



Universitätsklinikum
Hamburg-Eppendorf



Department of Radiotherapy and Radiation Oncology

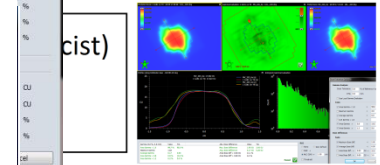
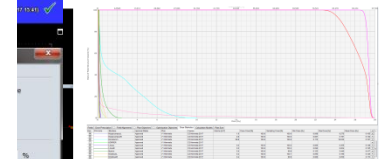
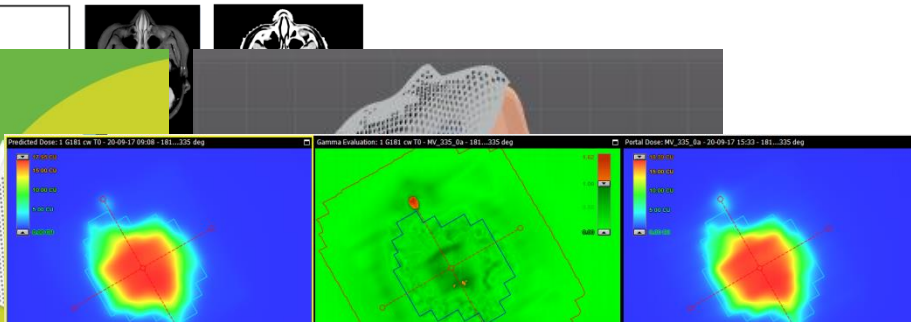
Stereotactic treatment of brain and lung tumors.

Maria Jäckel



- Stereotactic (Greek στερεός stereós "hard, rigid" and τάξις táxis "arrangement") stands for coordinate-based.
- The concept of radiosurgery was introduced in 1951 by the Swedish neurosurgeon Lars Leksell. Today, this means that a tumor is irradiated in a small volume and highly precise manner.
- It is defined as a 1-5 time irradiation with ablative doses.

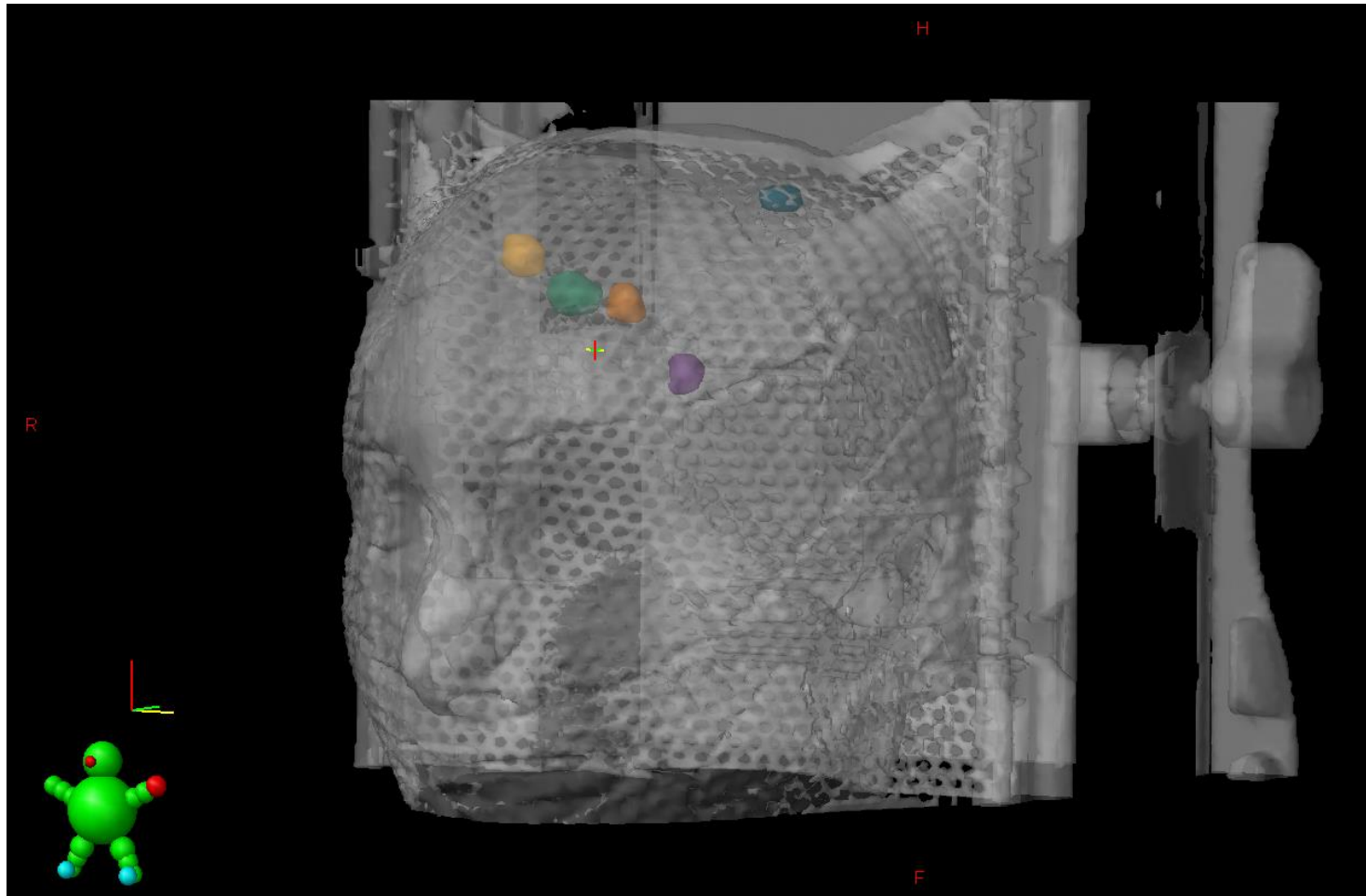
DIAGNOSIS



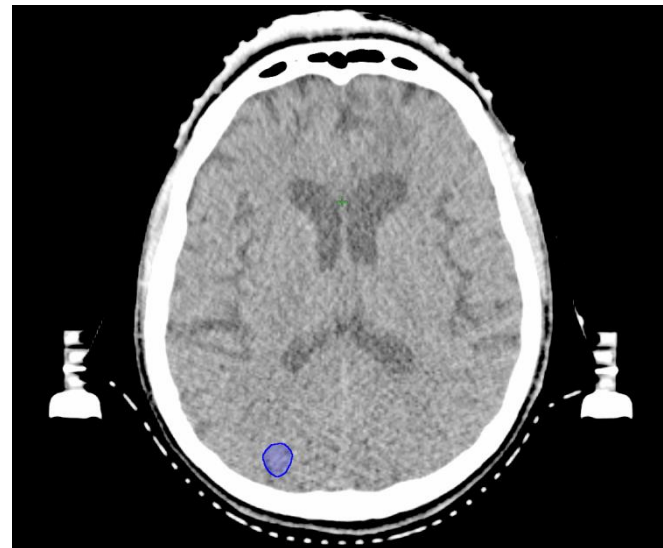
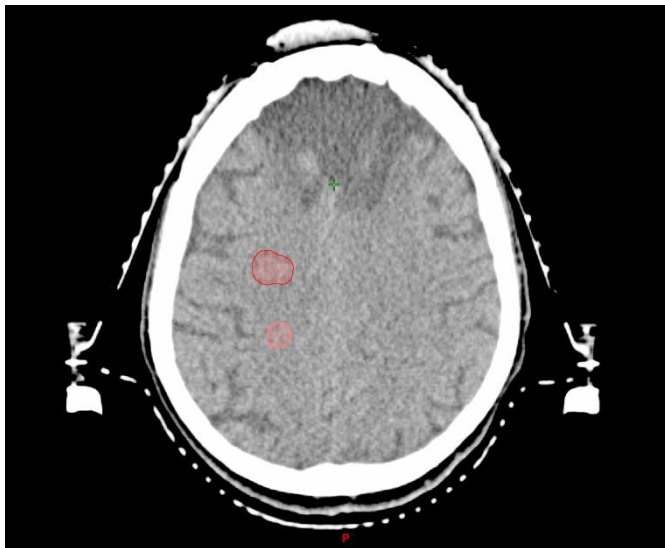
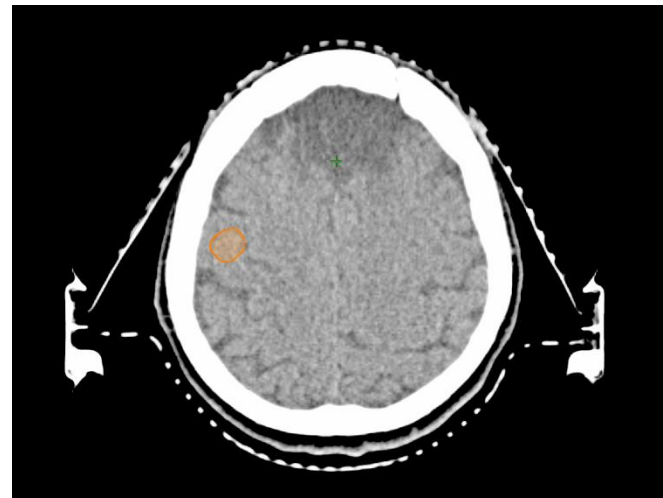
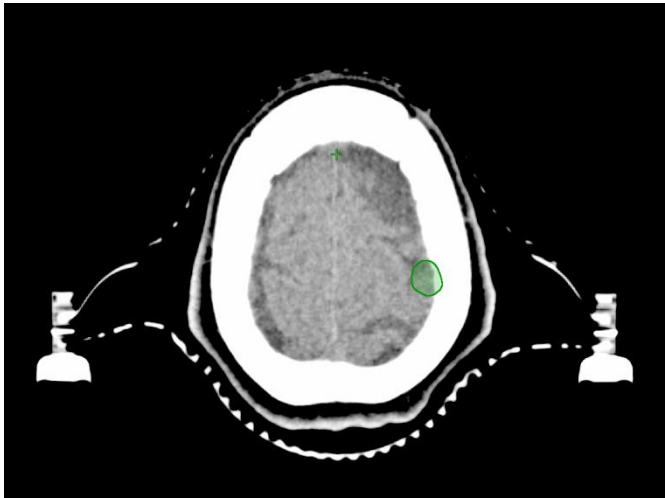
Test (medical physicist)
with ExacTrac
with imaging with ExacTrac for
example

Multiple brain metastases

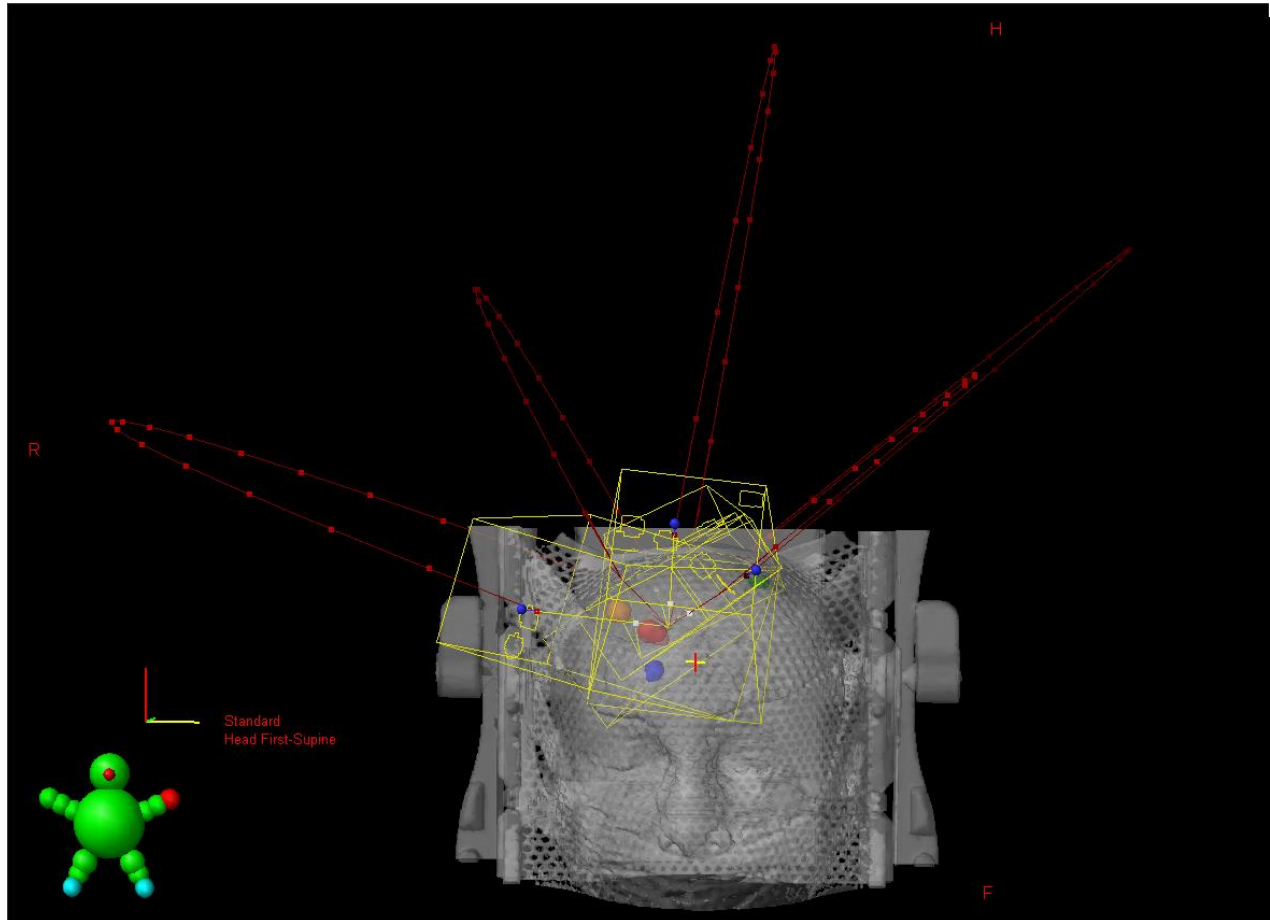
Dose prescription: PTVs 1-5 receive 24 Gy (ICRU)



