

# LANCASTER RADIOLOGY ASSOCIATES, LTD.

## **RADIATION THERAPY**

### **What it is:**

Not to be confused with radiology, radiation therapy is the careful use of high-energy radiation to treat cancer and control malignant cell growth, often in combination with surgery, chemotherapy and/or hormone therapy (though prostate and larynx cancers are often treated with radiation therapy alone). Radiation therapy works by destroying the cancer cells' ability to reproduce.

### **What you need to know:**

Sometimes radiation therapy is only part of a patient's treatment, and it may be administered either internally or externally depending on the specific need. Radiation therapy itself is painless, and side effects vary by dosage and the specific treatment. Since radiation therapy is a local treatment, side effects are usually confined to the area being treated.

### **How to prepare:**

Radiation therapy is a painless procedure, but you can still take steps to prepare for it. If your therapy is scheduled to take place five days a week for several weeks, we recommend that you get sufficient rest before, during, and after their treatments to lessen the effects of fatigue. Eating a balanced diet and informing nurses and doctors of any allergies or medication use is also important. On the days of your therapy, wear loose, soft cotton clothing over the treatment area. Since the skin in this area will become more sensitive, it should not be scratched, rubbed, scrubbed, or exposed to the sun.