



# Radiation Oncology Centre of Jamaica Newsletter

Bulletin 4 January 2010

## ROCJ To Conduct Brachytherapy Training Programme in 2010 Strengthening Partnership with Urologists



Radiation Oncology Centre of Jamaica, ROCJ will be conducting a Training Seminar on Brachytherapy in March 2010, at its Centre in Kingston. Dr. Thomas Shanahan, Radiation Oncologist from Memorial Medical Centre, Illinois in the USA, who mentored the start-up of brachytherapy at ROCJ in 2004 will lead the two-day seminar on March 18 and 19, 2010. (See Page 2)

Dr. Collie Miller, Managing Director of ROCJ says, "The Brachytherapy Training Programme is being offered to local urologists to strengthen the partnership with ROCJ, whereby the urologists in conjunction with the ROCJ Team will be able to provide the procedure to their

patients who fit the criteria for brachytherapy and who opt to have it done." The incidence of prostate cancer in Jamaican men is said to be among the highest in the world. "It is very important that male residents who are diagnosed with prostate cancer know that they have various alternatives and that they can have brachytherapy done in Jamaica by a team at ROCJ, including their own urologist, without traveling overseas to do so," Dr. Miller adds.

Dr. Robert Wan, the only urologist who has been performing Brachytherapy with the ROCJ Team since 2004 says "I am excited that ROCJ will be offering this training programme to local urologists. With more of my colleagues participating, it will greatly enhance the service we provide to Jamaican men, by increasing the number of urologists who can offer their patients this service, through the facility at ROCJ."

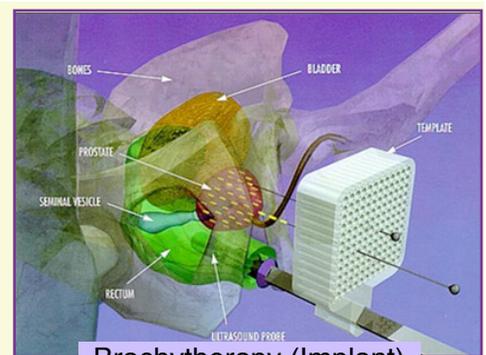
Several urologists have responded positively to the invitation to participate and the ROCJ Team is looking forward to the training in March and to working with these specialists to expand their skills in Brachytherapy and service offered to their patients.

### Over 50 Brachytherapy Cases Done at ROCJ since 2004

The first Brachytherapy case done in Jamaica took place at ROCJ in 2004. Since then just over 50 cases of this procedure have been done at ROCJ.

Patients who are recommended for radiation treatment using brachytherapy only, must meet strict criteria. These patients must have a Gleason score of 3+3 (or 3+4) and a PSA of <10ng/ml. The volume of the prostate must be no greater than 50 c.c.

Patients who receive combination therapy- that is both brachytherapy and external beam radiation therapy have also been treated at ROCJ.



Brachytherapy (Implant)

Combination radiotherapy is recommended for men with high risk prostate cancer.

## Treating Prostate Cancer with Combination Brachytherapy & External Beam Radiation - ROCJ Case Study

William Farrel\* is a 65 year old business man who presented to his urologist with urinary frequency three years ago. Routine blood tests were done and his PSA was found to be elevated at 8.7ng/ml. He subsequently underwent a trans-rectal ultrasound guided prostatic biopsy. Histological analysis revealed prostatic adeno-carcinoma Gleason 4+3. There were both stromal and perineural invasion.

### *Referral to ROCJ*

He was referred to the Radiation Oncology Centre of Jamaica for radiation therapy. When Mr. Farrel was examined he was found to have a small prostate. He was assessed as having stage T1c disease and combination external beam radiation and brachytherapy using radioactive iodine seeds were recommended as the treatment of choice.

### *Combination Radiotherapy Treatment*

The benefits and side effects of radiotherapy were discussed with both Mr. Farrel and his wife. He consented to undergo the combination therapy and he was simulated and his treatment planned. He completed a course of external beam pelvic radiotherapy receiving a dose of 45 Gray in 25 fractions over five weeks.

Three weeks later he completed prostate brachytherapy using radioactive iodine (I-125) implants.

### *Follow-up*

Post implant CT scan was done at one month and dosimetry of the implanted seeds showed adequate dose coverage throughout the prostate.

When he was last seen a few months ago **his PSA was 0.04mg/ml and no side effects were evident.**

\*Named changed to protect identity

### **Dr. Thomas Shanahan** **ROCJ's Mentor for** **Brachytherapy**



**Thomas G. Shanahan, M.D., F.A.C.R.O**

Dr. Thomas G. Shanahan is a radiation oncologist at Memorial Medical Center in Springfield, Illinois specializing in prostate brachytherapy using the Mick technique. He is a clinical professor in Urology and Radiation Oncology at the Southern Illinois University School of Medicine in Springfield, Illinois.

He has mentored prostate brachytherapy start-up programmes in the United States, Trinidad and Tobago, Jamaica, Japan, and South Africa. He will return to Jamaica in March 2010 to lead his second training session at ROCJ.

Dr. Shanahan has co-authored over forty publications and was the Radiation Oncology Committee Chairman for Mayo Clinic's North Central Cancer Treatment Group. He was an

instructor for the monthly Chicago Prostate Cancer Center's course on prostate brachytherapy from 2000-2005.

Dr. Shanahan graduated from Northwestern University Medical School, completed his residency at the University of Wisconsin, and is board certified by the American Board of Radiology in Radiation Oncology. He is a fellow of the American College of Radiation Oncology and has repeatedly been selected to "Best Doctors in America" by his peers. He completed prostate brachytherapy mentoring with his former partner, Dr. Gordon Grado, and has completed or supervised over 2,100 prostate implants. Dr. Shanahan specializes in larger glands, TURP patients and radiation failure re-treatments.



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