



## Radiotherapy

A guide for patients and their carers



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## Introduction

This booklet is to tell you about external beam radiotherapy. The Christie is a specialised centre for radiotherapy, and patients come for treatments that are not available at general hospitals. This is a general introduction to radiotherapy. If you would like more detailed information about your own treatment, please ask the staff.

You may have heard about radiotherapy from people you know or from patients. Remember that their information may not apply to you.

**Radiotherapy at The Christie (department 39)**

**Tel: 0161 446 3485**

**Radiotherapy at Salford**

**Tel: 0161 918 7800**

**Radiotherapy at Oldham**

**Tel: 0161 918 7700**

**The proton beam therapy centre, main reception**

**Tel: 0161 918 7577**

**Radiotherapy at Macclesfield**

**Tel: 0161 956 1700**

## What is radiotherapy?

Radiotherapy uses exact, carefully measured doses of radiation to treat diseases. It is often given in small doses over a specified period of days or weeks, but may be given in a single treatment.

External beam radiotherapy can be delivered in many different ways using high energy radiation beams. These can either be photons, electrons or protons. Photons and electrons are delivered from a machine called a linear accelerator whilst protons are delivered from a machine called a cyclotron.

The Christie NHS Foundation Trust now provides a proton beam therapy service. However, it is not appropriate to treat all kinds of cancers with proton beam therapy. This will be decided by your oncologist and discussed with you.

If it is appropriate to treat you with protons, there may be occasions when part of your treatment is given with photons. This will be discussed during the consent process.

The Christie also offers a newer type of photon radiotherapy called SABR (Stereotactic Ablative Body Radiotherapy). This involves the delivery of high dose radiotherapy given over fewer treatment sessions than conventional/standard radiotherapy. It is not suitable for all patients and your consultant will discuss this with you if you can have this treatment.

Treatment is given by a team of therapeutic radiographers who operate the treatment machines which direct high energy rays to the precise area needing treatment. Therapeutic radiographers are specially trained health care professionals involved in radiotherapy planning, treatment and care.

The radiographers treating you are highly trained professionals. They will be able to answer any questions or concerns you may have.

Radiotherapy should not be confused with chemotherapy, which uses drugs to treat cancer. In some situations, your doctor will recommend both radiotherapy and chemotherapy.

## How does radiotherapy work?

Our bodies are made up of cells and all cells are able to divide. If radiation hits a cell that is dividing, the cell will be damaged. Cancer cells are much less able than normal cells

to repair the damage, so more of the cancer cells will be destroyed.

## When will radiotherapy begin?

The specialist doctor who is in charge of your treatment is a clinical oncologist. A team of doctors, radiographers and nurses will care for you and a named consultant will be responsible for your treatment.

When deciding your treatment, your clinical oncologist at The Christie has carefully considered the nature of your illness and your particular needs with regard to your treatment plan.

The first stage of your treatment will be a radiotherapy planning scan. As everybody's treatment varies the amount of time needed to plan the treatment varies. You may have between 1 and more than 30 treatments. Your doctor will tell you about the number of treatments you will have.

## Agreeing to treatment

### Consent to treatment

The doctors, nurses and radiographers will give you some written information to support what they have said about your treatment. At the time your treatment is being planned, you will have the opportunity to discuss anything that you do not understand, or any anxieties 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 an unborn child. During radiotherapy it is important that you do not become pregnant and therefore we recommend that contraception is used. For patients having chemotherapy we recommend barrier contraception is used. It is important to let the radiographers know if you have missed a period, or suspect that you might be pregnant before you have any scans or treatment.

### **What are the benefits of this treatment?**

Radiotherapy works by damaging cancer cells while causing as little damage as possible to normal cells. The benefits of treatment vary from one person to another depending on the sort of illness. The aims of treatment may include an attempt to:

- cure the cancer
- reduce the chances of the cancer coming back, such as after surgery
- or shrink the tumour so that surgery is easier to perform
- or shrink the tumour which may slow down its progress and give relief from troublesome symptoms

### **Are there any alternatives to this treatment?**

There may be other treatment options available but the doctor at your local hospital will have advised you about the possible options for you before referring you to The Christie. Your Christie consultant will be happy to discuss any questions or concerns you may still have.

