

3<sup>rd</sup> World Congress on

# Women's Health & Breast Cancer

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## Advances in breast radiotherapy planning- Treat the breast, spare the rest! go prone!

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Radiotherapy (RT) followed by breast conserving surgery has been the mainstay management of early stage breast cancer for over a decade, leading to longer cancer free survival rates. This long term utilization of RT has led to acquire data which demonstrates not only this modality's significant benefits but also its adverse effects. The focus of current research is the most significant long term adverse effects. Many modalities/techniques/technologies have been introduced to manage these adverse effects of radiation on heart and lung. Lung involvement in a supine setting is inevitable whilst encompassing the entire breast; and the most prominent RT cardiac events are noted in the left sided breast cancer patients. Much research has been undertaken exploring different techniques to manage these pulmonary and cardiac risks. Prone technique aims to reduce lung and cardiac doses while intensity modulated RT produces better dosimetry in the breast producing better outcomes. This poster will focus on a prone technique for a pendulous breasted 45 year old female who presented with a self-detected lump in her left breast. After investigation, she was diagnosed with unifocal grade two invasive mucinous carcinoma of invasive papillary component, ER/PR-positive, HER2-negative, T2 N0. Patient was referred for post op chemo and radiotherapy. Patient was simulated in the CT scanner for supine and prone position. Compared to the supine technique, the prone technique reduced radiation dose exposure significantly to critical organs at risk such as heart and lung while maintaining target homogeneity.

### Biography

Javeria Iqbal has completed her BSc (Hons) in Radiotherapy and Oncology from University of Hertfordshire and Post-graduation in Advance Practice from Sheffield and Hallam University. She is an Advance Practitioner at the Radiotherapy Department, a Specialist Service Department accredited to CHKS and ISO. She has completed a Leadership and Management course provided by Sheila Sherlock Education Centre and is currently pursuing her MSc in Radiotherapy and Oncology from Sheffield and Hallam University. Her Post-graduation in Advance Practice is focused on Breast cancer and is therefore she is a part of breast work group at the Royal Free Radiotherapy Department.

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