

WE'RE HERE TO HELP

We appreciate the opportunity to participate in your care. The more you understand about your treatment, the more you become an active partner in helping us create and deliver the most effective treatment possible. Please don't hesitate to ask a member of your clinical care team if you have questions or concerns about your treatment.

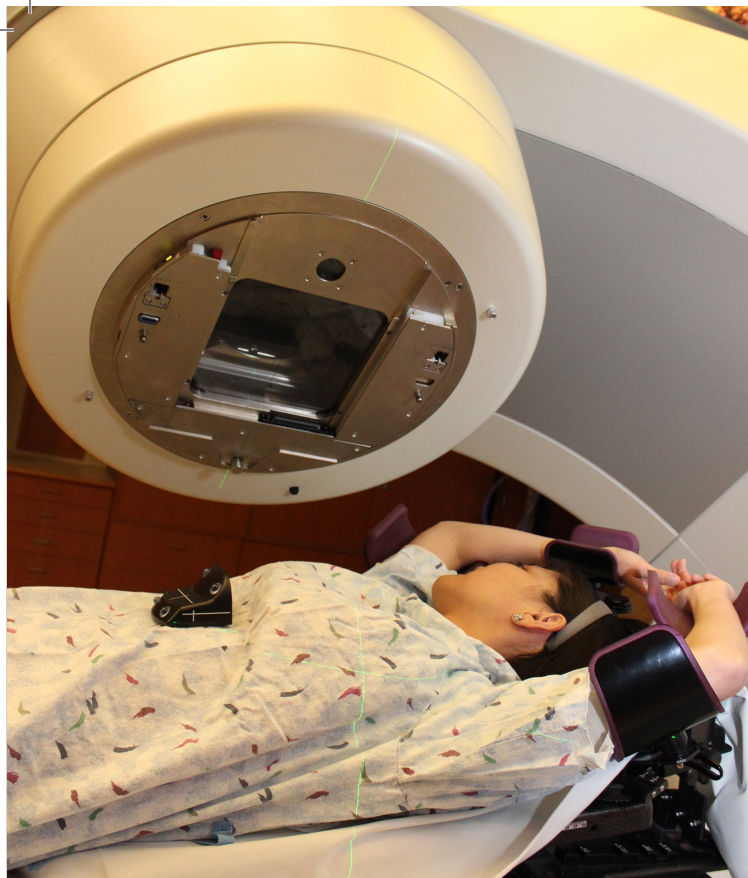
4100 John R Street
Detroit, MI 48201
Phone: (800) 527-6266

karmanos.org



DEEP INSPIRATION BREATH HOLD





WHAT IS BREATH HOLD TREATMENT IN RADIATION THERAPY?

The breath-hold technique, also known as Deep Inspiration Breath Hold (DIBH), is sometimes used in radiation therapy. In this process, the radiation dose is given while the patient holds their breath.

HOW DOES DIBH WORK?

The radiation therapist may place a block on your abdomen and mark its location. You will practice breathing normally and then holding your breath to ensure that your deep breaths are reproducible and that you can comfortably hold your breath for about 30 seconds. Once you

are comfortable with this process, we will take a CT scan while you hold your breath. The scan will take less than 30 seconds.

Your radiation therapy treatment plan will be created for the way your anatomy looks while holding your breath. When you come for treatment each day, we will use a similar camera system or a marker block to track the surface of your body. Once you are set up comfortably and accurately, the therapists will ask you to take a deep breath and hold it. We will monitor your breathing while we begin the treatment. The therapists will instruct you to breathe normally and then hold your breath as the therapy is delivered over several deep breaths.

HELPFUL TIPS

When holding your breath, remember to breathe in through your nose until your lungs feel full. Relax, and don't arch your back. We'll begin by coaching you through this process and let you know if you fall outside of the expected range. Sometimes, your chest and abdomen may appear to gradually fall as you relax during a breath hold, even if you are not releasing any air. Don't worry if this happens. We'll coach you back into the proper position for treatment.

WHAT HAPPENS IF I CAN'T HOLD MY BREATH ANY LONGER OR I BREATHE BEFORE INSTRUCTED?

While it is ideal that you breathe and hold as instructed by the therapists, if you feel that you need to breathe during the treatment, you may do so. The camera system will alert us that you have taken a breath and will immediately turn off the radiation treatment.

WHAT IF I'M NOT CHOSEN TO RECEIVE DIBH TREATMENT?

DIBH isn't the right treatment technique for everyone. If we think you may be a candidate for DIBH during the simulation process, we'll take a CT scan both during a breath hold and during normal breathing. If we compare these scans and determine that DIBH will not benefit your treatment, we will treat you without it. You can rest assured that you will receive the most accurate, highest-quality treatment we can provide.