Multiple brain metastases PTVs

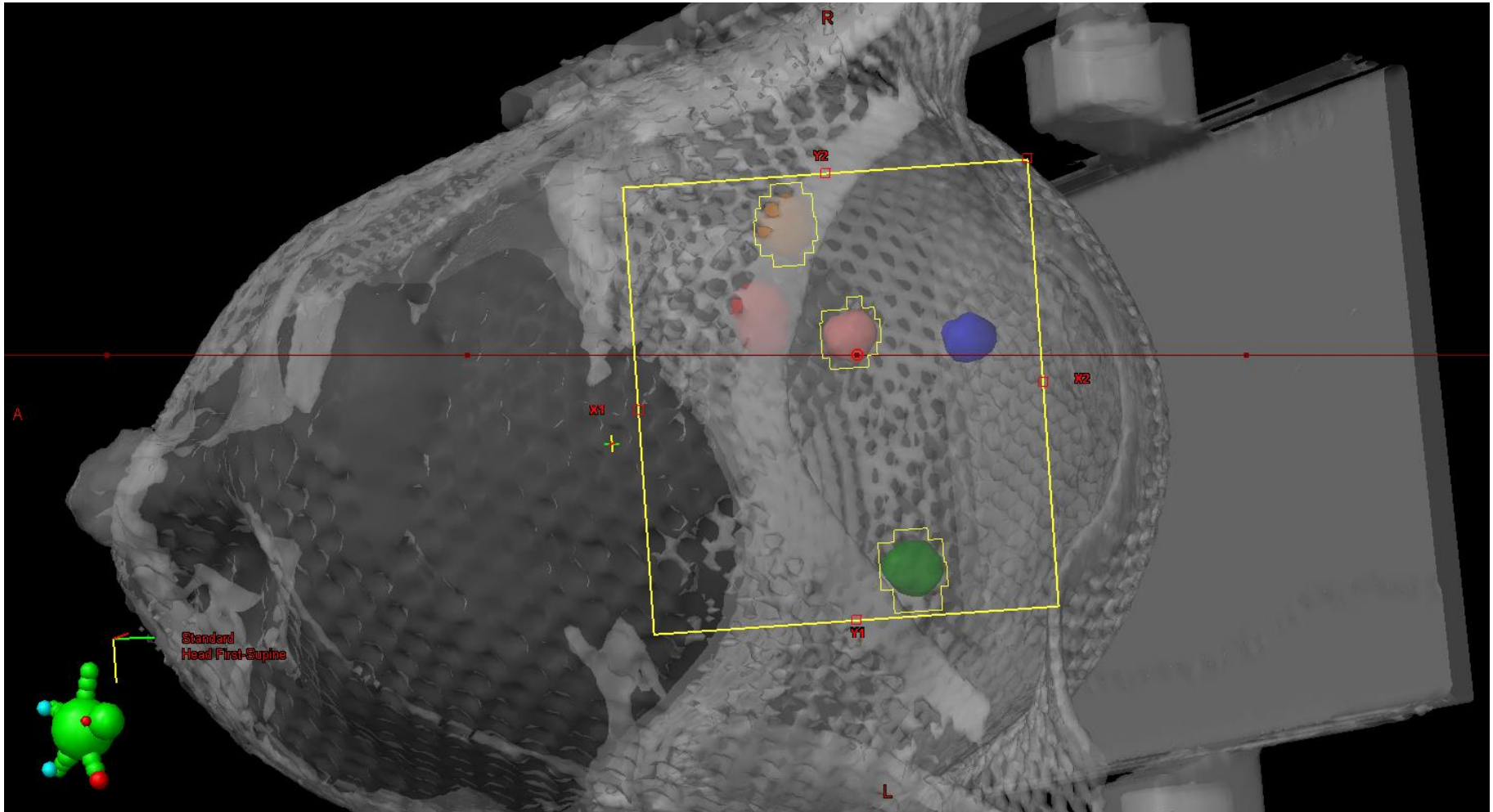


Elements Multiple Brain Mets SRS software



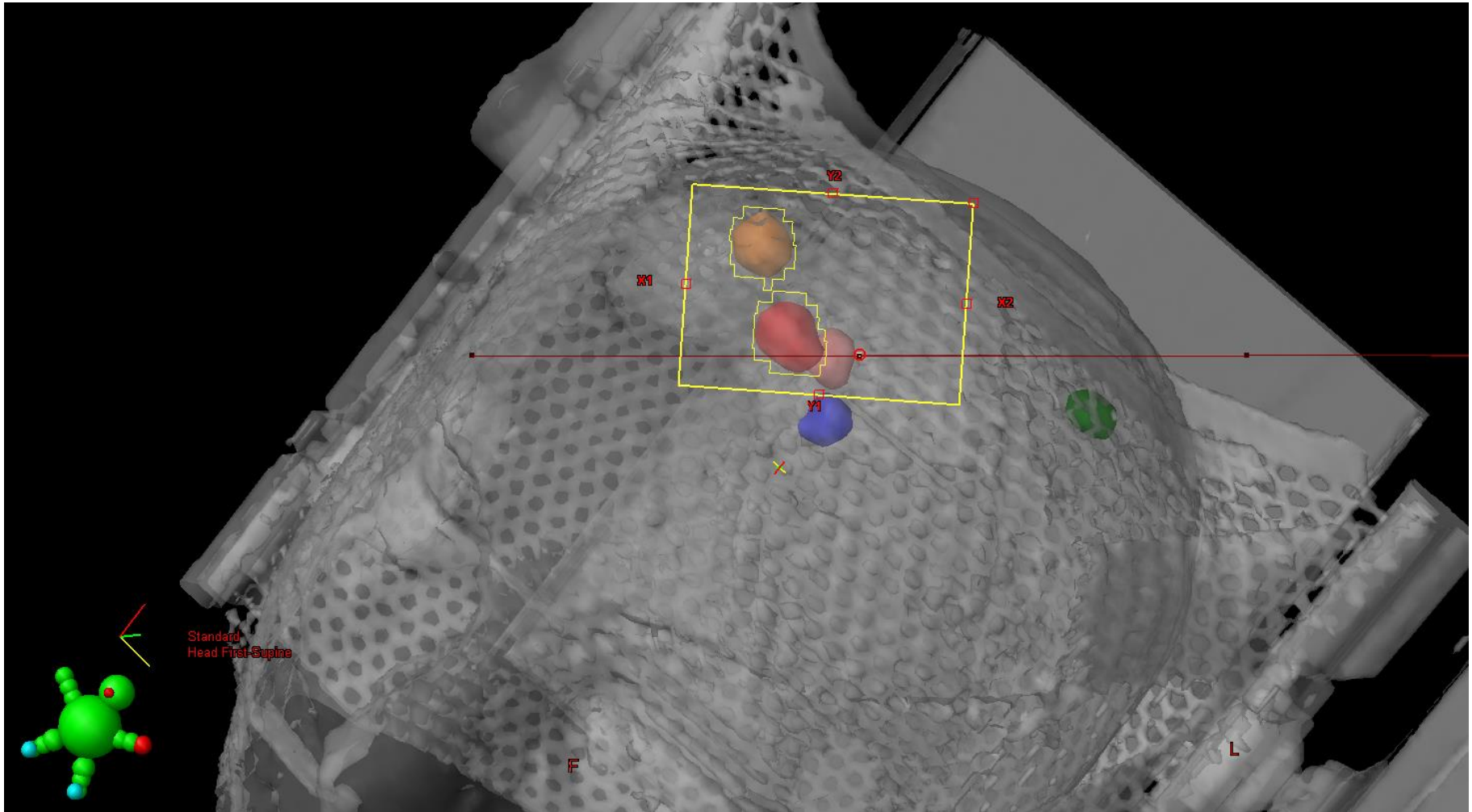
Field ID	Gantry Rtn [deg]	Coll Rtn [deg]	Couch Rtn [deg]	Wedge	Field X [cm]	X1 [cm]	X2 [cm]	Field Y [cm]	Y1 [cm]	Y2 [cm]	X [cm]	Y [cm]	Z [cm]	SSD [cm]	MU
1	10.0	4.0	280.0	None	8.6	-4.7	+3.9	9.5	-5.6	+3.9	-1.58	5.13	1.64	90.9	1294
2	170.0	4.0	320.0	None	9.6	-3.5	+6.1	6.0	-2.6	+3.4	-1.58	5.13	1.64	88.5	1721
3	10.0	356.0	320.0	None	6.0	-3.8	+2.2	4.3	-0.9	+3.4	-1.58	5.13	1.64	90.3	560
4	350.0	4.0	20.0	None	10.8	-5.9	+4.9	8.5	-3.9	+4.6	-1.58	5.13	1.64	90.9	1960
5	190.0	4.0	60.0	None	4.2	-0.9	+3.3	8.7	-2.1	+6.6	-1.58	5.13	1.64	88.5	999