## What will happen if I do not have this treatment?

There is a risk that your cancer may continue to grow and your symptoms may get worse. You can discuss what to do next with your doctor.

## Research at The Christie

The Christie, along with the Manchester Cancer Research Centre, is a major centre for cancer research of all kinds. Your doctor may discuss a particular trial with you in clinic, or staff may ask you if you are willing to help with some of the clinical trials and audits that are going on. We would encourage you to ask about suitable trials at any time. 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 to take part or not. 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.

## Treatment preparation

To help with the planning of your treatment, you will have a CT and/or MRI scan. The scans which are undertaken to plan your radiotherapy are solely aimed to give enough information to plan the radiotherapy accurately.

There are cubicles for changing and also loose gowns to wear, if necessary. Alternatively, your clothes may be adjusted in order to expose the area to be scanned and treated. The radiographers will assist you on to the bed and ensure that you are in the correct position for the scan.



They will try to make you as comfortable as possible as you will be asked to keep still for the duration of the scan.

These scans are not diagnostic and therefore do not give sufficient information to assess the status of your cancer or any other abnormalities. The planning is very

important and as a result can take up to a few weeks to complete. During this planning session the radiographers will draw some marks on the area being treated with a skin pen. These marks do wash off and so some permanent marks, like tiny black freckles, will need to be made. These will help the radiographers set you up in the correct position for treatment every day.

## Appointments

If you have any problems with the times of your appointments, please contact: The Christie at Withington on **0161 446 3485**, The Christie at Oldham on **0161 918 7700** or for The Christie at Salford on **0161 918 7800**, The Christie at Macclesfield **0161 956 1700**. It is helpful if you can quote your hospital number – it will be on your appointment card or letter.

You may be scheduled to have treatment at any of the four radiotherapy departments. Although we endeavor to treat patients in the radiotherapy department close to their home, at times, this is not possible and can be due to a number of factors including the type of radiotherapy treatment needed and the urgency for your treatment.



## Cast/mask making

For some patients it is necessary to make a plastic mould to fit the treated area such as the head, neck or limb. The mask or cast helps us to ensure that the treatment is delivered accurately each day. This takes place in the mould room or in the CT scanning room itself.

Treatment marks are put on the mask or cast, so it is not normally necessary to put marks on your skin. The type of mask or cast varies depending on the area of the body you are having treated. The radiographers will decide what is most suitable for you.

## Car parking

The Christie at Oldham and Salford have designated areas 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](http://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'.

The Christie at Macclesfield has designated free parking for radiotherapy patients while on treatment. Please register your vehicle with reception on arrival. Use satnav postcode SK11 8PZ.

## Transport

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

Many patients are able to bring themselves or can ask a friend or relative to help them out. If you think you may

need ambulance 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 a variety of ambulance services depending on patients' location. If you are attending The Christie in Withington, please contact the transport liaison office at The Christie directly on **0161 446 8114** or **8143** for advice and bookings.

Patients attending:

The Christie at Salford contact **0161 918 7800**

The Christie at Oldham contact **0161 918 7700**

The Christie at Macclesfield contact **0161 956 1719**.

For proton beam therapy patients staying in accommodation in Manchester, there is a shuttle bus service. Please ask your key worker for further information.

## Smoking cessation

We strongly advise current smokers to stop smoking whilst having this treatment. If you would like help with stopping smoking, a free, confidential smoking cessation and alcohol advice service is available for patients and carers at The Christie, providing helpful advice and treatment. Tel: **0161 956 1215** or **07392 278 408**.

## During treatment

### What happens during treatment?

On the day of your first treatment, you will come to the radiotherapy department. If you are an inpatient, a porter or clinical support worker may collect you from your ward and escort you to the department. On the treatment unit you will meet a clinical support worker. They help patients plan their appointments for the treatment.

