



Radiotherapy for brain tumours

A guide for patients and their carers

We care, we discover, we teach



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Christie website

For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centre at Withington, Oldham or Salford.

Introduction

This booklet tells you about radiotherapy treatment for primary brain tumours. The Christie is a specialised radiotherapy centre, and patients come for treatments that are not available in general hospitals. If you are having radiotherapy as an inpatient please bring this booklet with you.

It is important that your family and friends feel well-informed and understand what is happening. Please share this booklet with them. Families and carers can have a role in helping you. If you would like more detailed information about your own treatment, please ask a member of staff who is caring for you. There is also a DVD on radiotherapy which you can take home to watch. Please ask your doctor, nurse or radiographer.

You may have heard about radiotherapy from people you know or from the patients at The Christie. Please remember that each patient is an individual and that their information may not apply to you.

What is radiotherapy?

Radiotherapy uses exact, carefully measured doses of radiation to treat diseases. It uses high energy x-rays which destroy the tumour while doing as little harm as possible to normal cells. It is given in small, equal doses over a specified period of days or weeks. Specially trained professionals, therapy radiographers, operate the treatment machines called linear accelerators. Although all the machines do not look alike, they all work in a similar way. These machines are just more powerful versions of the x-ray machines that are used to take pictures of chests and broken bones.

The specific amount of radiation (dose) and number of treatments you will need depend on the exact type of tumour you have. This means that you may find that you are having a different number of treatments from other people you meet here at The Christie.

How does the radiotherapy work?

Our bodies are made up of cells. All cells are able to grow and divide. When radiation hits a cell that is dividing it causes damage to it. Normal, healthy cells are able to repair this damage, however cancer cells are much less able to repair this damage and so more of the cancer cells will be destroyed.

Agreeing to treatment

Consent to treatment

The doctors, clinic nurses and radiographers will give you some written information to support what they have said about your treatment. At the time you treatment is being planned, you will have the opportunity to discuss anything you do not understand, or any worries or concerns you may have.

We will ask you to sign a consent form agreeing to accept the treatment that you are being offered. The basis of the agreement is that you have had The Christie's written description of the proposed treatment and that you have been given an opportunity to discuss any concerns. You are entitled to request a second opinion from another doctor who specialises in treating this cancer. You can ask your own consultant or your GP to refer you. Your consent may be withdrawn at any time before or during this treatment.

Should you decide to withdraw your consent then a member of your treating team will discuss the possible consequences with you.

Radiation can be harmful to the unborn child. It is important to let the radiographers know if you have missed a period, or suspect that you might be pregnant before you are exposed to any radiation.

What are the benefits of treatment?

Treatment is aimed at shrinking or controlling the brain tumour to improve symptoms or prolong life.

Are there any alternatives to this treatment?

Treatment for brain tumours can include surgery, radiotherapy, chemotherapy, other medication or active surveillance (watchful waiting) or a combination of these. Alternatives to radiotherapy may include one or more of these options. Your consultant will discuss this with you.

What will happen if I do not have this treatment?

Without treatment the brain tumour may grow and cause further symptoms. If you are worried about having treatment or you would like to consider not having treatment, please contact your neuro-oncology specialist nurse, consultant or GP. You can change your mind about having treatment at any time before you start radiotherapy. This will not affect your relationship with the medical staff. If you want to have treatment it is important to complete it, so that the treatment is effective.

Preparation for treatment

You may be able to have your preparation and/or treatment at The Christie at Salford. Please speak to a member of your treating team if you would like to discuss this.

The specialist doctor who will look after you is a clinical oncologist. They will ask you some questions, examine you and explain your treatment options. A team of professionals including consultants, senior registrars, specialist nurses, specialist radiographers and allied health professionals will care for you. Once your treatment has been decided, we will give you an appointment for your treatment preparation.

Mould room preparation

People having radiotherapy to the brain have to wear a form of head immobilisation (mask) while they are having treatment. This helps to keep your head still during the treatment and also allows marks to be placed on the mask which ensure that the treatment is given to the same area each day.



"I had no problems at all. The staff in the mould room completely put me at my ease."

Your mask will be made by a team of specially trained staff. They will discuss the procedure with you. Many people, especially if they are a bit claustrophobic, worry about having a mask made. But most people cope very well and help from our complementary therapy team is available.