Multiple brain metastases BEV Field 1



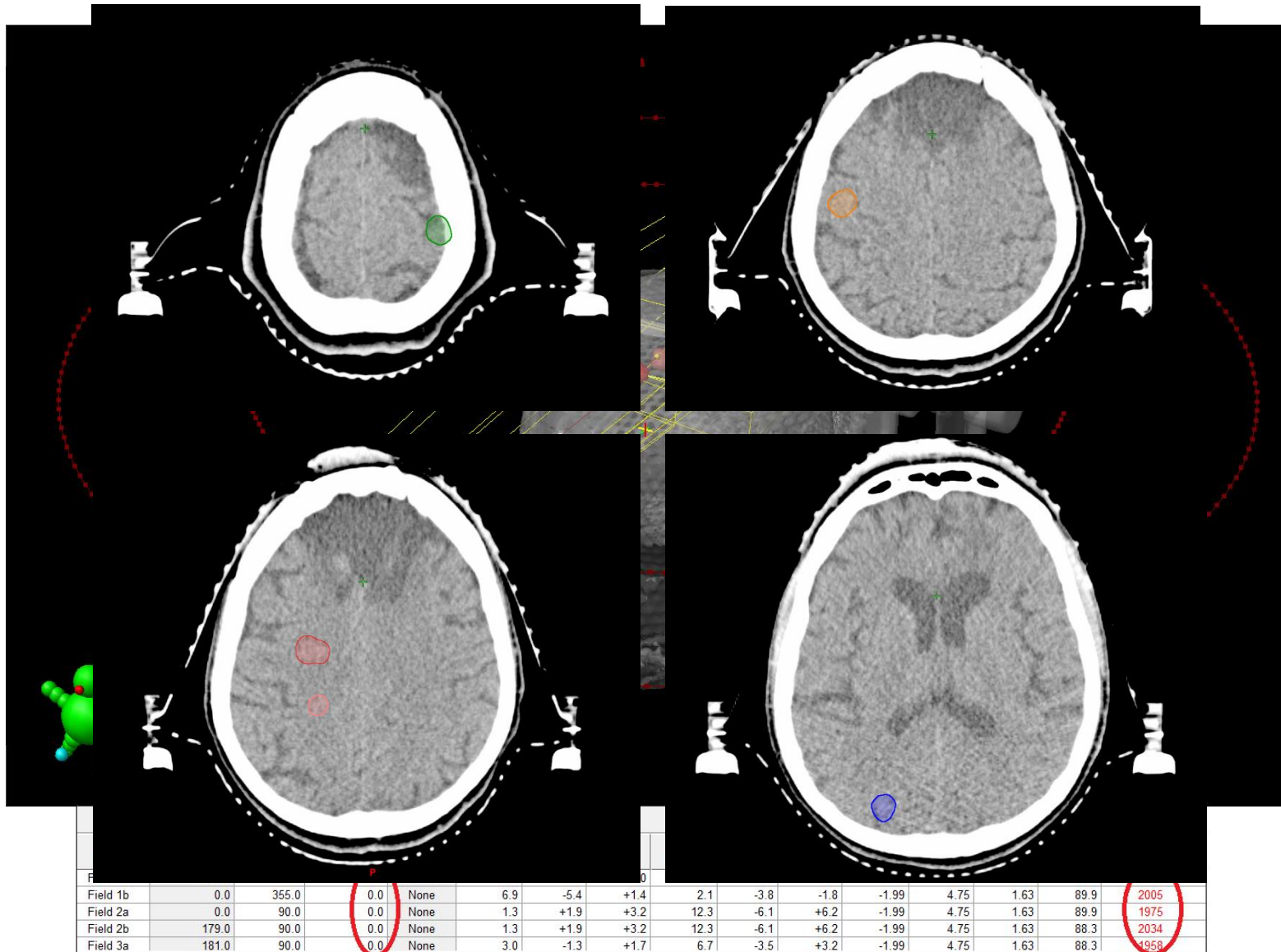
Multiple brain metastases

BEV Field 5

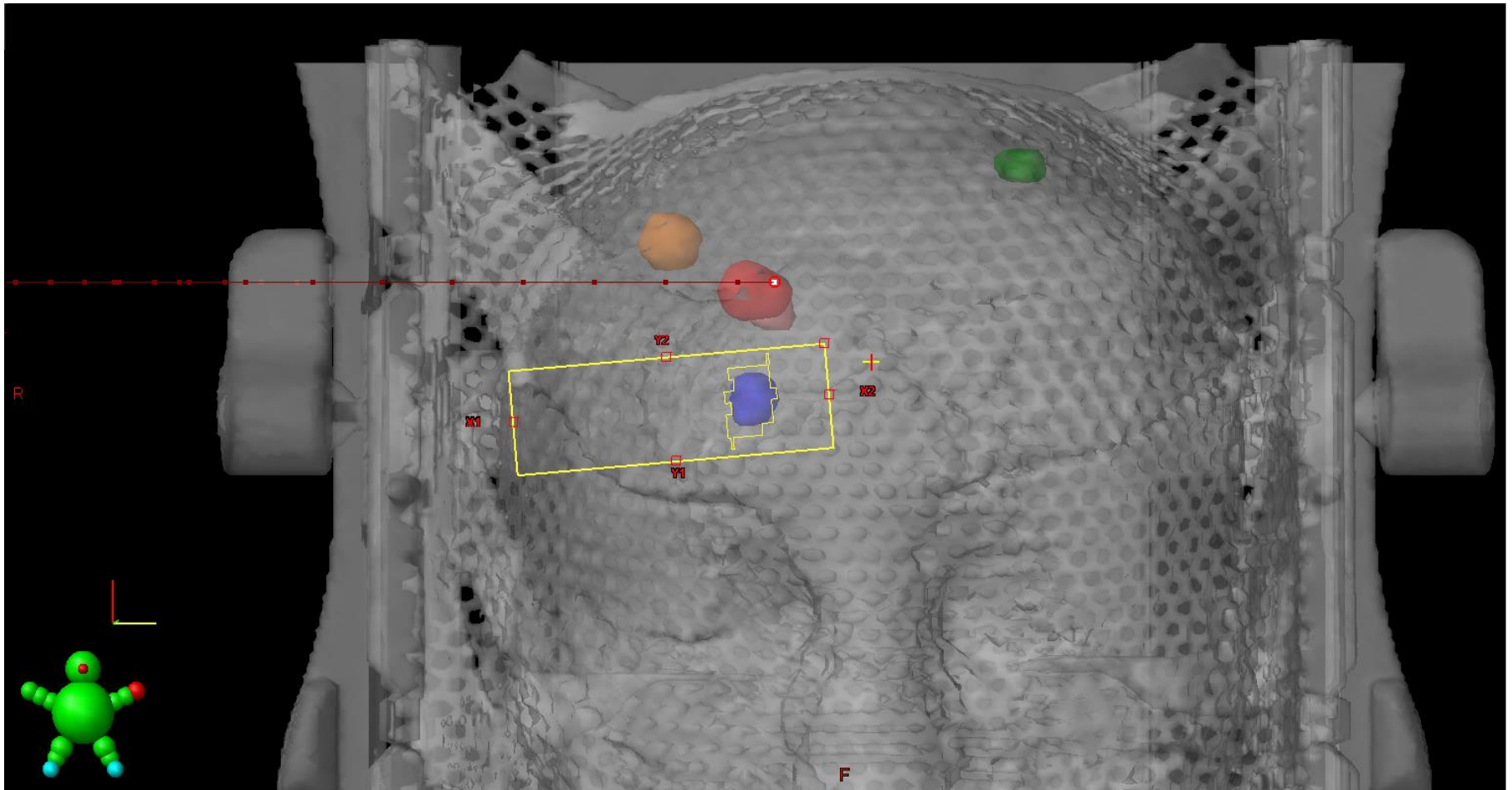


Multiple brain metastases

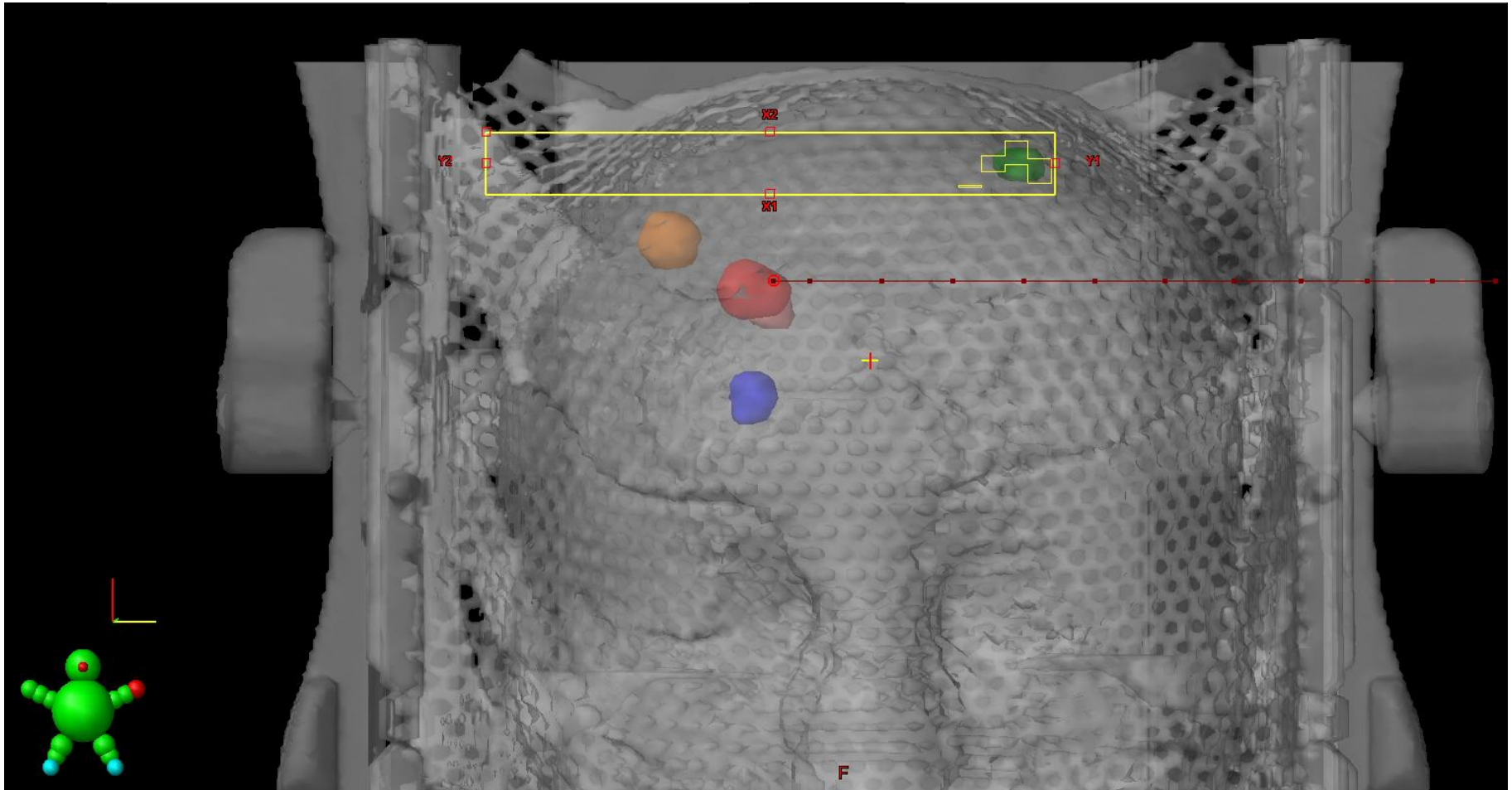
Treatment fields - VMAT



Multiple brain metastases VMAT BEV Field1

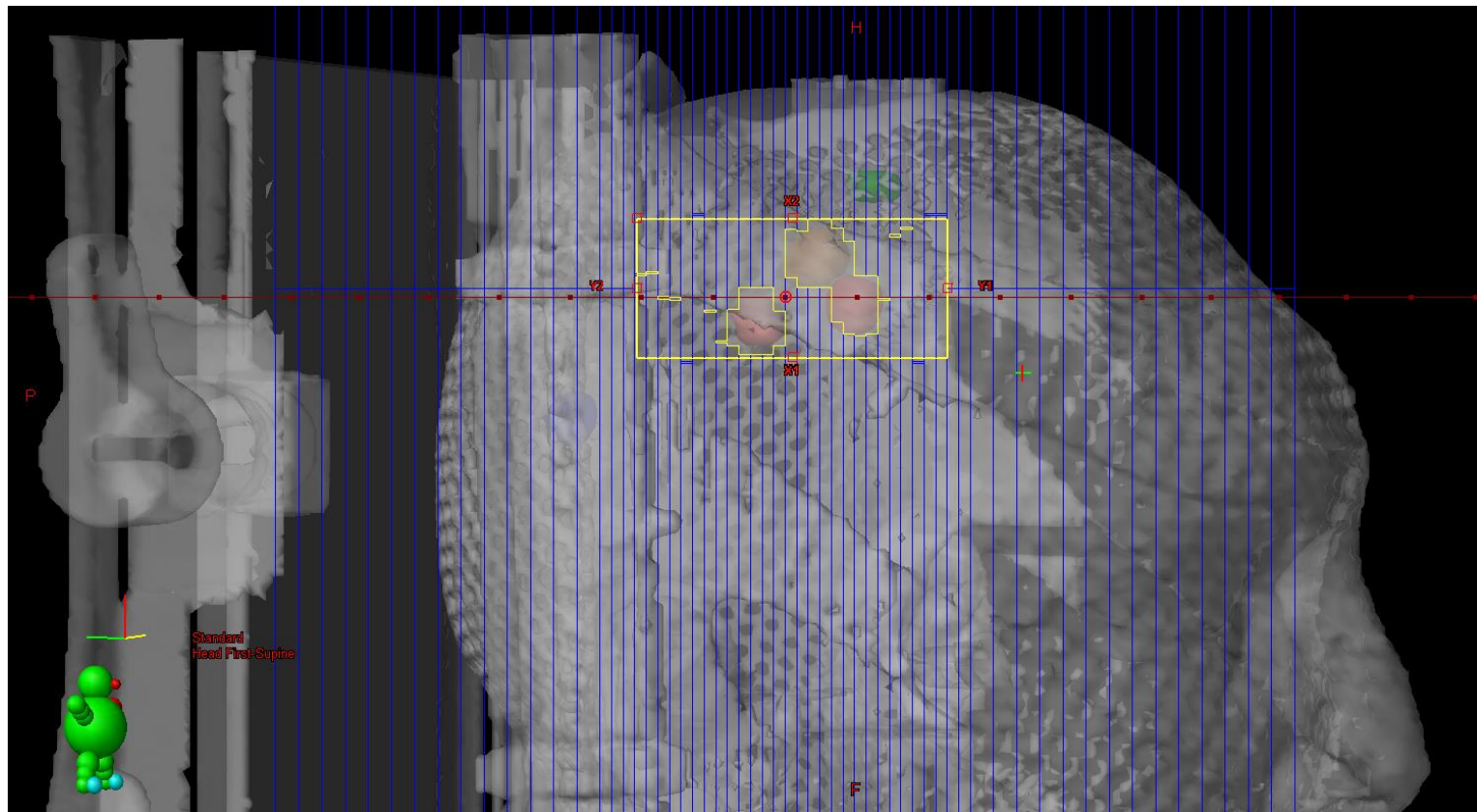


Multiple brain metastases VMAT BEV Field2

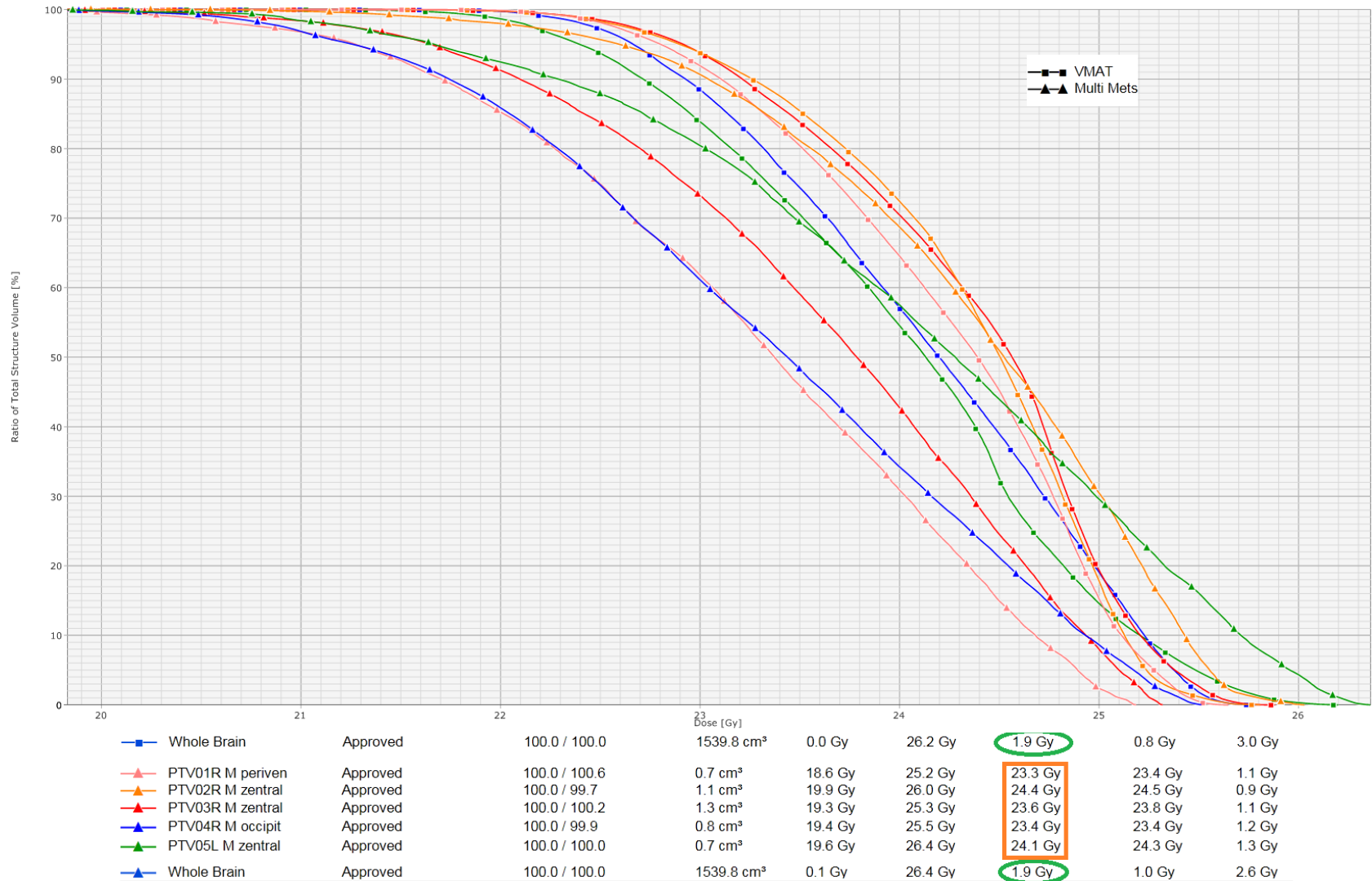


Multiple brain metastases

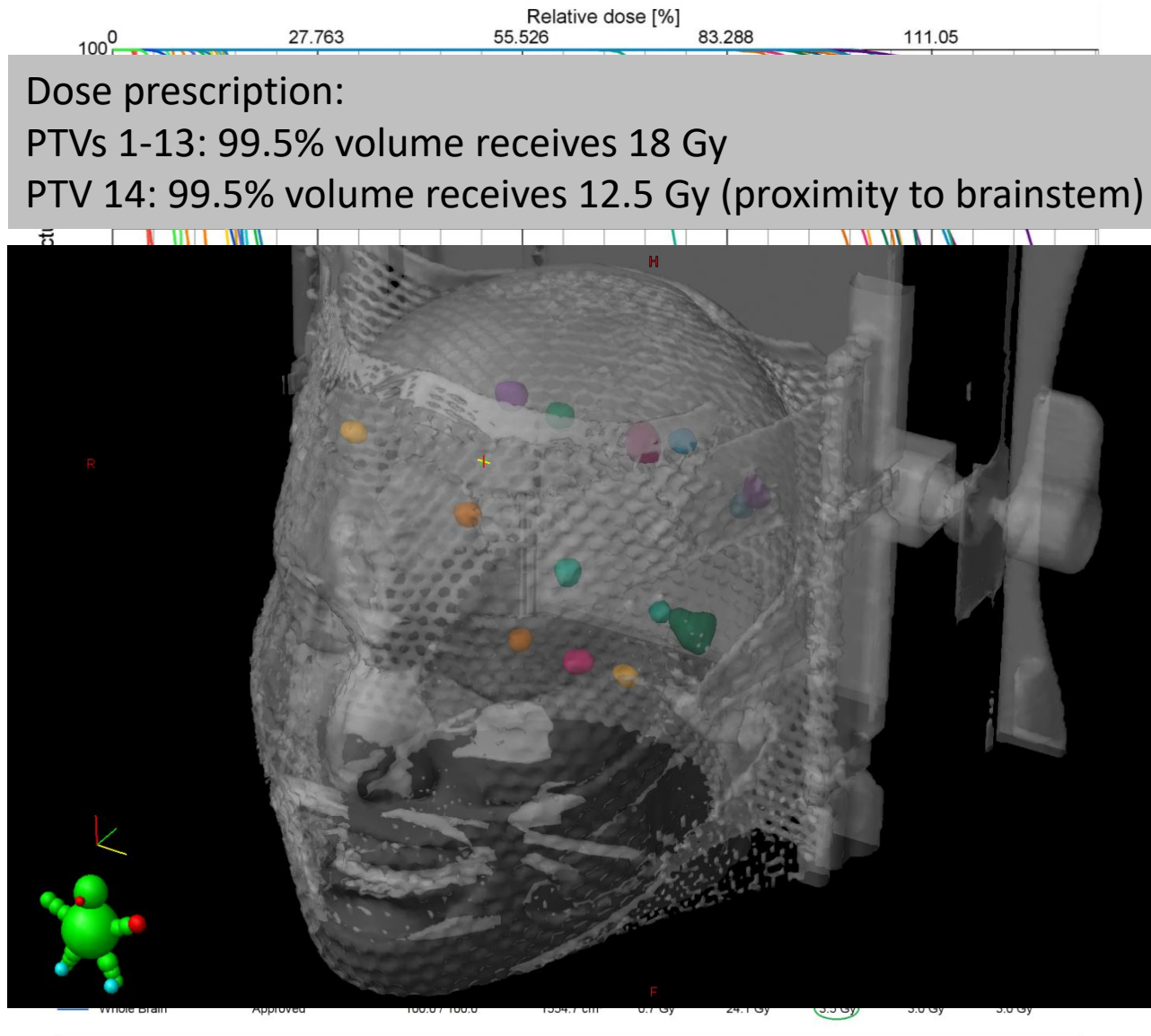
VMAT BEV Field3



Multiple brain metastases VMAT vs Elements Multiple Mets



Elements Multiple Brain Mets SRS software



Original Article

A Systematic Analysis of 2 Monoisocentric Techniques for the Treatment of Multiple Brain Metastases