The radiographers will have the details of your treatment which the doctor has carefully planned. They will discuss the treatment with you and how to minimise any side effects. They will also check whether you are still happy to go ahead with your treatment. This is the ideal opportunity to ask any questions you may still have.

The radiographers will take you into the treatment room and ask you to remove or loosen any clothing that covers the area being treated. They will help you onto the treatment bed and adjust your position as they did for your scan. They will make you as comfortable as possible and you will be asked to keep still for the duration of the treatment.

The radiotherapy machines are quite large and you may find them a little intimidating to begin with, but there is no need to worry, the treatment is painless. Each session may take between 10 and 30 minutes, dependent on the area being treated, but the actual treatment only lasts a few minutes.

The radiographers operate the machines from outside the room so when all the adjustments have been made and you are in exactly the right position, the radiographers will make sure you are comfortable and then leave the room and switch the machine on. There is nothing to feel and nothing to see. The machines make a buzzing noise when they are giving treatment.

During your treatment the radiographers will need to take images of the area you are having treated. This will be done at the same time as your treatment. **These images are used to check that we are treating the right area; they do not tell us how the tumour is responding to the treatment.**

Please do not feel abandoned; cameras inside the room give the radiographers at the control desk a clear view of you. They will be watching you all the time. If you feel you need to cough or sneeze the radiographers will tell you beforehand how to let them know this. They will switch off the machine and come in immediately.

Once your treatment has finished you will be helped off the bed and you are then able to return home or to your ward.

**It is very important that you do not miss treatment days as this may make your treatment less effective. If you feel you are unable to attend for any reason please telephone reception at the radiotherapy department where you are having treatment and inform a member of staff who will speak to one of the radiographers.**

Treatment is given Monday to Friday, including bank holidays. There is usually no radiotherapy given on Saturdays and Sundays and this is taken into account when your treatment is planned. Treatment days will be changed and may include Saturdays and/or Sundays around the Christmas and New Year period.

You will usually be treated on the same machine throughout the course of your treatment. However the machines have to be serviced frequently and as a result you may be treated on a different machine. Do not worry, the treatment is exactly the same.

If you feel particularly anxious or you are having difficulties with having radiotherapy, please speak to the radiographers. There may be things that they can suggest that might help such as referring you for support to the CALMS team who provide complementary therapies.

## Some questions about treatments

### *Will it hurt?*

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

### *Will I lose my hair?*

Not unless your head is being treated. Wigs are available through The Christie, if needed. You may lose body hair in the area being treated and this hair loss can sometimes begin during and after treatment. But it usually starts to grow back some time after treatment is finished.

### *Is it safe?*

Radiation used in medical treatment is given in controlled, carefully measured doses. The aim is to include all tissues that could possibly contain cancer cells whilst minimising the dose to the normal tissue.

### *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 including children and pregnant women and to have visitors if you are on the ward.

### *I already have problems with my health. Will radiotherapy make them worse?*

Not usually. The treatment may make you feel more tired than normal. Please tell your treatment team about any existing medical conditions and continue with any

medication that you may be taking unless your doctor or nurse tell you otherwise. Ask your Christie doctor if you are worried about any other health problems.

### *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 speak to the team about your appointment time. If you need a specific time of day please let a member of staff know, we will try to accommodate any requests where possible. Please try and be as flexible as possible and give priority to your treatment sessions over general appointments. The time you prefer may not be available at the start of your treatment because of the large patient numbers on the treatment unit. The time we give you may vary half an hour either way on the day due to emergencies. Please check your appointment time for the following day before you leave, in case of any changes.

If you are an inpatient, the treatment team will speak to the ward to organise when you will be brought for treatment and will ensure your treatment does not interfere with other tests or assessments on the ward. Please let the ward nurses know if you have any questions.

### *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 doctor will have discussed with you about travelling daily for your treatment as an outpatient. However, if you do become unwell during your treatment you may need to be admitted as an inpatient to support you through your radiotherapy. You will not have to stay in bed, so bring

suitable day wear. 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. Inpatients should be able to go home as soon as their course of treatment is finished, or very shortly afterwards.