"I was worried about having a posicast made but it was actually a nice, warm and relaxing sensation."



Scans and verification

To help with the planning of your treatment you will have a CT scan (picture of CT scanner above). This scan is taken while you are wearing the mask that has been made for you. The scans which are undertaken to plan your radiotherapy are solely aimed to give enough information to plan the radiotherapy accurately. These scans are not diagnostic and therefore do not give sufficient information to assess the status of your cancer or any other abnormalities.

Most patients will also need an MR scan to help with treatment preparation. You will need to attend The Christie at Withington for this MR scan, however you do not need to wear your mask for this MR scan. For both the CT and MR scans, most patients will need to have an injection of dye (called contrast) into a vein during the scans. This dye helps your doctor to plan your treatment.

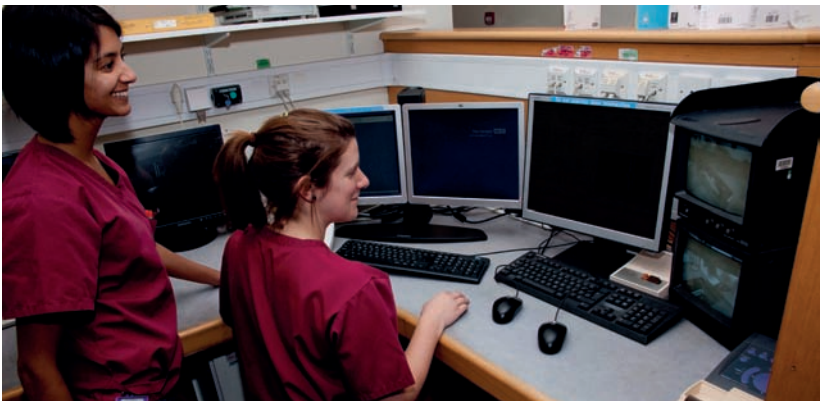
Once these planning scans have been taken, your doctor will plan your treatment. Once your treatment is planned, you will need to come back to The Christie to go through the treatment in detail and sign a consent form. Your treatment will start a day or two later (picture of treatment machine below).



What happens during treatment?

On the day of your first treatment, you will come to the radiotherapy department. If you are an inpatient a therapy care assistant may bring you to the department. You will have met some of the therapy radiographers during your preparation appointments. They are easy to recognise in their maroon uniforms.

Before the treatment begins a radiographer will sit down with you and explain what will happen during the treatment. If you have any questions or worries please feel free to discuss them with the radiographer. The Christie is a training centre, so you may meet radiotherapy students who may be involved with the delivery of your treatment under full supervision.



Radiographers operate the radiotherapy machines to give you the precise treatment prescribed by the doctor. On each treatment visit they will ask you how you are feeling and ensure that you are coping well as the treatment progresses. The radiographer will help you on to the treatment bed, put your mask on you and adjust the bed and the machine to the exact positions that are needed. He or she will ask you to remove any clothing or jewellery including earrings that are in the area being treated. During the treatment you need to keep as still as possible.

The radiotherapy machines are quite big and if you have never seen one before you might feel anxious. There is no need to worry – the treatment is absolutely painless. The radiographers are there to support and reassure you. Once your treatment has been set up and the radiographers are happy that everything is correct, they will leave the room to switch the treatment machine on. They will be watching you carefully on a closed circuit television system.

The treatment is normally given from a number of different directions (beams) depending on your individual treatment plan. It may only take a minute to actually give each beam but the whole treatment session may take between 10 and 30 minutes. Some people worry that they will be enclosed by the machine but this will not happen. The machine will move around you, but nothing will touch you. The treatment machines make a buzzing noise when they are switched on. This is how you will know when the treatment is happening. If you become worried, anxious or do not feel well while the treatment is being given, just raise your hand and the radiographers will interrupt the treatment and come in to you immediately.

The prescribed radiation dose and the number of days over which it is given vary between patients. Treatment is usually given Monday to Friday. There is usually no radiotherapy

given on Saturdays and Sundays and this is taken into account when your treatment is planned. Sometimes treatment is given on Bank Holidays.

You will usually be treated on the same machine throughout the course of your radiotherapy. However, the machines have to be serviced frequently and as a result you may be treated on a different machine. The radiographers treating you will let you know about this. Do not worry; you will not miss any treatments as a result of this, and the treatment is exactly the same.

