

# LOW DOSE RADIATION THERAPY (LDRT)

FOR INFLAMMATION CAUSED BY OSTEOARTHRITIS



## OVERVIEW:

LDRT has been used for the treatment of conditions such as osteoarthritis (OA) with improvement of pain and mobility. LDRT uses invisible X-rays that decrease inflammation associated with OA. Typically, LDRT improves pain in about 3 of 4 patients. Improvement may first be seen within 2 weeks, and continued improvement may be noted in the 3-6 months after treatment. If no pain response at 8 weeks, a second identical treatment might be recommended with about 50% of patients responding. Potential side effects include temporary redness of the skin. There is a theoretical risk of secondary malignancy in the treatment area many years in the future, however, there has never been a documented case of a cancer from LDRT for OA.

## POSSIBLE PATIENT QUESTIONS:

### How many treatments and for how long?

Six non-consecutive treatments of 20 minutes. Typically, the entire experience is 30 minutes per treatment from check in to check out.

### Side Effects?

Most patients have no side effects. Remember this is a low dose therapy focused on the particular OA site.

### Patients follow up?

Patients will be followed up to assess reduction in pain/inflammation at 2 months.

### Limitations from therapy?

Patients can continue all medications but may wish to reduce the use of pain medications if taken because of OA.