## Side effects from treatment

Side effects from radiotherapy vary. Any side effects you get will depend on which part of your body is treated, and on the number of treatments you have. Even people who have had very similar treatments can have different side effects and some people do not experience any.

Most people notice the side effects during the second half of their course of treatment. These may well continue after you have finished your treatment, but they should gradually fade by 6-12 weeks after treatment, in some cases this can be longer. As part of your treatment a team of specialist radiographers/nurses or doctors will contact you to ensure you are coping with any side effects and discuss how these can be managed to make you feel more comfortable. These reviews are often conducted via the telephone. Please let the radiographers on treatment know of any side effects and they can advise or pass this information onto the specialist team who can re-assess these with you.

### Skin reaction

The extent of a skin reaction in the treatment area will vary for each person depending on the area being treated and the type of treatment you have. You may notice that your skin in the area being treated becomes more sensitive, the area can become slightly pink/red or darker pigmented if you have a darker skin tone. The skin may feel tighter than usual, warm to the touch and itchy. Ask the radiographers for advice regarding skin care during your treatment.

For further information there is an information leaflet which you may find helpful, 'Skin care during and after your radiotherapy treatment', this can be given to you by one of the staff or alternatively is it available on the patient information section of The Christie website.

### **Nausea (feeling sick)**

You may feel sick if you have radiotherapy to an area which is near the stomach / abdomen or brain. If we think this is likely then we will give you anti-sickness tablets to take before treatment. It is important to continue to eat and drink, try eating small meals more frequently. If nausea persists or you are vomiting (being sick) despite taking anti-sickness medication, tell your treatment team.

### **Pain**

If radiotherapy is given for pain relief you may experience a 'pain flare' in the area of treatment. This is a swelling around the treatment area in the days following radiotherapy. It can cause a temporary increase in pain and tenderness. This is quite normal and can last a few days.

Avoid using a hot water bottle, heat pad, electric blanket or cold pack in the treatment area to ease the pain as this can cause any skin reaction to become worse.

Radiotherapy may take up to 6 weeks to help relieve your pain therefore your painkillers may need to be adjusted during this time. This is different for each individual. Continue with your pain medication until it starts to ease.

### **Tiredness**

Tiredness is one of the most common side effects of radiotherapy treatment. Some people describe feelings of extreme fatigue, although some continue to work and carry



out busy lives as normal. You can help yourself by taking time to rest and relax. Do not be afraid of asking family and friends for help. Some patients find that it helps to have a short rest each day after having their treatment. However, it can be beneficial to take gentle exercise, such as walking as well as taking rest. There is a Christie booklet demonstrating a simple exercise programme. Please ask your nurse or radiographer for a copy of the booklet 'Exercising during and after treatment for cancer'.

Your tiredness should start to gradually improve a couple of weeks after completing your radiotherapy. If you feel that you would like more help and advice about coping with tiredness, please speak to a radiographer treating you.

### **Late or permanent reactions**

It is possible for some types of reaction to occur months or years after the treatment has finished, although this is less common these days because of recent improvements in treatment. Late or permanent side effects are classed as those lasting or developing longer than 12 to 18 weeks. Your doctor at The Christie will discuss any possible late effects with you.

If you have any queries after your treatment, before your follow-up appointment, you can ring the radiotherapy department where you had your treatment using the phone numbers in this booklet. Proton beam therapy patients should speak to their key worker at The Christie, their local key worker, or if their query is urgent contact their GP.

## What can the staff do to help?

It is part of the staff's job to help you through any side effects you may have. If you feel uncomfortable in any way, do mention it to the doctor, the nurses or the radiographers. They all want you to be as comfortable as possible.

The side effects, including pain, can worsen as treatment progresses. It is important to tell staff who will be able to prescribe pain relief which should ease your discomfort.

Speak to the staff if you have any problems or concerns – however trivial these may seem.