It is very important that you do not miss any treatment days as this may make your treatment less effective. If you feel you are unable to attend for any reason please telephone the staff on your treatment machine and discuss the problem with a radiographer. Call the radiotherapy department on 0161 446 3485.

We will give you the date and time of your first treatment visit when you attend for your last planning visit. Staff on your radiotherapy treatment machine will then give you the times of all your other visits when they meet you on your first treatment day. They will try to arrange appointment times that are convenient for you, but this cannot always be guaranteed.

Some questions about radiotherapy

Will it hurt?

No. You will feel no pain at all while you are actually having the treatment.

Is it safe?

Radiation used in medical treatment is given in controlled,

carefully measured doses. The aim is to treat the illness whilst minimising the dose to the normal tissues.

Will I be radioactive?

No. Patients treated by x-rays do not become radioactive. The radiation does not stay in your body after treatment, so you cannot do anyone else any harm. It is safe for you to mix with other people and to have visitors if you are on the wards.

I already have problems with my general health. Will radiotherapy treatment make them worse?

Not usually, but the treatment may make you feel more tired than normal. Please tell your treating team about any existing medical conditions and continue with any medication that you may be taking. Please ask your Christie doctor if you are worried about any other health problems.

When will I see the doctor?

While you are having radiotherapy, you will see a member of the team every week. This may be the consultant, registrar or specialist radiographer. The purpose of this visit is to make sure that you are progressing well through treatment as expected, and to deal with any side effects that you may be having. Please tell the team member you see if you are having problems so that you can get help with any side effects. If you feel you need to see a member of your treating team at any other time please speak to a radiographer who will help you.

Can I come for treatment at any time of the day?

If you are having treatment as an outpatient, the radiographers will give you an appointment time for the first treatment when you attend for your planning session. After that you can arrange with your treating team a time that suits both you and the machine. Please try and be as

flexible as possible. The time you prefer may not be available at the start of your treatment because of the large patient numbers on the unit. If you need a specific time with valid reasons, please give the radiographers at least **48 hours notice**. The time we give you may vary half an hour either way each day due to emergencies and so on. Please check your appointment time for the following day before you leave in case of any changes.

If you are coming by hospital transport we will give you a morning or afternoon appointment to fit in with your consultant's clinic.

If you are an inpatient, the radiographers will call for you when they have a free slot. If you are going on weekend leave, please let the staff know and they will do their best to treat you before lunch.

If you have a problem with your appointment time, please speak to your treating team: The Christie at Withington on **0161 446 3485** or The Christie at Salford on **0161 918 7800** as soon as possible. It is helpful if you can quote your hospital number – it will be on your appointment card or letter.

If you change your address please let the health records department staff know your new address and the details of your new GP.

Will I be treated as an outpatient or an inpatient?

You will usually have your treatment as an outpatient. Some people continue to work during part of their treatment. However, after daily travel and treatment, you may feel tired and need to rest.

Your treating team will have discussed with you about travelling daily for your treatment as an outpatient. However, if you do become unwell during your treatment we may admit you as an inpatient to support you through your

radiotherapy. You will not have to stay in bed, so bring suitable day wear such as tops and skirts or trousers. Treatment usually takes up only a small part of the day and, if you are well enough, you may be able to go out – check with the ward staff first.

What happens if I need ambulance transport to and from the hospital?

Many patients are able to ask a friend or relative to help them with travelling for their treatment. However if you think you will need hospital transport please discuss this with a radiotherapy support worker or radiographer on your first visit to the radiotherapy department.

Ambulance transport can be arranged subject to eligibility criteria based on medical need. There also needs to be a medical need for you to bring an escort on hospital transport.

There can be delays for some time either side of your appointment because of the high demand for transport. Please take this into account when you are deciding whether to use ambulance transport or not.

Hospital transport is provided by North West Ambulance Service and Arriva West Midlands; however, you can contact the transport liaison office at The Christie directly on **0161 446 8114** or **8143** for advice and bookings (Monday – Friday, 8.00am – 6.00pm). Patients attending The Christie at Salford should call **0161 918 7800** for advice about transport and bookings.