Ganesh Narayanasamy, PhD^{1,2}, Sotirios Stathakis, PhD¹,
Alonso N. Gutierrez, PhD¹, Evangelos Pappas, PhD³,
Richard Crownover, MD, PhD¹, John R. Floyd II, MD⁴,
and Niko Papanikolaou, PhD¹

Technology in Cancer Research &
Treatment
2017, Vol. 16(5) 639–644
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DOI: 10.1177/1533034616666998
journals.sagepub.com/home/tct



Abstract

Background: In this treatment planning study, we compare the plan quality and delivery parameters for the treatment of multiple brain metastases using 2 monoisocentric techniques: the Multiple Metastases Element from Brainlab and the RapidArc volumetric-modulated arc therapy from Varian Medical Systems. **Methods:** Eight patients who were treated in our institution for multiple metastases: (3-7 lesions) were replanned with Multiple Metastases Element using noncoplanar dynamic conformal arcs. The same patients were replanned with the RapidArc technique in Eclipse using 4 noncoplanar arcs. Both techniques were designed using a single isocenter. Plan quality metrics (conformity index, homogeneity index, gradient index, and $R_{50\%}$), monitor unit, and the planning time were recorded. Comparison of the Multiple Metastases Element and RapidArc plans was performed using Shapiro-Wilk test, paired Student *t* test, and Wilcoxon signed rank test. **Results:** A paired Wilcoxon signed rank test between Multiple Metastases Element and RapidArc showed comparable plan quality metrics and dose to brain. Mean $\pm$ standard deviation values of conformity index were 1.8 ± 0.7 and 1.7 ± 0.6 , homogeneity index were 1.3 ± 0.1 and 1.3 ± 0.1 , gradient index were 5.0 ± 1.8 and 5.1 ± 1.9 , and $R_{50\%}$ were 4.9 ± 1.8 and 5.0 ± 1.9 for Multiple Metastases Element and RapidArc plans, respectively. Mean brain dose was 2.3 and 2.7 Gy for Multiple Metastases Element and RapidArc plans, respectively. The mean value of monitor units in Multiple Metastases Element plan was 7286 ± 1065 , which is significantly lower than the RapidArc monitor units of 9966 ± 1533 ($P < .05$). **Conclusion:** For the planning of multiple brain lesions to be treated with stereotactic radiosurgery, Multiple Metastases Element planning software produced equivalent conformity, homogeneity, dose falloff, and brain $V_{12\text{ Gy}}$ but required significantly lower monitor units, when compared to RapidArc plans.

Practical Radiation Oncology (2012) 2, 306–313



Original Report

Plan quality and treatment planning technique for single isocenter cranial radiosurgery with volumetric modulated arc therapy

Grant M. Clark MD^a, Richard A. Popple PhD^a, Brendan M. Prendergast MD^a, Sharon A. Spencer MD^a, Evan M. Thomas MS^a, John G. Stewart MD^a, Barton L. Guthrie MD^b, James M. Markert MD^b, John B. Fiveash MD^{a,*}

Conclusions: We have outlined a practical approach to cranial radiosurgery treatment planning using the single isocenter VMAT platform. One or 2 arc single isocenter plans are often adequate for treatment of single targets, while 2–4 arcs may be more advantageous for multiple targets. Given the high plan quality and extreme clinical efficiency, this single isocenter VMAT approach will continue to become more prevalent for linac-based radiosurgical treatment of 1 or more intracranial targets and will likely replace multiple isocenter techniques.

Multiple brain metastases VMAT beam geometries

Practical Radiation Oncology: October-December 2012

Single isocenter VMAT radiosurgery 309

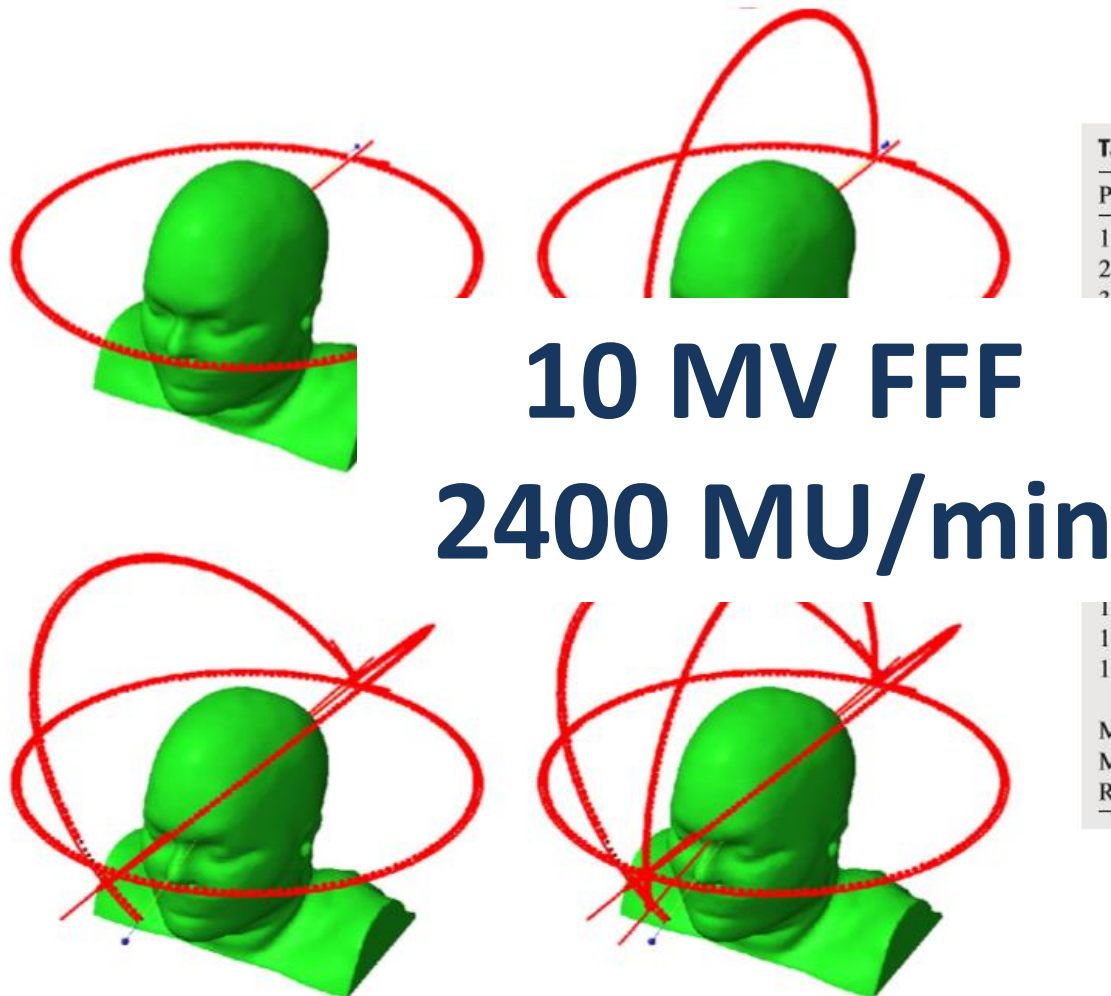


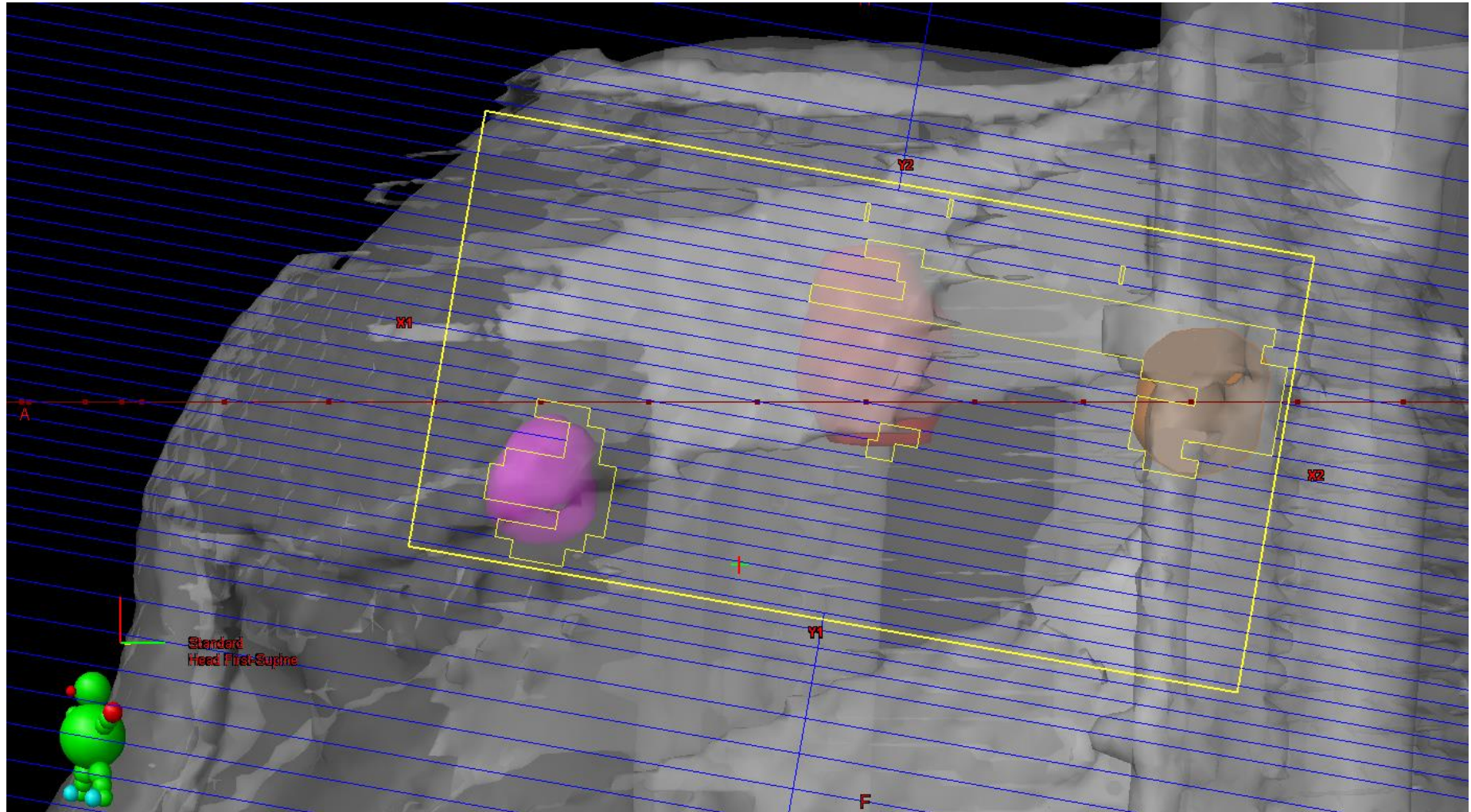
Table 2 Targets, arc arrangements, and dose prescriptions

Patient	No. of targets	No. of arcs	Prescription
1	3	4	5 Gy × 5
2	3	4	6 Gy × 5
3	2	4	6 Gy × 5
4	3	4	16 Gy × 1
5	3	4	6 Gy × 5
6	3	4	6 Gy × 5
7	1	2	15 Gy × 1
8	1	2	15 Gy × 1
9	1	1	5 Gy × 5
10	1	2	12 Gy × 1
11	1	1	12 Gy × 1
12	3	3	5 Gy × 5
13	2	2	5 Gy × 5
14	5	2	6 Gy × 5
15	1	2	16 Gy × 1
Mean	2.2	2.7	
Median	2.0	2.0	
Range	1-5	1-4	

Figure 2 Single- and multibeam geometries utilized for the single isocenter volumetric modulated arc therapy radiosurgery technique.

