RapidArc.

### Intensity-Modulated Radiation Therapy

Intensity-Modulated Radiation Therapy (IMRT) represents a significant improvement over prior medical radiation technology. Based on CT and other imaging, the radiation oncologist uses sophisticated computer targeting systems to deliver small amounts of radiation to the affected area. IMRT allows for superior accuracy: Radiation beams are modulated to conform to the three-dimensional shape of the tumor, substantially reducing the impact on surrounding healthy tissue. The success of IMRT relies on our leading-edge imaging technology to consistently deliver radiation with millimeter precision. Before your radiation therapy begins, your urologist will perform a simple procedure to implant small fiducial markers into your prostate. During your treatment, state-of-the-art imaging is used daily to locate these markers. Then, the radiation field is aligned to ensure the highest possible degree of accuracy. This process is known as Image-Guided Radiation Therapy (IGRT) and is performed with daily x-rays or CT scans. The actual treatment may be delivered using RapidArc technology, which allows shorter IMRT treatment times.

### RapidArc Therapy

Our medical team is proud to offer treatment using RapidArc targeting radiotherapy technology. RapidArc uses sophisticated computer imaging to allow radiation to be delivered with unsurpassed speed and accuracy. Treatment times are significantly reduced and healthy tissue spared with this truly state of the art tool.

## What Patients Can Expect

### Consultation Appointment

Your first consultation appointment will take about an hour and consist of the following steps:

- A Prostate Cancer Center of New Jersey staff member will talk with you about your current and past medical history, review any medications you may be taking and answer your questions.
- A radiation oncologist will conduct a physical exam, review your medical history, x-ray reports and test results and order any additional tests, if needed.
- The radiation oncologist will talk with you about how you could benefit from radiation therapy, explain the details of treatment and potential side effects and answer your questions.

**Please bring these things with you to your consultation appointment:**

- **X-ray reports (CT's, MRI's, Bone Scans)**
- **List of your current medications including name of each drug and dose**
- **Health insurance card(s)**
- **Advance directive or medical power of attorney, if available**
- **It is encouraged to bring a family member or other support person with you to your consultation appointment.**

### Fiducial Marker Placement

If you and the radiation oncologist determine that radiation therapy is the appropriate treatment, you will be scheduled to return to your urologist to have fiducial markers implanted into your prostate. This process is similar to the biopsy procedure that you had prior to diagnosis.

### CT Simulation

The treatment planning sessions, sometimes referred to as simulation, help the radiation oncology team determine the best set-up for the radiation beams to most effectively target the prostate with as little radiation as possible to the healthy tissues around it. These treatment planning sessions will last approximately one hour (and are similar to having a CT scan).

### Beginning Your Treatment

Upon completion of treatment planning, your radiation therapy treatments will begin. Treatments will usually take place Monday through Friday at the same appointment time each day (for approximately 2 months).

## Your Treatment Course Timeline