Car parking

The Christie at Salford has a designated area for free parking for radiotherapy patients whilst on treatment. It is accessible by code entry that is provided at your first appointment within the unit.

For parking at the main Withington site, please check the website (www.christie.nhs.uk) for the latest details, or ask at the information centre for a copy of the leaflet 'Travelling and car parking for patients and patient's visitors to The Christie'.

Side effects of treatment

Side effects can be mild or more troublesome depending on the radiotherapy dose and the length of your treatment. Radiotherapy can cause general side effects such as tiredness, but there are some effects which are specific to having radiotherapy to the brain. While you are having radiotherapy it is very important that you continue to take the medication prescribed by your doctor. Do not change anything unless you have discussed this with your treating team first.

Headaches

Headaches are a very common side effect of radiotherapy to the brain. These may be due to increased swelling as a result of the treatment. You may be prescribed a drug called dexamethasone for this. Always remember to carry your steroid card which has instructions about taking dexamethasone. You can also take painkillers to help you such as paracetamol. It is important that you tell the radiographers who are treating you if you are having headaches.

Feeling sick

Occasionally some people may have feelings of sickness. This can usually be effectively treated by anti-sickness drugs which your treating team can prescribe.

Change in appetite

You may find that food tastes different. If your appetite is affected, try to eat little and often. If you don't feel like eating, you can supplement meals with nutritious, high-

calorie drinks. These are available from most chemists and can be prescribed by your GP.

Tiredness

Radiotherapy often makes people feel tired. It builds up towards the end of treatment and can last for several weeks after the treatment has finished. Take rests when you need to but try to maintain your normal daily activities as much as you can because we know that this can be beneficial. The Macmillan leaflet 'Coping with fatigue' provides further advice on this and is available from the cancer information centre.

Somnolence (sleepiness)

This side effect occurs during the treatment, but can increase for a time after the radiotherapy has ended. You may find that you generally slow down, have very little energy and cannot be bothered to do much. This period of lethargy, described as somnolence, is worse about two weeks after treatment but usually starts to go away within another week. Sometimes it gets worse again four to six weeks after treatment.

Hair loss

You will lose any hair within the treatment area. Most hair loss is temporary although, unfortunately, in some people it may be permanent. This will depend on the dose and length of treatment you have had. Sometimes hair grows back with a slightly different colour and texture and perhaps not as thickly as before. It usually starts to grow back within two to four months of finishing treatment.

A wig service is available on the National Health Service. It is a good idea to get your wig before you lose a lot of hair, which you can then match with your natural colour. You can see a specialist wig fitter at The Christie or at one of several locations in the North West. These are detailed in the leaflet

'The wig fitting service' which is available from the cancer information centre. Please speak to a member of staff in the cancer information centre for more information.

Head care advice and workshops are available at Maggie's centre (close to The Christie at Withington), contact **0161 641 4848**, or Headstrong at The Christie at Salford (call **0161 206 1455** or **0161 918 7804**).

Skin changes

Some people develop a skin reaction, similar to sunburn, while having radiotherapy. This normally happens about half way through the treatment (usually after three to four weeks). People with pale skin may find that the skin in the treatment area becomes red and sore and itchy. People with darker skin may find that their skin becomes darker and can have a blue or black tinge. The amount of the reaction depends on the area being treated and the individual person's skin. Some people have no skin problems at all.

Your radiographers will be looking for these reactions, but you should let them know as soon as you feel any soreness. The radiographers treating you will give you advice about the best way to take care of your skin during radiotherapy. Using a moisturiser is normally recommended, however if you are unsure please check with a member of your treating team.

Late or permanent side effects

It is possible for some types of reaction to occur months or years after the treatment has finished. This will depend on the type of treatment you have had. Some patients may notice short-term memory loss. Other late effects will depend on the part of the brain treated. Your treating team will discuss any possible late effects with you.

Some people find the symptoms of the brain tumour temporarily get worse either during the course of radiotherapy or after the treatment has finished. This can make them think that their tumour is getting worse but, in fact, it is a reaction to the radiotherapy treatment. If you find this happening to you, it is important to discuss it with the treating team, who will be able to give you the right advice, treatment and medical support.

