



SBRT/SAbR:

Stereotactic Body Radiation Therapy / Stereotactic Ablative Radiotherapy

What is SBRT/SAbR?

SBRT (Stereotactic Body Radiation Therapy), also known as SAbR (Stereotactic Ablative Radiotherapy), is a highly precise and non-invasive radiation therapy procedure used to treat tumors in areas like the lungs, liver, or spine. This treatment delivers a high dose of radiation in a small number of sessions while minimizing exposure to nearby healthy tissue.

Why SBRT/SAbR Might Be Recommended:

- The tumor is located in a sensitive area where surgery or traditional radiation might pose higher risks.
- Other treatments are not well tolerated by the patient.
- The tumor has continued to grow despite prior treatments.
- A high level of precision is needed to protect surrounding tissues.

How Is SBRT/SAbR Different from Standard Radiation?

Standard radiation therapy typically involves many low-dose treatments (fractions) given daily over several weeks. SBRT/SAbR, on the other hand, uses fewer treatments (usually 3 to 5 sessions over 1 to 2 weeks) with higher doses of radiation. This approach allows for a more focused ablative treatment and quicker recovery.

Before Your Treatment

- A custom Vac-Lok mold will be created to fit your body. You will lie on a special cushion with your arms above your head while a vacuum forms the mold around you.
- A compression belt or plate may be placed across your abdomen to reduce how much your chest moves as you breathe.
- A 4D CT scan will be taken while you're in the treatment position. This scan shows how your tumor moves as you breathe.
- Small skin marks (tattoos) may be made to help position you correctly for each treatment.

Treatment Planning

After your scan is complete, your Radiation Oncologist and Medical Physicist will develop a personalized treatment plan. This process usually takes several days. The clinical staff will coordinate your treatment schedule with you either at the time of your scan or will call you once the plan is ready.

What to Expect During Treatment

Each treatment lasts about 30 minutes. Before treatment begins, a cone-beam CT scan is used to confirm your position. The Radiation Oncologist will review these images to ensure accuracy before treatment starts.

Even while inside the mold, it's important to stay as still as possible during treatment. You may hear machine sounds, but the procedure is painless.

Side Effects

- **Feeling confined or claustrophobic** — Please tell your care team if you feel anxious or uncomfortable.
- **Skin irritation** — Mild redness, dryness, or a sunburn-like sensation near the treatment area.
- **Fatigue** — You may feel tired during or after treatments. Rest as needed.
- **Hair loss** — May occur in small patches near the treatment site.
- **Nutrition** — Eating well and staying hydrated helps with recovery. Avoid alcohol and tobacco.

Other side effects may occur depending on where your tumor is located. Your doctor will discuss these with you.

Late or delayed side effects are rare but possible. Your doctor will explain what to look for.

After Treatment and Follow-Up

You will meet with your Radiation Oncologist on your last day of treatment to discuss what to expect moving forward. A follow-up appointment will be scheduled to monitor your recovery and response to treatment.

When to Contact Us

- If any questions or concerns come up after your treatment, please call the clinic.
- **After Hours:** Your call will be forwarded to the on-call doctor. Leave your name and number with area code.