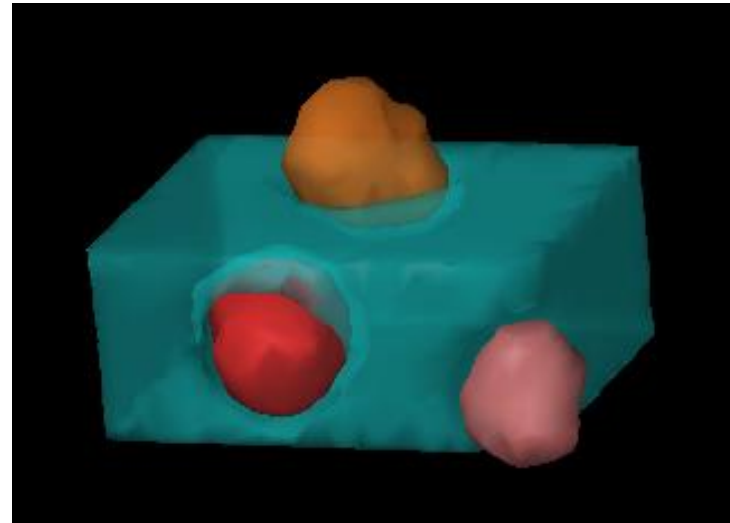
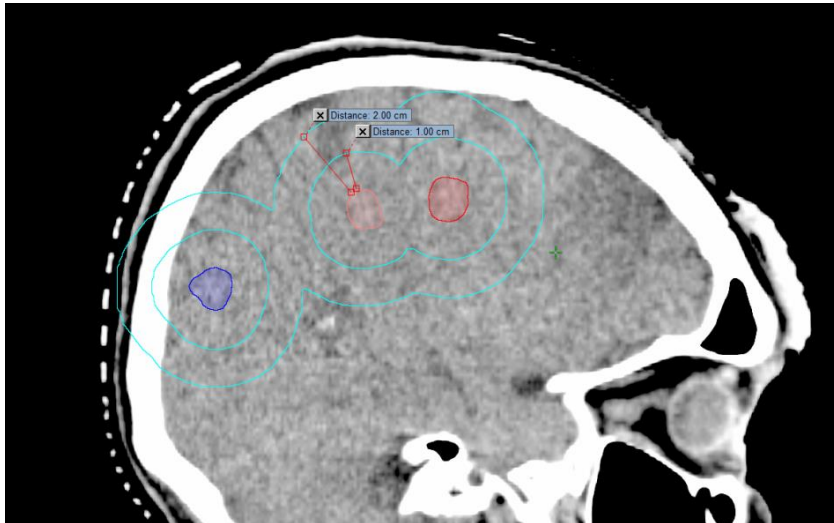
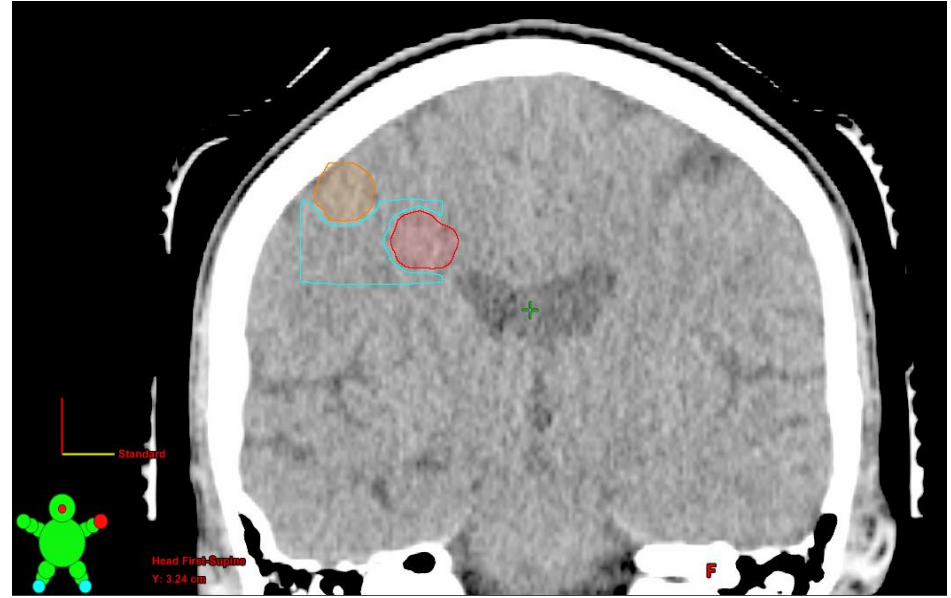
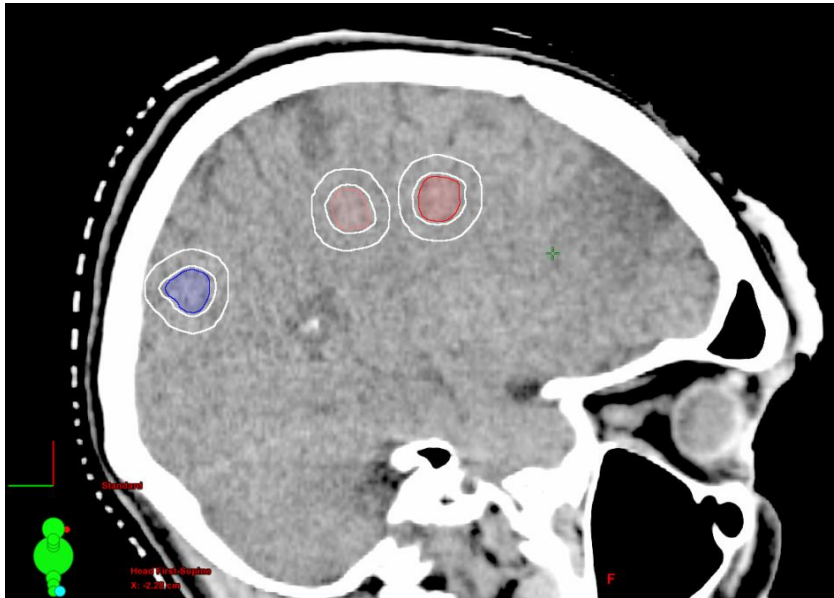
Multiple brain metastases

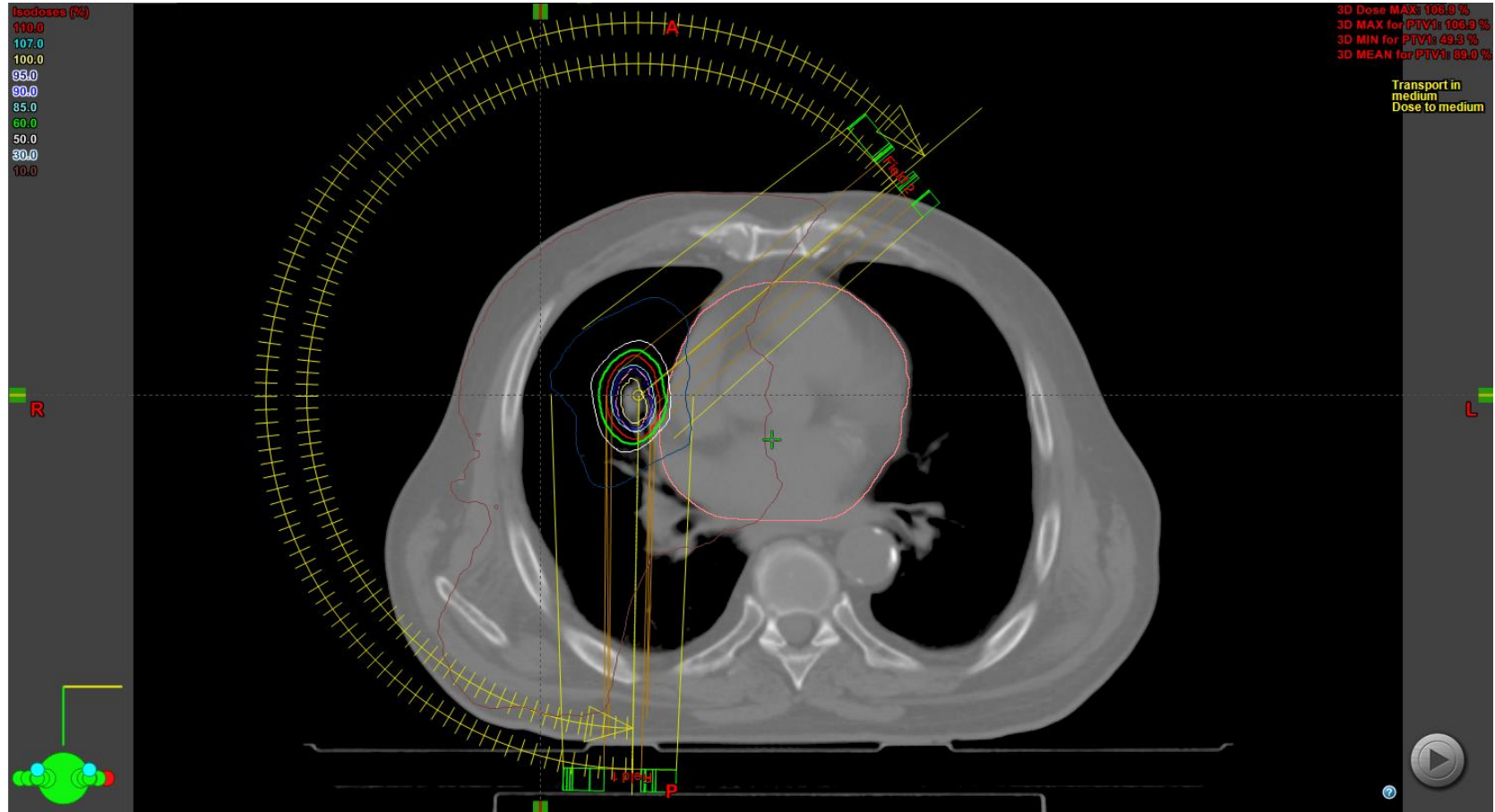
Leaf gap and dose spillage



Multiple brain metastases

Help structures





Systematic review

Outcomes of stereotactic ablative radiotherapy for central lung tumours: A systematic review

Sashendra Senthil*, Cornelis J.A. Haasbeek, Ben J. Slotman, Suresh Senan

Radiotherapy and Oncology 106 (2013) 276–282

Table 1
Baseline radiotherapy details.

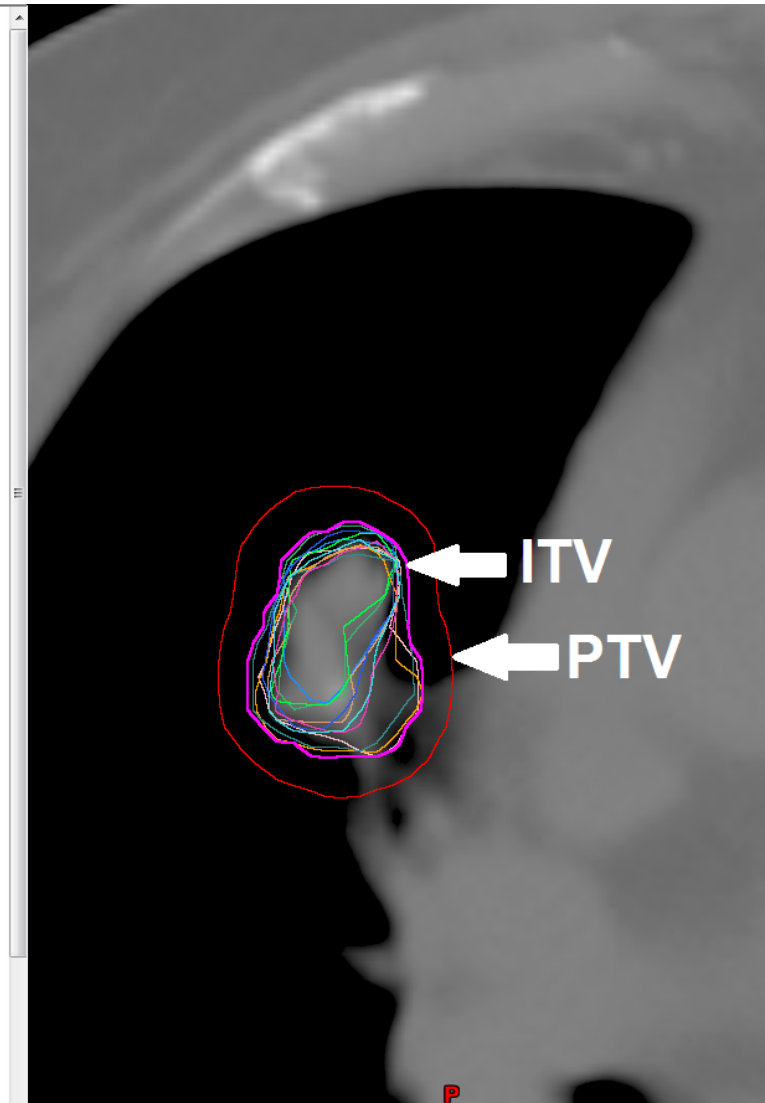
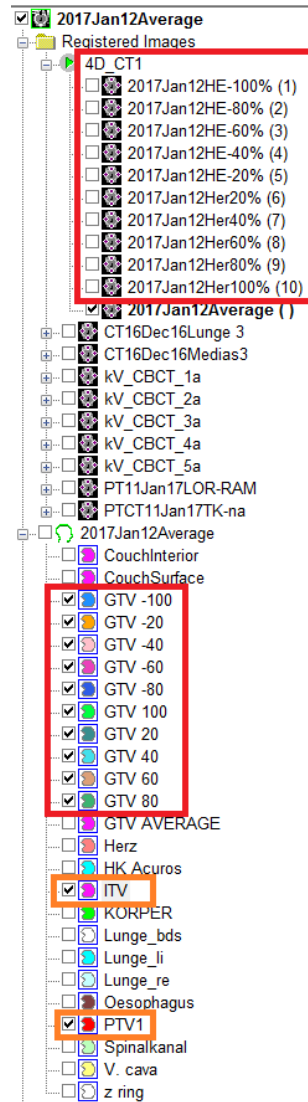
Author (year)	Simulation	Target volumes	Image guidance	Prescription	Heterogeneity correction	Total dose gray/fractions
Onimaru [22] (2009)				Isocentre, PTV got 80%	No	48/8
Xia [22] (2009)				50% Isodose covering 95% PTV	No	50/10
Chang [23] (2009)				75–90% Isodose covering PTV	Yes	50/4
Song [23] (2009)				85% Isodose covering 95% PTV	No	48/4 ^a
Milano [24] (2009)				Isocentre, PTV got 80%	No	50/5 ^a
Fakiris [25] (2009)				80% Isodose covering 95% PTV	No	60/3
Gucken [26] (2009)				65% Isodose covering PTV	Yes	48/8
Unger [27] (2009)				70–80% Isodose covering 95% PTV	Yes	40/5
Oshiro [28] (2009)				Not reported, likely to isocentre	No	50/5 ^a
Baba [29] (2009)				Isocentre, 95% of PTV got 80%	Yes	50/4
Bradley [30] (2011)				75–85% Isodose covering 95% PTV	Yes ^b	45/5
Andrats [31] (2011)				60% Isodose covering 100% PTV	Yes	35/5 ^a
Haasbeek [32] (2011)				80% Isodose covering 99% PTV	No	60/8
Bral [23] (2011)				95% Isodose covering 95% PTV	No	60/4
Olsen [33] (2011)				60–90% Isodose covering 95% PTV	Yes	50/5 ^a
Stauder [39] (2011)	4-Dimensional CT	ITV + PBM = PTV	Conebeam CT	100% Isodose covering 95% PTV	Yes ^b	48/4
Rowe [37] (2012)	4-Dimensional CT	ITV + 7 mm = PTV	Conebeam CT	100% Isodose covering 95% PTV	Yes	50/4 ^a
Nuytens [30] (2012)	Standard CT	GTV + 5 mm = PTV	Respiratory tracking fiducial markers	75–90% Isodose covering 95% PTV	Yes	60/5 ^a
Taremi [25] (2012)	4-Dimensional CT	ITV + 5 mm = PTV	Conebeam CT	100% Covered 95% of PTV	Yes ^b	60/8
Janssen [31] (2012)	4-Dimensional CT	ITV + 3 mm = CTV + PBM = PTV	Conebeam CT	80% Isodose covering PTV	No	48/8