Chemotherapy

Your doctor may recommend some chemotherapy as well as radiotherapy. Chemotherapy is the use of drugs to treat cancer. It can be given as tablets or capsules. Sometimes it can be delivered directly into the bloodstream via a 'drip' or injection. You may have chemotherapy before, during and/or after radiotherapy. If your doctor feels you might benefit from this treatment, they will discuss this with you. The staff will give you a leaflet with specific information about the type of chemotherapy that you are going to have.

After the treatment: follow-up and scans

Your side effects may last for some weeks after the treatment finishes so it is important to continue with your skincare routine and take all medicines as prescribed by the treating team.

Your first follow up appointment will usually be 4 to 6 weeks after your last radiotherapy treatment. This will normally be in the outpatient department (department 41) at The Christie. The doctor will discuss how you have been since your treatment finished and will often arrange for you to have a follow up scan.

Most patients will have their first follow-up scan carried out 2 to 3 months after the end of radiotherapy treatment. Radiotherapy works slowly and it can take up to 3 months for treatment effects to settle down and any benefit to be seen. You will then have regular follow-up visits to the clinic with repeat scans.

Some patients ask about 'warning' signs they should look for once the treatment has been completed. There can be different signs depending on where the original tumour was located. For this reason, you should ask the doctor to discuss this with you. Of course, if you are worried about anything you feel may be related to the tumour or the treatment, please contact us and, if necessary, we can arrange an earlier outpatient appointment for you.

Driving

All drivers who have a brain tumour are **legally required to inform the DVLA of their diagnosis**. Patients are not permitted to drive a car for a minimum of 1 year (for patients with low-grade tumours) or 2 years (high grade tumours) from the time of their main initial treatment (surgery or radiotherapy). In addition, patients with epilepsy must not drive for a minimum of 12 months from their last seizure. Failure to comply with these regulations is illegal and potentially dangerous, and can incur a fine of up to £1000.

The DVLA can be contacted at: DVLA, Swansea SA6 7JL
You can also notify the DVLA of your medical condition by phone: **0870 600 0301**. Full details and advice are also available on the website at: www.dvla.gov.uk

Prescriptions

From 1 April 2009 NHS patients treated for cancer became entitled to free prescriptions. Prescriptions from The

Christie pharmacy are free for NHS patients. You will need an exemption certificate to get free prescriptions from a community pharmacy. Exemption certificates are available from the pharmacy at The Christie and from your GP.

Travel and holidays

It is preferred for you not to go on holiday during treatment because we know that the treatment works better if there are no breaks. Most people do not feel like travelling for the first few weeks after their treatment. However everyone is different. It may take 4 to 6 weeks before your side effects settle and it may be some time after this before you feel like going on holiday.

Once you feel like going away, there is no problem travelling within the UK. If you are thinking of going abroad, make sure you have adequate health insurance which includes a cancer diagnosis. This might mean that the cost of your insurance policy is higher than it has been previously. Some people have found it useful to get a quote for their insurance before booking a holiday as this may affect your choice of destination. Even if you are travelling within Europe you should have health insurance as well as the European Health Insurance Card.

More information about this and other things to consider are available in the Macmillan booklets 'Getting Travel Insurance' and 'Travel and Cancer', which are available from the cancer information centre.

Research at The Christie

The Christie, along with the Manchester Cancer Research Centre, is a major centre for cancer research of all kinds. The staff may ask you if you are willing to help with some of the clinical trials and audits that are going on. We will give

you detailed written information regarding the trial and its purposes.

You will have time to consider your answer, discuss with family and friends and ask questions before you decide whether or not to take part. You are under no obligation to take part in any trials. If you take part in a clinical trial you will meet the research nurse or research radiographer who help to run the trials. You are free to withdraw from a trial at any time and for any reason. This will not affect your relationship with medical staff.

Further information

Macmillan Cancer Support

This is a national cancer information charity which runs a cancer information service. The cancer support service freephone number is **0808 808 00 00** (Monday to Friday, 9am to 8pm). If you are deaf or hard of hearing, use the textphone service on **0808 808 0121**. If you are a non-English speaker, interpreters are available. Calls are answered by specially trained cancer nurses who can give you information on all aspects of cancer and its treatment. Information and advice about finance and benefits is also available.

