Dealing with Nausea
Because part of the stomach may be in the radiation area, nausea may develop following your treatment. If medication is prescribed, it should be taken one hour before your treatment and then as ordered after your treatment, if necessary.

Fighting Fatigue
Fatigue is a common side effect from radiation. Stress related to your illness, from treatment, and the effects of the radiation on your body’s normal cells all contribute to fatigue. The amount of fatigue you experience will go away slowly after your treatment is completed. Avoid becoming overly tired. Pace your activities and plan rest periods in between them.

Support Services
In addition to the radiation oncology staff, other health care professionals are available to assist you:
- Our spiritual care team can provide individual and family support in meeting your religious needs.
- Our behavioral health team is experienced in helping you and your family understand your emotions.
- Our nutritional support team is available to assist with your nutritional needs related to your disease and treatment process.
- Our complementary therapy program offers patients individual consultations on developing coping and wellness support strategies for use before, during and after treatments.

Advanced treatment options, dedicated professionals and a unique caring environment make St. Peter’s one of the most well-regarded health systems.
In recent years, St. Peter’s Hospital has been recognized by national and state health care quality organizations for excellence in care. We offer a comprehensive, integrated continuum of services – ranging from acute care in the hospital to outpatient services, home care, nursing homes, hospice care, addictions treatment and much more.
St. Peter’s continues to set the pace for health care innovations. We are 4,500 professionals who know that technology is critical to treatment, but compassion is the key to healing.
Shorter period of time with less side effects.

Tenerated technology allows for radiation to be delivered in a specific areas of the body such as the spine and lung. This sophis-
doses of precisely shaped radiation targeted at tumors in

What is Novalis® Shaped Beam Radiation Therapy to the Body, or SBRT, is a form of radiation treatment that uses high
doses of precisely shaped radiation targeted at tumors in
areas of the body such as the spine and lung. This sophis-
ticated technology allows for radiation to be delivered in a
shorter period of time with less side effects.

Your Privacy During Treatment

During radiation therapy, the radiation must pass directly
through your skin in order to reach the tumor. To make
this possible, you will be asked to remove any clothing
or accessory from the treatment area. Your privacy will
be maintained to the highest degree possible.

What are the Most Common Side Effects in Patients Receiving Stereotactic Body Radiation Therapy (SBRT)?

- Skin reaction
- Dry or sore throat
- Difficulty swallowing
- Nausea
- Fatigue

Treating Skin Reaction

Ask your physician or nurse about what you can do to
protect your skin before you begin your radiation treat-
ment.

Follow these self-care instructions:
- You may clean the treatment area using a mild soap
  that does not contain perfume or deodorant. Avoid
  scrubbing. Rinse well and gently pat the area dry
  with a soft towel.
- DO NOT apply any lotions or creams on the treat-
  ment area unless prescribed by your physician.
- Wear loose-fitting, cotton clothing over the treat-
  ment area for comfort.

Avoid exposing the treated area to heat or cold
(including hot water bottles, heating pads and ice packs). Avoid chlorinated pools and hot tubs. The treatment area should be covered by clothing when you are in the sun.

Relieving Dry or Sore Throat

It is possible that you may have some dryness or soreness
of your throat related to your radiation. To relieve symp-
toms, you should:
- Drink eight to ten glasses of fluid a day.
- Try sucking on sugarless hard candies or mints, or
  sugarless chewing gum to increase the moisture in
  your mouth.
- Use a cool mist vaporizer at your bedside and in the
  main living area to increase moisture in the air.
- Rinse or gargle before and after eating, and as often
  as needed, with one level teaspoon of salt and one
  level teaspoon of baking soda in a quart of warm
  water. Avoid commercial mouthwashes as they are
drying to the throat.
- Avoid alcohol and DO NOT chew tobacco or
  smoke cigarettes, cigars or a pipe. These things will
  irritate your throat.
- Notify your physician, nurse or therapist if you
develop any white patchy areas in your mouth.

Alleviating Cough and Shortness of Breath

You may develop a cough or shortness of breath during
your radiation treatments, or an existing problem may
worsen. Increased dryness of lung tissue may become a
problem, causing more mucous. Make sure you are
drinking enough fluids to keep the mucous thin. This
will make coughing up the mucous easier. Using a cool mist
vaporizer at your bedside may help. These suggestions
may also help:
- DO NOT smoke. It will irritate your lungs and
  increase coughing.
- Your physician or nurse can advise you on the use
  of cough medicine.
- Prop your head up slightly with pillows when you
  sleep to make your breathing easier.
- Your radiation treatments may make you more
  susceptible to lung infections. During and after your
  treatments, be sure to notify your physician, nurse
  or therapist of any symptoms of infection.
  Symptoms may include fever (100.5 degrees or
  higher), chills, increased cough and shortness of
  breath.

Difficulty Swallowing

Some people may experience a feeling of burning or full-
ness in the throat, or feel like there’s a lump in their throat
when swallowing. Others may feel like food is sticking on
the way down, or may have pain when swallowing. You
should follow these instructions:
- Eat a well-balanced, soft diet. It is not recom-
mended that you try to lose weight during
treatment.
- Add liquid gravies and sauces to foods to make
  them easier to swallow.
- Avoid dry or coarse foods such as crackers, potato
  chips, and raw fruits and vegetables.
- Avoid seasoned foods, acidic foods (such as oranges
  and tomatoes), as well as foods that are very hot
  or very cold.
- Avoid alcoholic drinks and tobacco, which will irri-
tate your throat.
- Try eating smaller amounts of food more often
  instead of eating three large meals.
- Ask your physician or nurse about pain medication
  if you feel you need it.