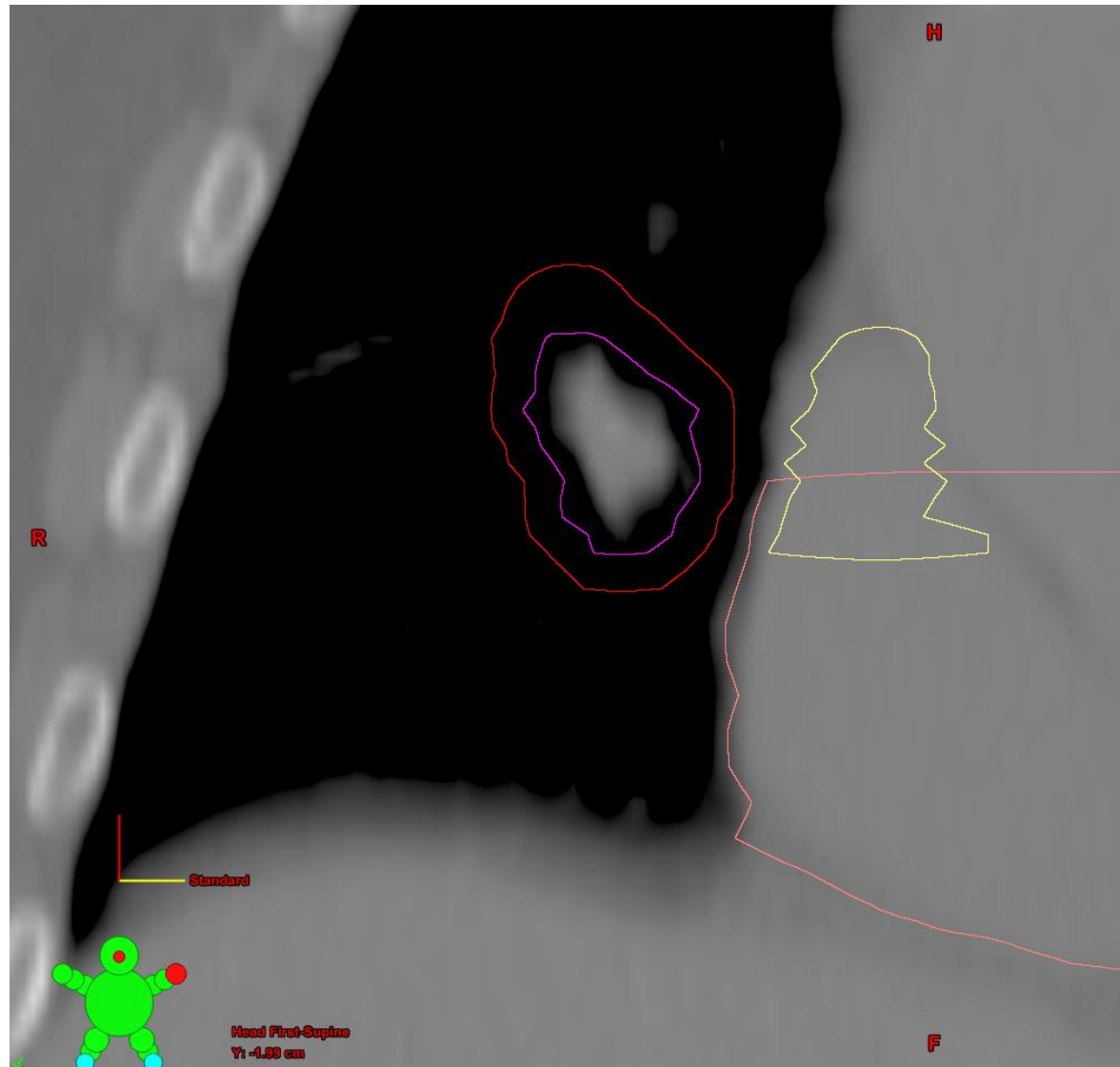
Population based margins (PBM) utilized to account for tumour motion were typically 5 mm radially and 8–10 mm longitudinally.

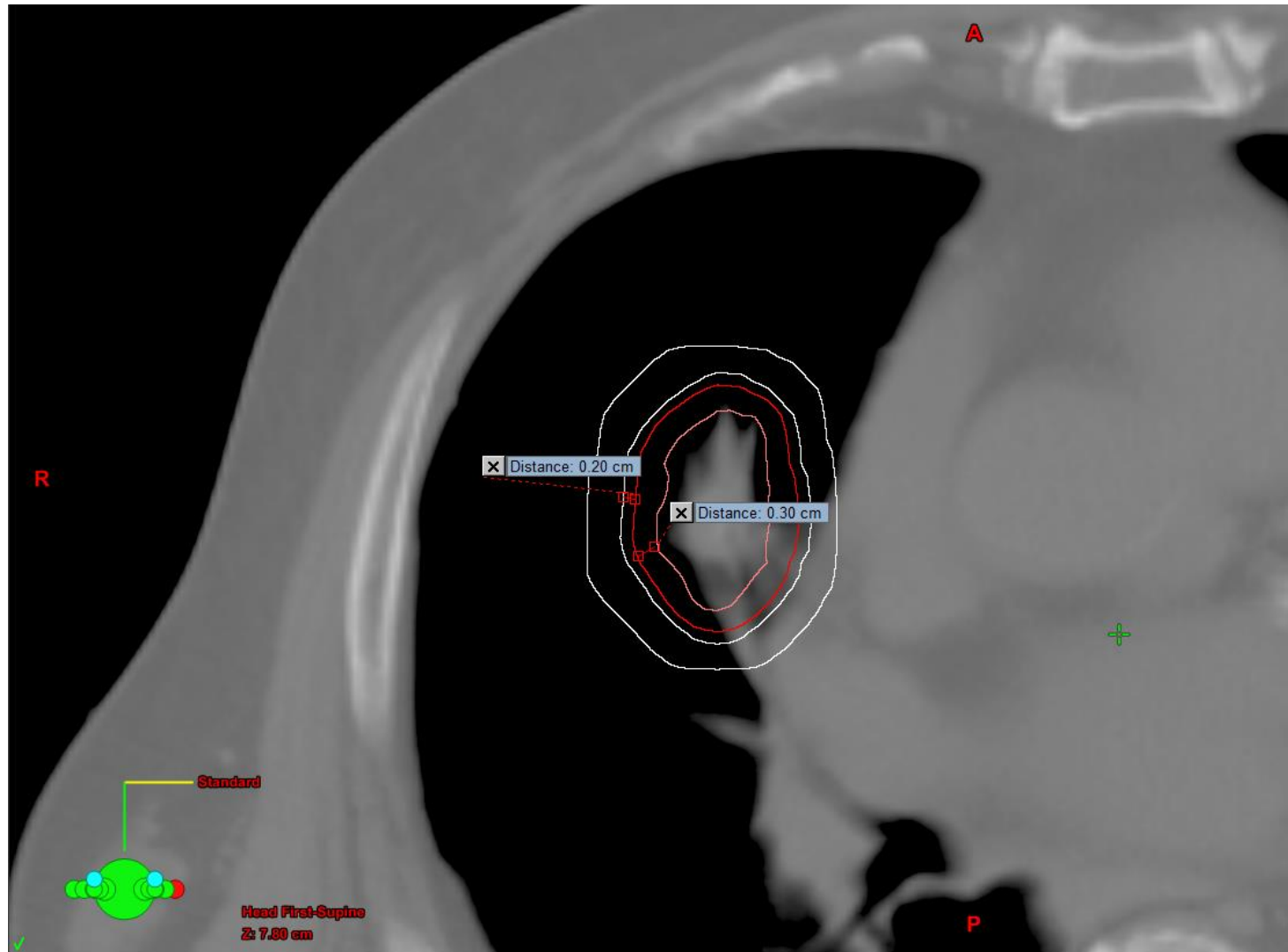
^a Modal dose fractionation schedule shown when multiple schedules were utilized.

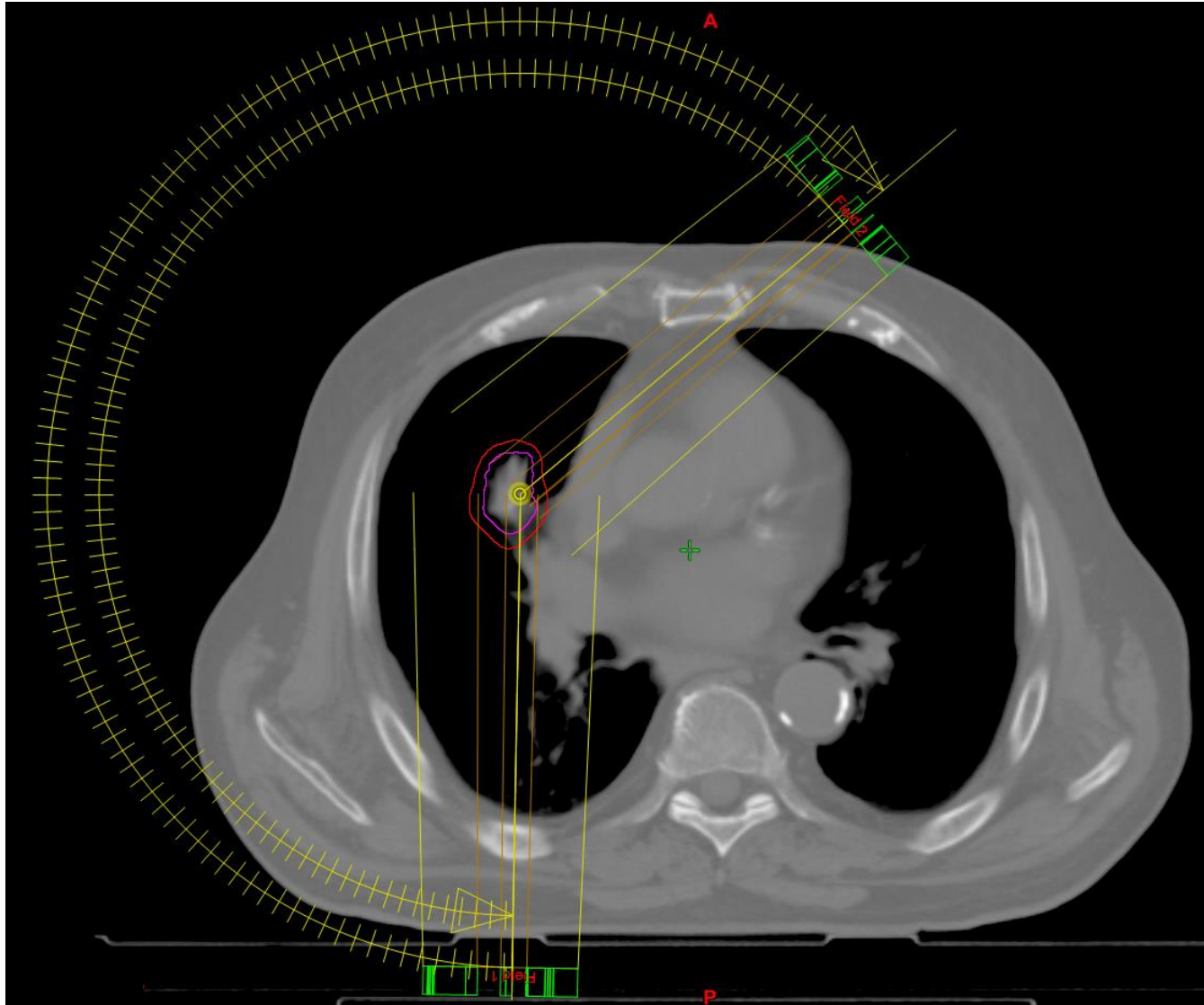
^b Heterogeneity correction not utilized in all treatments.

Internal Target Volume
(ITV)
ICRU 62
=
CTV
+
margin accounting for
internal physiological
movements as well as
changes in CTV's shape
and size