Macmillan Cancer Support publishes booklets which are free to patients, their families and carers. You can get a copy by ringing the freephone number. The information is on their website: www.macmillan.org.uk

There is a booklet called 'Understanding Brain Tumours' and other information is available on cancer treatments – such as 'Understanding radiotherapy' and 'Understanding chemotherapy'. There are also booklets on living with cancer – some of these are listed below:

- Talking about your cancer
- Lost for words: how to talk to someone with cancer
- Talking to children and teenagers when an adult has cancer
- Cancer and complementary therapies
- Travel and cancer

There are cancer information centres at The Christie at Withington, Salford and Oldham. The centres have the full range of booklets available free to patients and their relatives/carers, and staff who can offer information and support.

Cancer information in your language

If English is not your first language, you can speak to a nurse at Cancer Research UK through a qualified interpreter. The service is free and over 170 languages are available on **0808 800 4040 (Monday to Friday, 9am - 5pm)**.

BASIC (Brain and Spinal Injury Charity)

Basic provides a specialist resource at the Neurocare Centre in Salford for people with brain related conditions.

BASIC helpline **0870 7500000**

www.basiccharity.org.uk

Christie information

The Christie produces a range of patient information booklets and DVDs, some of these are listed below.

Booklets are free to patients coming to The Christie and are available from the cancer information centre. If you are an inpatient and would like a copy please ask the ward staff. If you are an outpatient please ask your nurse, doctor or radiographer.

■ **'Radiotherapy to the head and neck' & 'Radiotherapy: a guide'**

Short films can be viewed on The Christie website at www.christie.nhs.uk under 'patient information' or you can borrow it in DVD format to watch at home. Ask the staff on the ward, in outpatients or in radiotherapy. Available in English, Urdu, Bengali, Polish and Punjabi.

■ **Where to get help: services for people with cancer**

This provides sources of help when you have cancer, where to go for financial help, palliative care and cancer support groups.

■ **Eating: Help Yourself**

This gives advice on eating problems when you don't feel well and you are having treatment. Other booklets give helpful advice on diet: 'Advice about soft and liquidised foods' and 'Nutritional products'. Please ask staff for a copy.

■ **Your A-Z of coping with nausea and vomiting**

This booklet has helpful tips on coping with nausea and vomiting. There is also a description of the different types of anti-sickness medication.

■ **Your A-Z of pain relief**

This booklet has a list of commonly used medicines for pain relief, how and when to take them as well as advice on what to do if pain is a problem at home.

■ **Be Active, Stay Active: a guide for exercising during and after treatment for cancer**

A booklet and DVD with a simple exercise programme you can follow. There is also more information about coping with fatigue and the benefits of exercise. Available with sub-titles and in Urdu and Chinese.

This is also available to watch on The Christie website: www.christie.nhs.uk under 'patient information'.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

Benefits and finance

You may have had to stop work and had a reduction in your income. You may be able to get benefits or other financial help.

Personal Independence Payment (PIP) is a social security benefit and has replaced Disability Living Allowance (DLA) for new claimants. It's for people who need help either because of their disability or their illness. You can apply if you are aged 16 - 64.

People aged 65 or over who need help with personal care or supervision could be entitled to Attendance Allowance.

Your carer could get Carer's Allowance if you have substantial caring needs.

Find out more today:

- To get a claim pack for Attendance Allowance, call **0345 605 6055** and for PIP call **0800 917 2222**.
- For DLA: If you were born on or before 8 April 1948 call **0345 605 6055**, if you were born after 8 April 1948 call **0345 712 3456**.
- Carer's Allowance: call **0345 608 4321**.
- For benefits advice, contact Maggie's centre on **0161 641 4848** or email manchester@maggiescentres.org
The Christie at Oldham has a benefits advice session on Thursday afternoons, call **0161 918 7745**.

- Contact your local social services department for help with equipment and adaptations, or for an assessment of care needs. Visit www.gov.uk for further information.
- Macmillan Cancer Support can give advice on helping with the cost of cancer on **0808 808 00 00** or www.macmillan.org.uk

Student training

The Christie is a training centre for postgraduate and undergraduate trainees so you may meet male and female students in all areas of the hospital. We train doctors, nurses, radiographers and other therapists in the treatment and care of cancer patients.

Placements at The Christie are an important part of student training, so by allowing them to assist in your care, you will be making a valuable contribution to student education.

