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For Immediate Release

IGRT MAY IMPROVE OUTCOMES FOR OBESE PROSTATE CANCER PATIENTS

MORRISTOWN, NJ SEPTEMBER 1, 2009 - Moderately to severely obese prostate cancer patients may have improved treatment outcomes when treated with image-guided radiation therapy (IGRT) over external beam radiation therapy (EBRT) because IGRT corrects for prostate shifts, which, if not planned for, can lead to incorrect doses of radiation to the disease site, according to a study in the September 1 issue of the International Journal of Radiation Oncology*Biophysics, the official journal of the American Society for Radiation Oncology (ASTRO).

Several studies have suggested that obesity can lead to higher rates of clinical recurrence or biochemical failure rates in prostate cancer patients receiving EBRT. Researchers at Morristown Memorial Hospital's Carol G. Simon Cancer Center in Morristown, N.J., and the Uematsu-Atsuchi-Serendipity Oncology Center in Terukuni, Kagoshima, Japan, sought to determine if these failure rates were caused by the treatment modality used rather than strictly the fact that the patients were obese.

Researchers found that moderately to severely obese prostate cancer patients (i.e., with a body mass index of >35) do have larger prostate shifts during treatment, which can lead to radiation treatments not being delivered to the same spot every day, potentially compromising the treatment. The percentage of moderately to severely obese patients with a left to right shift of greater than 10mm was 21.2 percent compared to only 1.3 percent for patients of a normal weight.

Researchers also determined that the modality used does impact outcomes. IGRT allows for correction of target displacements from the planned position before radiation delivery begins, so shifts may be corrected easily and thus may lead to improved control rates for obese prostate cancer patients.

"All patients deserve the treatment that is going to give them the best chance at cure and survival," James R. Wong, M.D., leader author of the study and chair of radiation oncology at Morristown Memorial Hospital, said. "With the results of this study, we now know that obese patients have a unique complication when it comes to planning their treatment, but that we can try to correct it simply by using IGRT instead of EBRT."

About ASTRO

ASTRO is the largest radiation oncology society in the world, with more than 10,000 members who specialize in treating patients with radiation therapies. As the leading organization in radiation oncology, biology and physics, the Society is dedicated to improving patient care through education, clinical practice, advancement of science and advocacy. For more information on radiation therapy, visit www.rtnswers.org. To learn more about ASTRO, visit www.astro.org.

(more)

T H E P A S S I O N T O L E A D

About the Carol G. Simon Cancer Center at Morristown Memorial Hospital

[Morristown Memorial Hospital's Carol G. Simon Cancer Center](#), continues to offer the region's largest staff of cancer specialists and the most advanced methods to diagnose, treat and manage all types of cancer. All members of its multi-disciplinary care teams have been specially selected and trained to provide the highest level of care for both the physical and emotional needs of its patients.

The center offers state-of-the-art facilities featuring a soothing, patient-focused environment, more than 55 board-certified, top-ranked physicians representing all aspects of cancer available in one location, award-winning, Magnet-certified nursing team, and a highly-qualified support staff of oncology professionals specializing in social work, radiation therapy, nutrition, integrative medicine and rehabilitation.

The center also includes a full range of diagnostic technologies including PET/CT, endoscopic ultrasound (EUS), MRI, digital mammography, ultrasound, nuclear medicine, angiography, advanced breast biopsy, pathology and molecular oncopathology as well as integrated, holistic treatment combining traditional medicine with complementary therapies including nutritional counseling, music therapy, relaxation, guided imagery, meditation and yoga.

Atlantic Health is a Major Research Clinical Affiliate of The Cancer Institute of New Jersey. Atlantic Health's hospitals are accredited by The Joint Commission. Atlantic Health is the primary academic and clinical affiliate in New Jersey of Mount Sinai School of Medicine and The Mount Sinai Hospital.

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