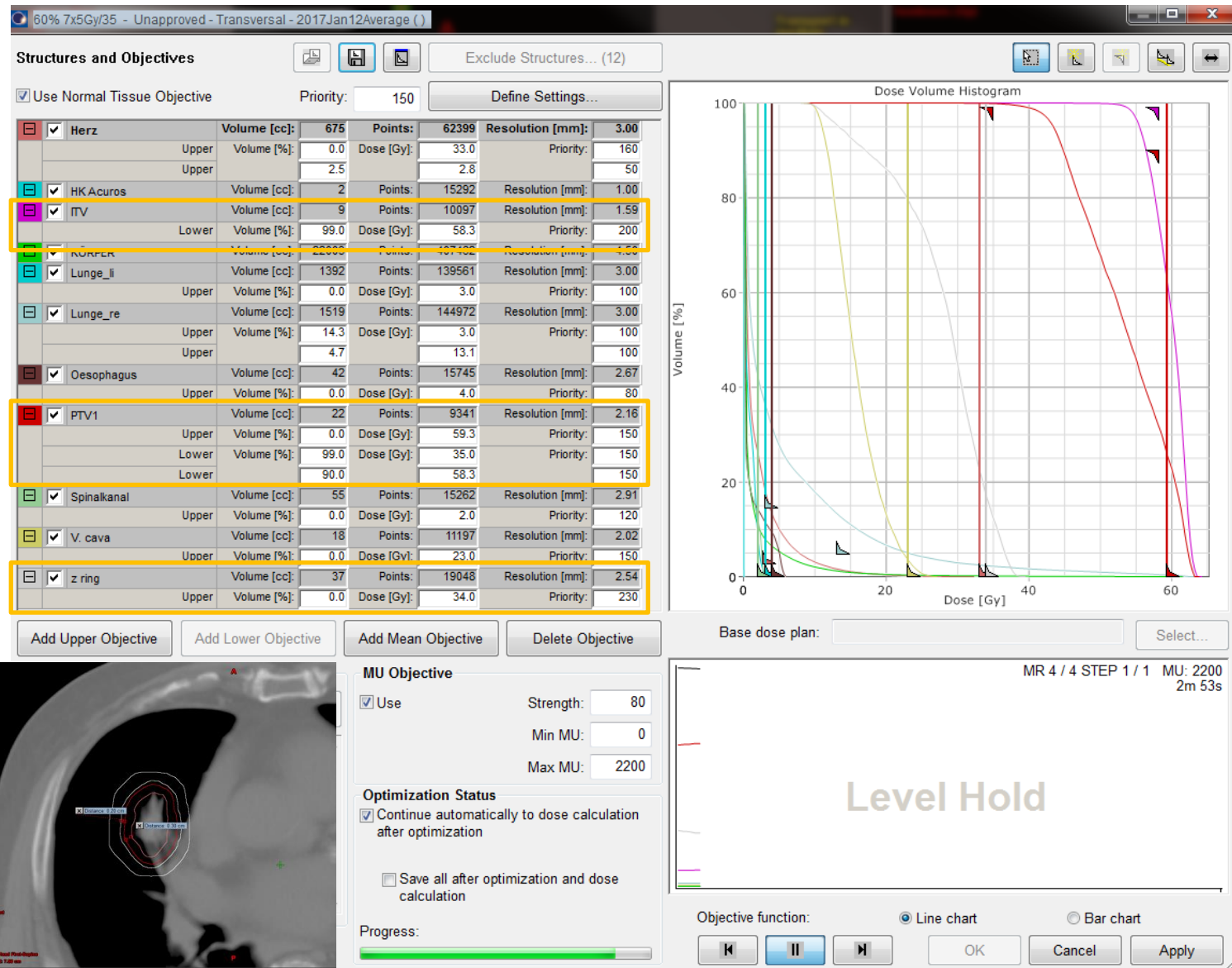






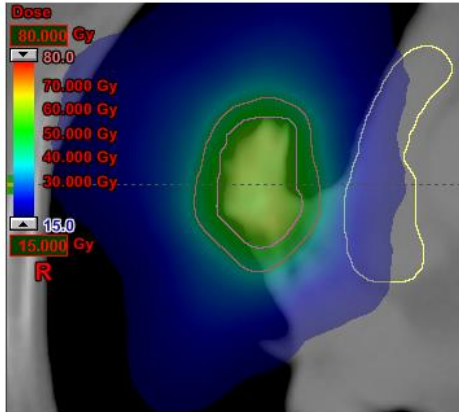
Optimization objectives

60% isodose (7 x 5 Gy) covering PTV

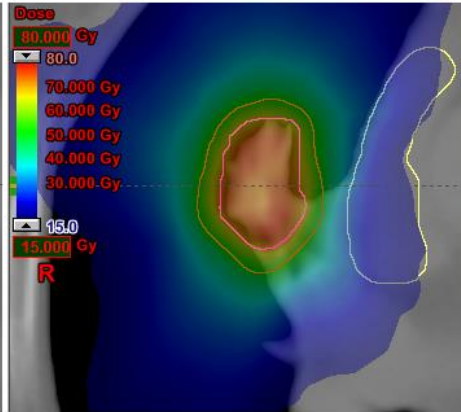


Calculated dose 4 dose concepts

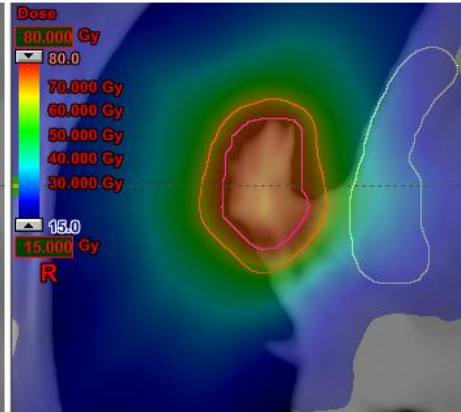
60% (7 x 5 Gy) covers PTV



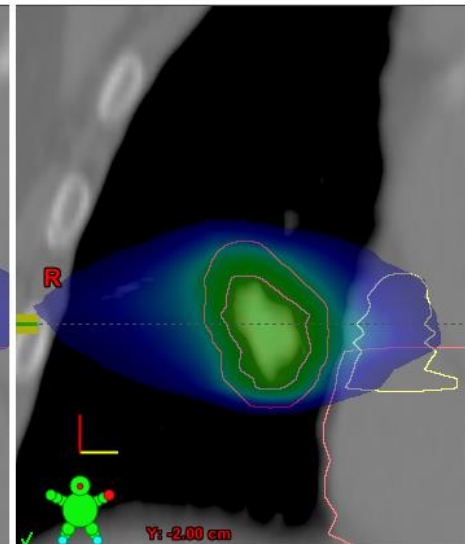
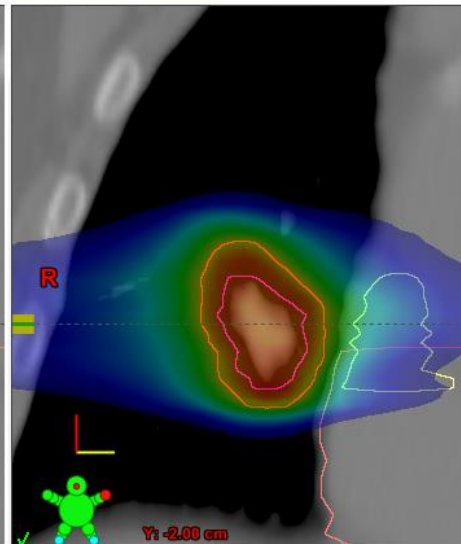
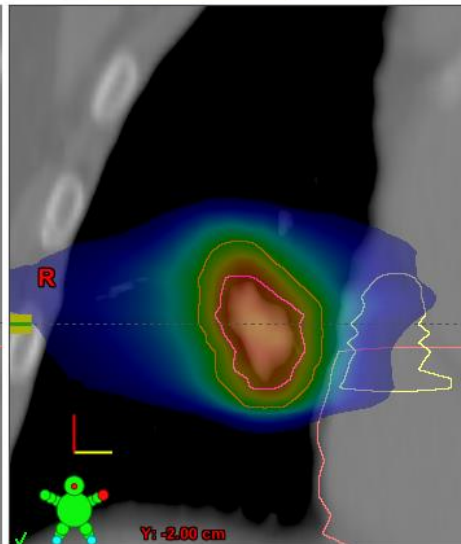
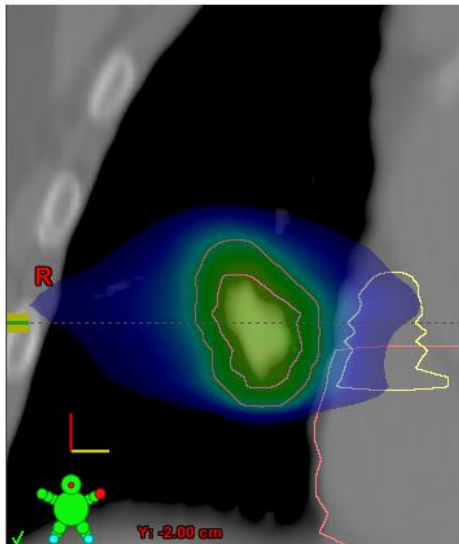
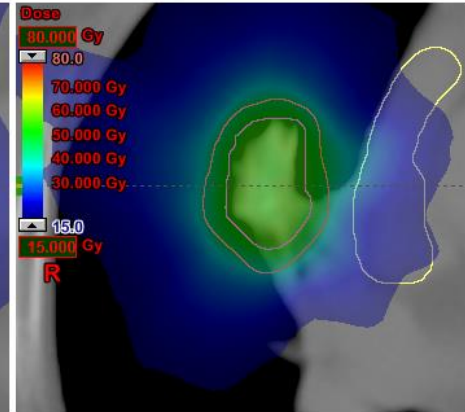
65% (8 x 6 Gy) covers PTV

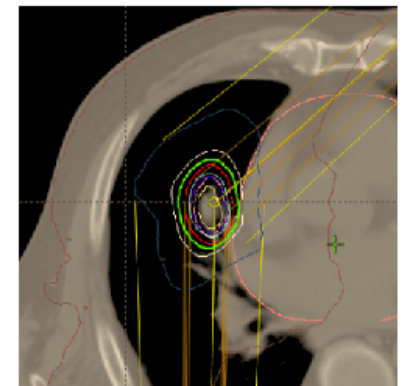
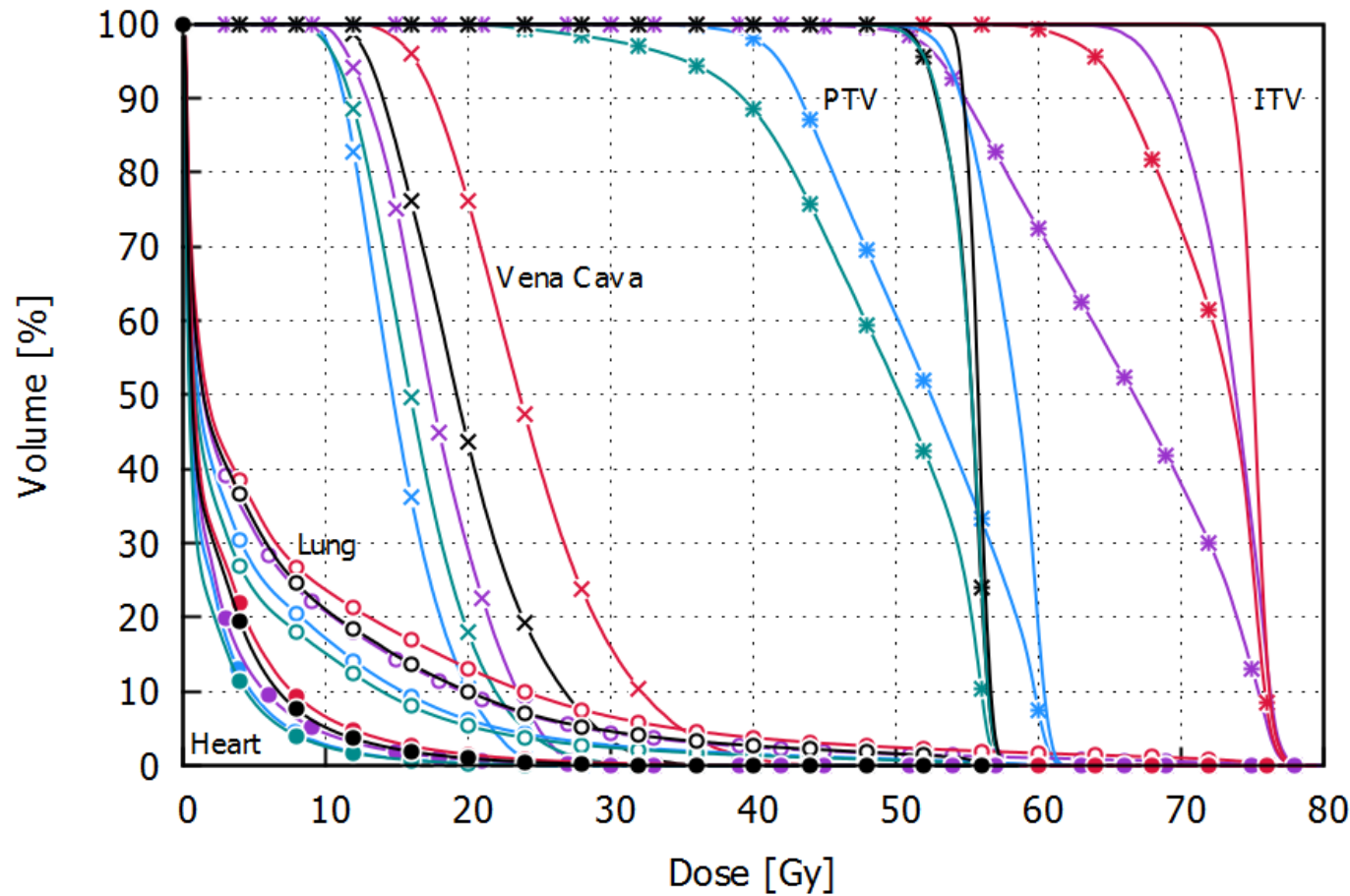


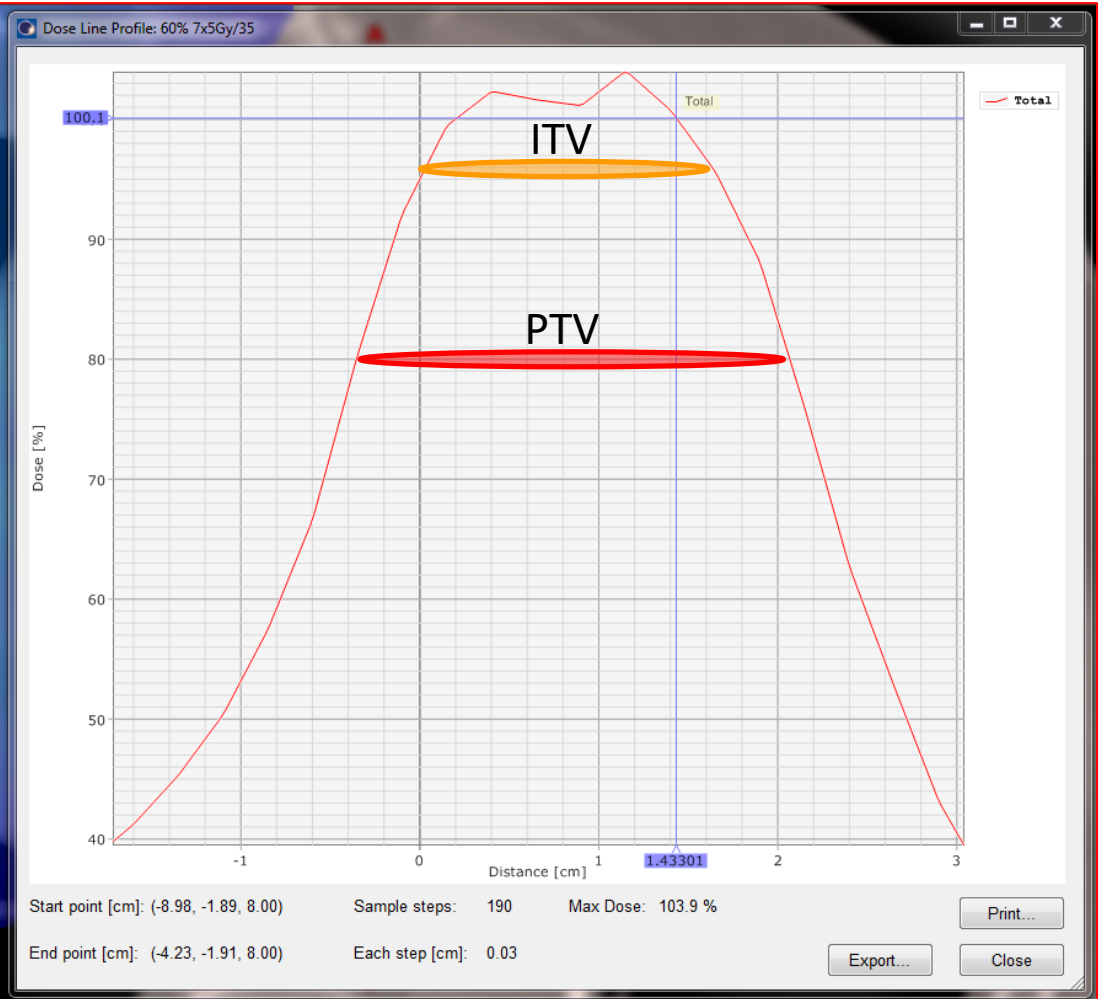
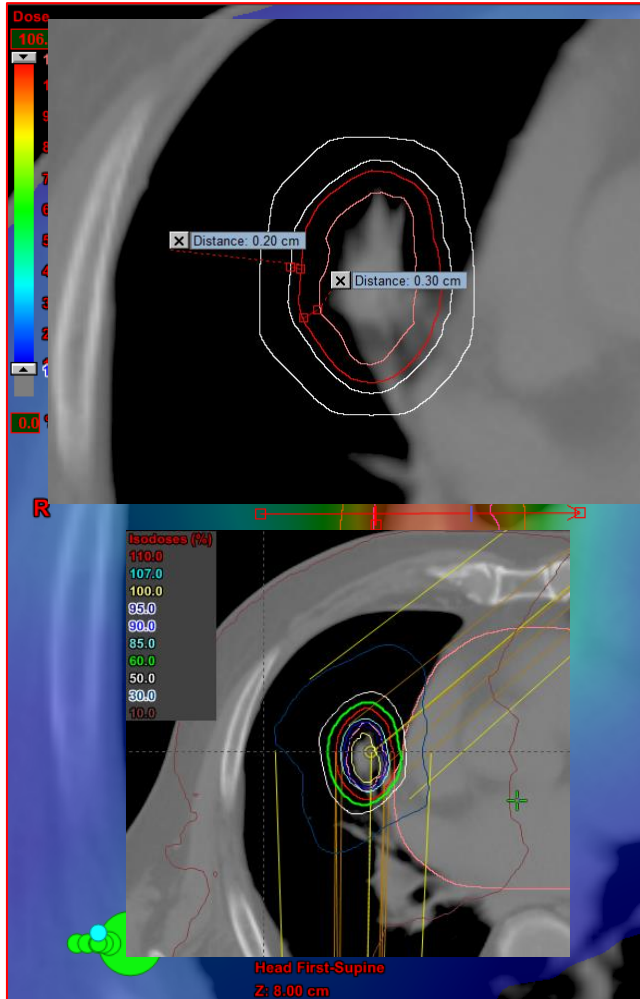
80% (8 x 7.5 Gy) covers PTV



100% ICRU (5 x 11 Gy) covers ITV

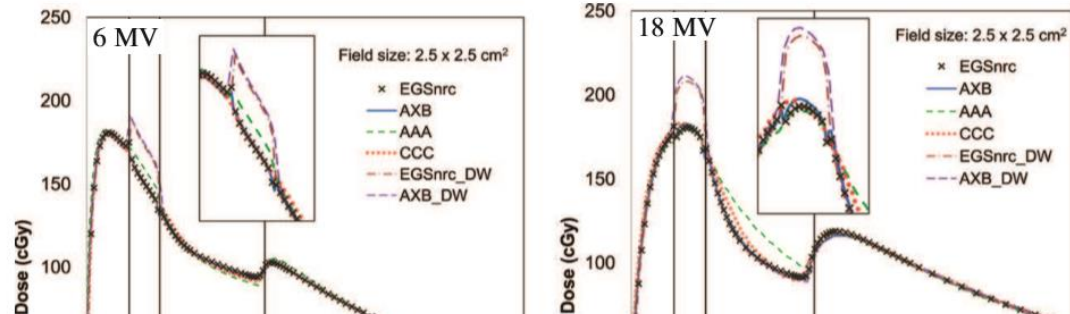






Dose calculation algorithms Slab phantom

Han *et al.*: Dosimetric evaluation of AXB in heterogeneities
Medical Physics, Vol. 38, No. 5, May 2011



Conclusions: In heterogeneous media, AXB dose prediction ability appears to be comparable to MC and superior to current clinical convolution methods. The dose differences between AXB and AAA or CCC are mainly in the bone, lung, and interface regions.