## What can you do to help?

### **Skin care**

- Wash skin gently with warm water using your normal shower or bath products. If preferred, you can wash with an aqueous cream but this has not been shown to reduce the chance of skin reactions occurring. If your skin becomes irritated after using a product, it is advisable to stop using that product for the time being. Pat the skin dry with a soft towel.
- You can continue to moisturise your skin while you are having radiotherapy treatment applying the moisturiser that you normally use. You do not need to change from this unless you find that your normal moisturiser starts to irritate your skin. Your treatment team may advise you to start moisturising the skin that is included within the treatment area. If they do, we recommend that you avoid products containing 'sodium lauryl sulfate' as this can cause irritation. Your team can let you know about products that do not have this ingredient. If you have any questions or concerns, please ask a member of the radiographer team for further advice.

- If your skin becomes blistered or broken during or in the days after completing treatment, please stop using moisturising cream or lotion in that area, you may need to have a dressing placed over this area to help with the healing process.
- Wear something loose and comfortable. Loose natural fibre clothing such as cotton or silk may be more comfortable and prevent irritation.
- Patients who are having part of their head, face or neck treated should use an electric shaver, try to avoid wet shaving. Please remember to bring one with you if you are an inpatient.
- Using wax or hair-removal creams are not recommended, especially if your skin becomes irritated.
- Keep the area of skin that has been treated away from direct heat, such as sunlamps, hair-dryers and direct sunlight. During your treatment course, and until any skin reaction has settled, cover the treatment area when outside in the sun or in cold and windy conditions. You should take extra care of your skin during treatment and as long as the reaction lasts. We recommend using a total sun block for at least a year after treatment has completed, however the skin in the treated area may always be more sensitive, so you will need to take care in the sun, even after your treatment has finished.
- There is more skin care advice in the leaflet 'Skin care during and after your radiotherapy treatment'. Please ask the radiographers for a copy.

## **Nutritional advice**

- It is very important to keep your weight stable before and during the treatment. If you are having difficulty eating, try eating small, frequent meals or snacks.

Ask the radiotherapy or nursing staff for a copy of 'Eating – help yourself' which has detailed information about coping with problems such as difficulty in swallowing, nausea and lack of appetite. Make sure you drink plenty of fluids. If you have diabetes and are struggling to eat or have lost your appetite, please ask for a copy of 'Eating well with diabetes when you have a poor appetite'.

- You may need nutritional supplement drinks if you are losing weight or you are not eating very well. Please speak to the radiographers, nurses or Christie doctor if you feel you are losing weight. Ask for a copy of the 'Nutritional products – availability of nutritional drinks, powders and puddings' booklet for ideas. Nutritional supplement drinks are available on prescription from your doctor.

## For more information

You may have particular queries that are not answered here. Please do not hesitate to ask the staff.

## Relatives and carers

Please share this booklet with your family and friends. It is important that they feel well-informed and understand what is happening. Families and carers can have a role in helping you. There are additional information resources on radiotherapy and films that can be accessed via The Christie website. Please ask your doctor, radiographer or nurse.

## Aftercare

After you have finished your treatment, you will be followed up by the appropriate consultants team. This first follow up visit is for the clinical oncologist to check that any side effects that you may have developed during or just after the radiotherapy have settled. These reviews are, at times,

carried out over the telephone instead of asking you to come to an outpatient appointment. Most patients continue to be followed up for several years.

If you have any problems before you are due for your first review, ask your clinical nurse specialist or GP for advice. If you were an inpatient you could also ring up your ward at The Christie and speak to a senior nurse. If you have any problems after your first outpatient visit, contact your GP straight away rather than wait for your next appointment. Your doctor may want to arrange an earlier one.

## Prescriptions

NHS patients being treated for cancer are entitled to free prescriptions. The form to apply for this is certificate is available from from your GP or any community pharmacy. Your GP or hospital doctor will need to sign the form.

## The Christie at Oldham, Salford and Macclesfield

The Christie gives radiotherapy treatment at our main Withington site and at our satellite radiotherapy centres in Oldham, Salford and Macclesfield. If the type of treatment recommended for you is available at Oldham or Salford, your Christie doctor may offer you the treatment there or Macclesfield.

