

Trinity's new cancer technology shrinks radiation therapy time to 90 seconds

Trinity Cancer Center is revolutionizing the way cancer is treated with TrueBeam, an innovative technology that provides sophisticated radiotherapy with pinpoint accuracy, ease and speed – in some cases 80 percent faster. Trinity is the only cancer provider to have TrueBeam in a 90-mile radius of the Quad-Cities and is one of only a handful of cancer centers in the Midwest to acquire the technology.

By choreographing imaging, beam delivery and motion management, TrueBeam enables faster and more accurate tumor targeting in the treatment of challenging cancers throughout the body, including those in the lung, breast, prostate, head and neck and liver.

"Intelligent" automation further speeds treatments with an up to five-fold reduction in the number of steps needed for imaging, positioning and treating patients. A standard



intensity-modulated treatment that would typically take ten minutes can be completed in less than two minutes. Complex radiosurgery that typically takes 40-60 minutes can be completed in just five to 20 minutes.

"The increased level of precision will make it possible for doctors to treat a moving lung tumor as if it were standing still," said Dr. Thomas Stoffel, radiation oncologist at the Trinity Cancer Center. "By synchronizing treatment with tumor position changes throughout the respiratory cycle, we will be able to reduce the margin of healthy tissue affected by the treatment beam."



Dr. Stoffel

A public open house will be held at a later date this fall to showcase the equipment and its renovated surroundings. Please note that TrueBeam radiation treatment is not appropriate for all cancers. Check with your doctor to see if TrueBeam is appropriate for you or your loved one.

For more information visit www.trinityqc.com/truebeam

Trinity offers free prostate cancer screenings

Trinity is offering free prostate cancer screenings for men ages 50-75 this September. The screening includes a free Prostate Specific Antigen blood test or PSA, and a digital rectal exam. Those with a family history of prostate cancer and African Americans are at the highest risk for developing prostate cancer, but it can occur in men with no history of the disease.

The free screenings are made possible by Trinity Regional Health System with financial support from the Rudy Quijas

Fight Against Cancer Memorial Fund. Quijas was the founder of Rudy's Tacos, and in the final stages of his battle with prostate cancer, he wanted to give something back to the community.

Free prostate cancer screenings will be performed from 6:15-8:30 p.m. Tuesday, Sept. 11, at Trinity Bettendorf, 4500 Utica Ridge Road, and from 6:15-8:30 p.m., Thursday, Sept. 13, at Trinity Moline, 500 John Deere Road. To make an appointment for your free screening, call (309) 779-2993.



Can't attend?
Visit trinityhealthaware.com and take our prostate cancer risk assessment.



Trinity is the proud medical sponsor

of THE Quad Cities Marathon. Over the last seven years, THE Quad Cities Marathon and its participants have helped to raise more than \$40,000 for free prostate cancer education and awareness services in the Quad-Cities area.

A portion of the proceeds from the marathon are directed to the Trinity Health Foundation to help fund these projects – including the Rudy Quijas screening – in our area.

Prostate seeds offer non-invasive cancer treatment option

Stan Boruff had a sense that something wasn't right. At 48 years old with a family history of prostate cancer, he scheduled a physical. A standard blood test revealed his PSA levels were high, an indicator of the cancer that is the second leading cause of cancer deaths in men.

A needle biopsy confirmed the diagnosis and Dr. Morris Gist, a urologist at Trinity, outlined a course of treatment that included radioactive seed implantation. The implantation was performed by Dr. Brian Engebrecht, Dr. Gist's



Dr. Engebrecht

partner, and a team of medical professionals to position approximately 100 radioactive seeds – about

the size of a grain of rice – within the prostate gland.

"This procedure allows us to precisely target the cancer without damaging surrounding tissue," Dr. Engebrecht said. "The best candidates are patients who have a cancer that has not spread and is contained within the prostate. It's a remarkably effective option for the right patient."

Also known as brachytherapy or internal radiation therapy, the seed implantation is performed as a same-day-surgery without an overnight hospital stay. The "seeds" are tiny titanium canisters that carry a radioisotope and release a continuous, low-energy radiation to the cancer. It allows for rapid, often pain-free recovery.

Boruff, a farmer and small business owner in Illinois City, Ill., chose the radioactive seed implantation over the traditional removal of the prostate gland because of the fast recovery time. The procedure was done on May 16, right in the middle of planting season. His family helped plant the soybean crop while Boruff rested after the seeding, but he was back in the tractor within a week of the implantation. That's compared to an eight to ten-week recovery for a prostate gland removal.

"I think this course of treatment that I took has become very hopeful and the outcomes of this have become very predictable," said Boruff, whose PSA levels have continued to drop following

the radioactive seed implantation, and he's not due back for another check-up until December.

"This procedure allows us to precisely target the cancer without damaging surrounding tissue."

The Trinity Cancer Center, under the guidance of urologist Dr. Roger Lubbers, has offered radioactive seed implantation as a prostate cancer treatment since 1995.

"The team at the Trinity Cancer Center is just a very, very fine group of people," Boruff said. "They're very dedicated to what they do and very compassionate about what they do. I can't say enough good about them."

For more information about the radioactive seed program or the Trinity Cancer Center, call (309) 779-5090 or toll-free (855) 251-7250.