Students are always supervised by fully qualified staff. However, you have the right to decide if students can take part in your care. If you prefer them not to, please tell the doctor, nurse, radiographer or other therapist in charge as soon as possible. You have a right to do this and your treatment will not be affected in any way.

We also try to respect the concerns of patients in relation to the gender of their doctor and other health professionals.

Do you have private medical insurance or are you considering funding treatment yourself?

Patients with private medical insurance or those who choose to self-pay for their care can access a full range of treatment at The Christie Clinic. This includes initial consultation, diagnostics, surgical, chemotherapy and radiotherapy treatments in one place. The Christie Clinic is a joint partnership between The Christie NHS Foundation Trust and HCA Healthcare UK. The partnership means that a share of the profit from The Christie Clinic is invested back into the NHS for the development of care and future service enhancement, therefore benefiting all patients.

We value our patients as individuals so care is tailored to provide the best possible clinical outcomes. We work with a number of expert consultants who lead this tailored care plan. We operate a consultant lead service and so your named consultant will be in charge of your care for the duration of your treatment.

If you wish to use your private medical insurance or pay for your treatment yourself there are three simple steps:

1. Check your insurance cover. In some instances your insurance company may suggest that you have your care and/or some aspects of your treatment on the NHS, but it is your choice to use your private medical insurance if you wish to do so. If you are being treated in the NHS and you choose to exercise your private medical insurance or wish to pay privately, you may of course do this, but your consultant would guide you as to the best clinical option.

2. Make an appointment. There are no waiting lists at The Christie Clinic and appointments can be easily scheduled to suit you.

3. For more information or advice:

- Speak to your consultant about continuing your treatment as a private patient
- Call us on **0161 918 7296** if you have any queries about accessing our services. You can also use this number for a quotation if you are paying for treatment, as we offer fixed prices for some treatments and if you have private medical insurance and wish to clarify any points.
- Email us: info.christieclinic@hcahealthcare.co.uk
- Visit our website: www.thechristieclinic.co.uk

We care for patients at all stages of illness and treatment if you wish to consider private treatment.

Useful contacts

■ Neuro-specialist nurses

Sarah Cundliffe and Alison Gilston-Hope – **0161 206 0613** or **2073**

Liz Molloy – **0161 446 8441**

Sarah and Alison are based at Salford Royal and Liz is based at the main Christie site. Sarah, Alison and Liz can be contacted for general advice and support.

■ Specialist radiographer

Charlotte Smith – **0161 446 8395**

You can contact Charlotte for queries before, during or immediately after you have completed radiotherapy.

■ Specialist AHPs

Sara Robson – **0161 918 7400**

Julie Emerson – **0161 918 7400**

Please contact Julie and Sara for queries relating to rehabilitation, mobility, speech and daily activities.

■ For queries about radiotherapy appointments

The Christie at Withington radiotherapy department
– 0161 446 3485

The Christie at Withington mould room
– 0161 446 3525

The Christie at Salford
– 0161 918 7800

■ For urgent queries out-of-hours

The Christie Hotline – 0161 446 3658

■ Counsellor

0161 446 8038

Contacts via your consultant's secretary

Dr Rao Gattamaneni – 0161 446 3362

Dr C McBain – 0161 918 7008

Dr A Tran – 0161 918 7197

Dr G Whitfield – 0161 918 7197

Dr R Colaco – 0161 918 7197

Please note:

Mobile phones can interfere with the treatment equipment. Please look out for signs letting you know if it is safe to use your mobile phone. If you do have one with you, you may need to turn it off.

Many patients with brain tumours ask if using a mobile will make the tumour worse. There is no evidence to suggest that using a mobile phone during or after radiotherapy treatment will affect your brain tumour in any way.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence.

If you would like to have details about the sources used please contact patient.information@christie.nhs.uk



Contact The Christie Hotline for urgent support and specialist advice

The Christie Hotline: 0161 446 3658

Open 24 hours a day, 7 days a week

Visit the Cancer Information Centre:

The Christie at Withington Tel: 0161 446 8100

The Christie at Oldham Tel: 0161 918 7745

The Christie at Salford Tel: 0161 918 7804

Open Monday to Friday, 10am to 4pm.

Opening times can vary, please ring to check before making a special journey.

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www.christie.nhs.uk



The Christie Patient Information Service
September 2016 – Review September 2019