Patients receiving some specialised radiotherapy treatments need to have treatment at the main Christie Withington site. Patients who are having chemotherapy and radiotherapy together need to have their treatment at the main Christie Withington site, however some patients are able to have this at The Christie at Macclesfield site too. The Christie also works with neurosurgeons from Salford Royal to provide specialist treatment for patients with both benign and malignant brain tumours.

## Further information

### Macmillan Cancer Support

This is a national charity which runs a cancer information service. The cancer support service freephone number is **0808 808 00 00**. (Monday to Friday, 9am–8pm). If you are hard of hearing, use the textphone **0808 808 0121**.

If you are a non-English speaker, interpreters are available. Specially trained cancer nurses can give you information on all aspects of cancer and its treatment. Information and advice about finance and benefits are also available.

Macmillan Cancer Support publish 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](http://www.macmillan.org.uk)

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
- Talking to children and teenagers when an adult has cancer
- Cancer and complementary therapies
- Travel and cancer

The centres have a full range of booklets available free to patients and their relatives/carers.

The Christie **0161 446 8100**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

The Christie at Macclesfield **0161 956 1704**

## Maggie's centre

The centre provides a full programme of practical and emotional support, including psychological support, benefits advice, nutrition and head care workshops, relaxation and stress management.

### Maggie's Manchester

Tel: **0161 641 4848** or email [manchester@maggiescentres.org](mailto:manchester@maggiescentres.org)  
The Robert Parfett Building, The Christie NHS Foundation Trust, 15 Kinnaird Road, Manchester M20 4QL

### Maggie's Oldham

Tel: **0161 989 0550** or email [oldham@maggiescentres.org](mailto:oldham@maggiescentres.org)  
The Sir Norman Stoller Building, The Royal Oldham Hospital, Rochdale Road, Oldham OL2 2JH

## Christie information

The Christie produces a range of patient information booklets. 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.

Short films about radiotherapy and proton beam therapy can be viewed on The Christie website [www.christie.nhs.uk](http://www.christie.nhs.uk)

### ■ Where to get help – a guide to services

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. Also see The Christie booklets 'Nutritional products' and 'Eating a regular, easy to chew diet'.

- **More detailed information on treatment and side effects is available for radiotherapy for:**

anal and rectal tumours; prostate; bladder; oesophagus; head and neck; lung; brain; gynaecological cancers; vulval cancer; vaginal brachytherapy; radiotherapy after breast surgery; prostate brachytherapy; superficial radiotherapy to the skin and total skin electron beam therapy.

- **Coming to the proton beam therapy centre at The Christie**

Advice for proton beam therapy patients.

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

A booklet with a simple exercise programme you can follow. There is also more information about coping with fatigue and the benefits of exercise.

## 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 or over and have not reached State Pension age. You can apply for DLA if you are under 16.

If you are State pension age or older and need help with personal care or supervision, you 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 **0800 731 0122** and for PIP call **0800 917 2222**.
- Carer's Allowance: call **0800 731 0297**.
- For benefits advice, contact Maggie's centre on **0161 641 4848** or email [manchester@maggies.org](mailto:manchester@maggies.org) or The Christie at Oldham Macmillan information Centre on **0161 918 7745** or [the-christie.oldham.infocentre@nhs.net](http://the-christie.oldham.infocentre@nhs.net).
- 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](http://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](http://www.macmillan.org.uk)

## Student training

The Christie is a training hospital for postgraduate and undergraduate trainees so you may meet 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, advise your treating team. 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.

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.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard.

If you would like to have details about the sources used please contact [the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)

## The Christie website

For more information about The Christie and our services, please visit [www.christie.nhs.uk](http://www.christie.nhs.uk) or visit the cancer information centres at Withington, Oldham, Salford or Macclesfield.

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## Visit the Cancer Information Centre

The Christie at Withington **0161 446 8100**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

The Christie at Macclesfield **0161 956 1704**

Open Monday to Friday, 10am – 4pm.

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

## The Christie NHS Foundation Trust

Wilmslow Road

Manchester M20 4BX

**0161 446 3000**

**[www.christie.nhs.uk](http://www.christie.nhs.uk)**



The Christie Patient Information Service  
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