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Modern Radiotherapy Techniques

SBRT (Stereotactic Body Radiotherapy)

- Also called Stereotactic Ablative Body Radiotherapy (SABR)
- Extracranial stereotaxy has become possible because of Image Guidance in the treatment room
- SBRT is done for tumors of the lung, liver, pancreas, prostate & spine.
- SBRT is the most exciting recent development in lung cancer therapy. Early lung cancers, though rare, are curable by surgery. However, many such patients have severe COPD & other medical comorbidities, precluding surgery. SBRT has provided an alternative to these patients. It has been shown to be as effective as surgery for local control.
- SBRT to the liver/lung metastases achieves superior **local control**, as compared to using systemic therapy (chemotherapy) alone
- **More feasible than surgery** for patients with poorer performance status / with less accessible lesions
- In the modern day, we have come to use non-invasive frames.
- Use of sophisticated pre-treatment imaging, such as in-room Cone Beam CT, has allowed us to do away with frames altogether.