

Radiation Therapy Information and Education

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking.

Michigan Medicine Resources

- **Michigan Medicine Department of Radiation Oncology: Patient Care**
<http://medicine.umich.edu/dept/radonc/patient-care>
This site provides information about radiation therapy at Michigan Medicine including FAQs, videos and other resources.
- **Radiation Therapy at the University of Michigan: A Patient Handbook**
<http://www.cancer.med.umich.edu/files/radiation-therapy.pdf>
This handbook provides information about radiation treatment including preparing for treatment as well as after treatment information. FAQs and support resources are also included.

Brochures, Fact Sheets

- National Cancer Institute. **Radiation Therapy and You: Support for People with Cancer**
<http://www.cancer.gov/publications/patient-education/radiationtherapy.pdf>
This booklet provides facts about radiation therapy and side effects.
- National Cancer Institute. **Radiation Therapy Side Effects Sheets.**
<http://www.cancer.gov/publications/patient-education/radiation-side-effects>
Fact sheets on specific side effects and topics are available.
- RTAnswers.org. **Radiation Therapy Brochures.**
<http://rtanswers.org/Patient-Materials/>
General brochures on radiation as well as brochures on specific cancer types are available.

Audiovisual Resources

- **An Introduction to Radiation Therapy at University of Michigan Health System**
<https://medicine.umich.edu/dept/radonc/patient-care/guide.htm>
Scroll to the bottom of the page for video. This video explains radiation and what it does. It also shows what you can expect at different radiation therapy appointments. (18:34 minutes)
- **Patient Guide to the SDX Voluntary Breath Hold Device**
http://careguides-videos.med.umich.edu/media/SDX+Voluntary+Breath+Hold+Device/0_zazfofpq/82252562
Step-by-step guide for cancer patients using the SDX voluntary breath hold device to stabilize tumors affected by breathing motion during x-ray imaging and radiation therapy. (5:28 minutes)

Online Resources

- **American Cancer Society: Radiation Therapy**
<http://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/radiation.html>
Provides information on radiation therapy including how it works and what to expect.
- **National Cancer Institute (NCI): Radiation Therapy**
<http://www.cancer.gov/about-cancer/treatment/types/radiation-therapy>
This site provides information on radiation therapy including, how it works, types of radiation, and side effects.
- **RadiologyInfo.org for Patients**
<http://www.radiologyinfo.org/>
This site provides information on radiation therapy and other procedures. It also includes information by disease or condition as well as what to expect and how to prepare for procedures.

- **RT Answers: Answers to Your Radiation Therapy Questions**

<http://www.rtanswers.org/home/>

This site is brought to you by the American Society for Radiation Oncology (ASTRO) and was created to explain to patients, their families and the public how doctors called radiation oncologists use radiation therapy to treat cancer safely and effectively.

This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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