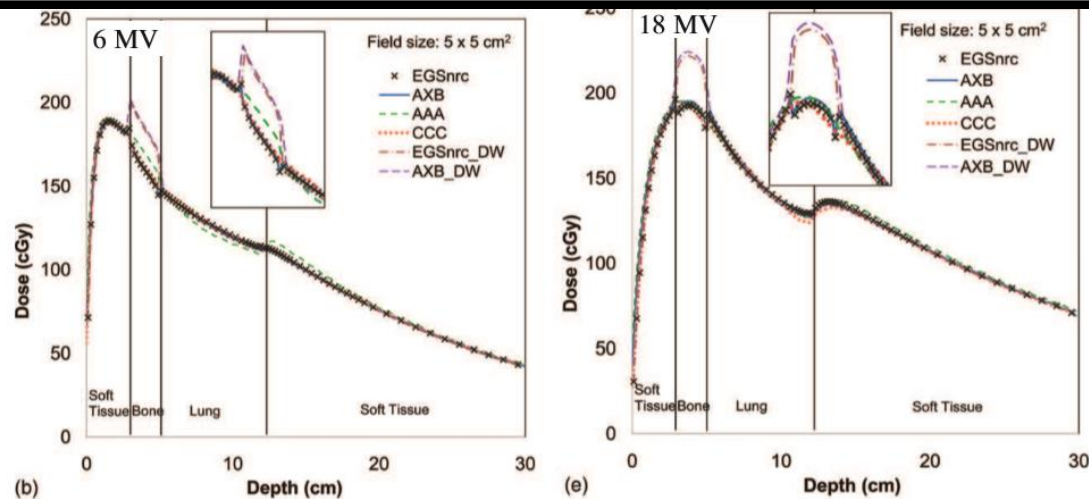
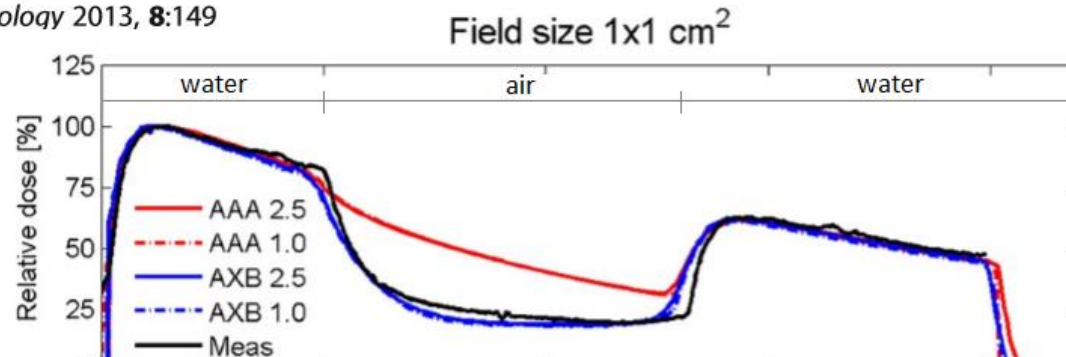


FIG. 5. Depth dose profiles in a heterogeneous slab phantom: 6 MV beams at field size of (a) 2.5×2.5 , (b) 5×5 ; 18 MV beams at field size of (d) 2.5×2.5 , (e) 5×5 .

Kroon *et al. Radiation Oncology* 2013, **8**:149



Conclusions: For stereotactic and conventional lung treatments, VMAT calculated with AXB grid size 2.5 mm resulted in accurate dose calculations. No hybrid technique was needed to obtain the dose constraints. AXB is recommended instead of AAA for avoiding serious overestimation of the minimum target doses compared to the actual delivered dose.

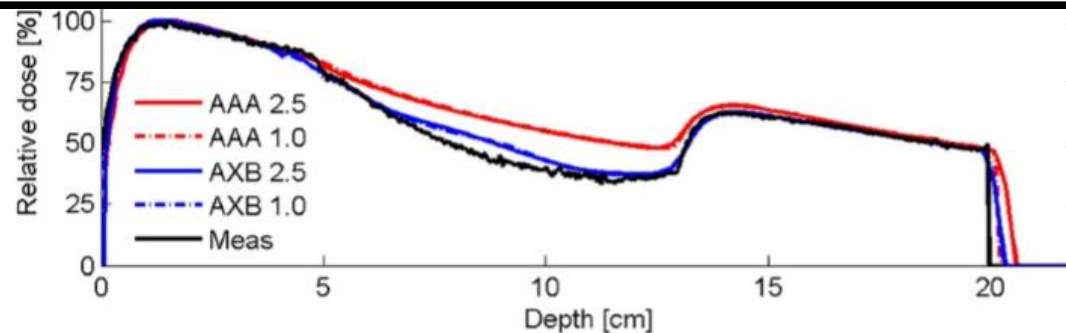


Figure 1 Measured and calculated percentage depth dose curves in a slab-phantom. Predicted percentage depth dose curves by AAA and Acuros XB grid sizes 2.5 and 1.0 mm compared to measured data using a slab-phantom with (top) 1.0x1.0 cm² and (bottom) 4.0x4.0 cm² 6 MV AP photon beams.

https://en.wikibooks.org/wiki/Radiation_Oncology/Stereotactic_radiosurgery

Treatment planning indices [edit]

- **Yomo; 2010 (PMID 19809786):** Energy Index
 - $EI = ID / (TV \times PD)$
 - ID = integral dose within target volume
 - PD = prescribed dose
 - Measure of dose homogeneity within target volume
- **Oliver; 2007 (PMID 17194494):** Radical Dose Homogeneity Index
 - $rDHI = D_{min} / D_{max}$
 - D_{min} = minimum dose within target volume
 - D_{max} = maximum dose within target volume
- **Oliver; 2007 (PMID 17194494):** Moderate Dose Homogeneity Index
 - $mDHI = D_{95\%} / D_{5\%}$
 - $D_{95\%}$ = dose to 95% of target volume
 - $D_{5\%}$ = dose to 5% of target volume
- **Paddick; 2006 (PMID 18503356):** Dose Gradient Index
 - $GI = PIV_{half} / PIV$
 - PIV_{half} = Prescription isodose volume, at half the prescription isodose (e.g. at 25%)
 - PIV = Prescription isodose volume (e.g. at 50%)
 - Simplified UF Gradient Index
- **Wagner; 2003 (PMID 14575847):** Conformity Gradient Index
 - $CGI = (CGI_c + CGI_g) / 2$
 - $CGI_c = TV / PIV \times 100$
 - $CGI_g = UF$ Gradient Index (see below)
- **Wagner; 2003 (PMID 14575847):** UF Gradient Index
 - $CGI_g = 100 - (100 \times ((REff,50\%Rx - REff,Rx) - 0.3 \text{ cm}))$
 - $REff,50\%Rx$ = Effective radius of the isodose line that is equal to one-half of the prescription isodose volume
 - $REff,Rx$ = Effective radius of the prescription volume
 - Evaluates the steepness of the gradient between prescription isodose line (e.g 50%) and half prescription isodose line (e.g. 25%)
- **Nakamura; 2001 (PMID 11728692):** New Conformity Index
 - $NCI = (TV \times PIV) / (TV_{PIV})^2$
 - Inverse Paddick Conformity Index
- **Paddick; 2000 (PMID 11143252):** Paddick Conformity Index
 - $Paddick\ CI = (TV_{PIV})^2 / (TV \times PIV)$
 - TV_{PIV} = Target Volume covered by Prescription Isodose Volume
 - TV = Target Volume
 - PIV = Prescription Isodose Volume
 - This is two separate ratios multiplied together:
 - Undertreatment ratio: TV_{PIV} / TV
 - Over-treatment ratio: TV_{PIV} / PIV
- **ICRU; 1999 (ICRU Report):** Conformity Index
 - $CI = TV / PTV$
 - PTV = Prescription Volume = volume enclosed by a given isodose surface (e.g. 50%, 95%)
 - PTV: Planning target volume = CTV + IM + SM
 - RTOG conformity index with ICRU terminology
- **Knoos; 1998 (PMID 9869245):** Radiation Conformity Index
 - $RCI = PIV_{half} / PIV$
 - PTV: Planning target volume = CTV + IM + SM
 - PIV = Prescription Isodose Volume
 - Inverse of RTOG Conformity Index
- **RTOG; 1993 (PMID 8262852):** Conformity Index
 - Conformity Index $PITV = PIV / TV$
 - PI = prescription isodose volume
 - TV = target volume
 - Normal 1.0-2.0, minor deviation if >2.0 or <1.0, major deviation if >2.5 or <0.9
- **RTOG; 1993 (PMID 8262852):** Homogeneity
 - Homogeneity $MDPD = MD / PD$
 - MD = maximum dose within target volume
 - PD = prescribed dose
 - Minor deviation if >2.0, major deviation if >2.5
- **RTOG; 1993 (PMID 8262852):** Coverage
 - Coverage = D_{min} / PD
 - D_{min} = minimum dose within target volume
 - PD = prescribed dose
 - Minor deviation if <0.9, major deviation if <0.8

• Homogeneity Index (HI) – Wu 2003
• Conformity Index – ICRU 1999
• Gradient Index (GI) – Paddick 2006

$$HI = [(D_2 - D_{98}) / D_p] \times 100$$

D_2 - dose to 2% of the target volume

D_{98} - dose to the 98% of the target volume

D_p - prescribed dose

Example:

Prescription 24 Gy covers PTV (ICRU)

$D_2 = 25$ Gy (104%)

$D_{98} = 23$ Gy (96%)

$$HI = 25 - 23 / 24 \times 100 = 8,3$$

The ideal value is 0.

$$CI = TV / PTV$$

TV - Treated Volume - volume enclosed by a prescribed isodose

PTV - Planning Target Volume

Example:

Prescription 20 Gy as 80% covers PTV

$$TV_{20Gy} = 4,06 \text{ cm}^3$$

$$PTV = 3,37 \text{ cm}^3$$

$$CI = 4,06 \text{ cm}^3 / 3,37 \text{ cm}^3 = 1,2$$

The ideal value is 1.

$$GI = PIV_{\text{half}} / PIV$$

PIV_{half} - volume enclosed by a half of prescribed isodose

PIV - volume enclosed by a prescribed isodose

Example:

Prescription 20 Gy as 80% covers PTV

$$PIV_{10\text{Gy}} = 18.54 \text{ cm}^3$$

$$PIV_{20\text{Gy}} = 4.06 \text{ cm}^3$$

$$GI = 18.54 \text{ cm}^3 / 4.06 \text{ cm}^3 = 4.6$$

The smaller the better.

50% isodose should be within 1 cm from PTV.

Under which conditions can you consider a field as small?

- If the field is smaller than approximately 4 cm x 4 cm.
- If the focus is partially hidden by the collimators.
- If lateral electron equilibrium is not given in the center of the field.

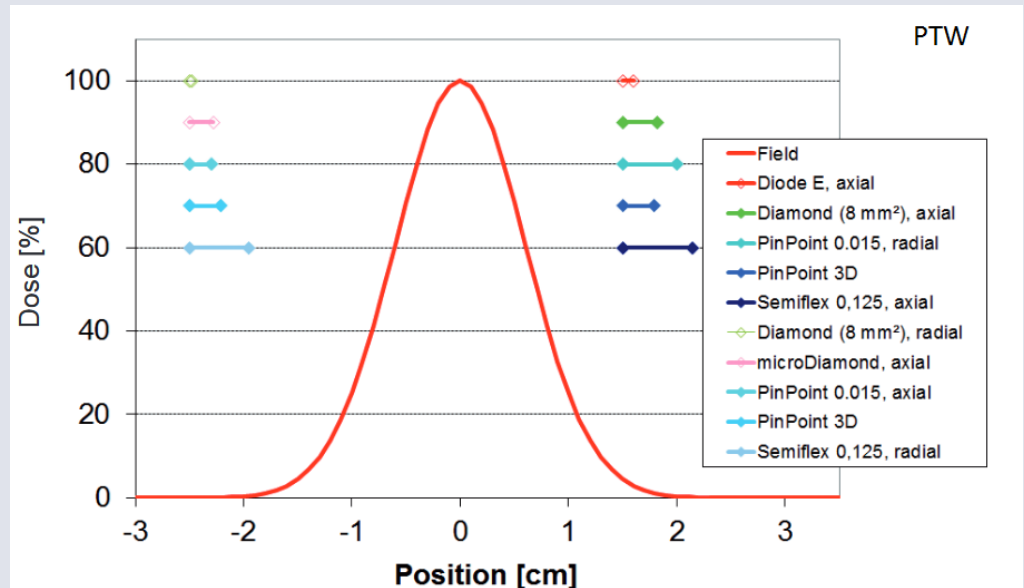
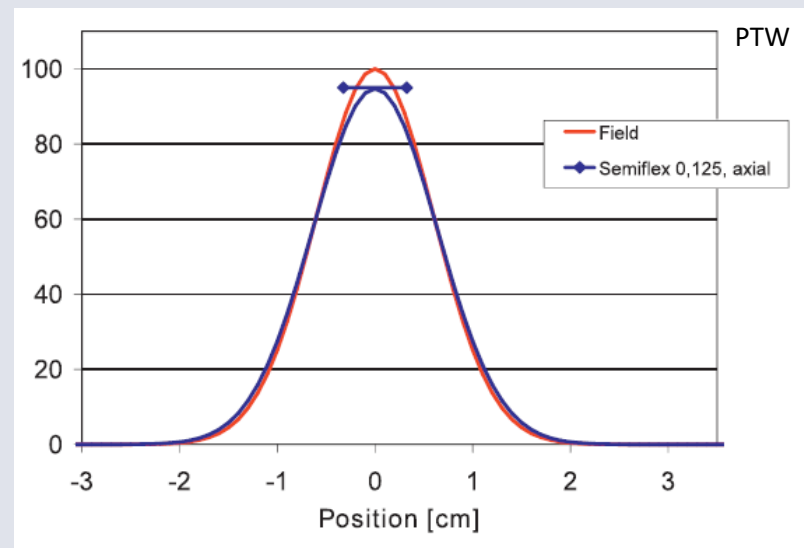
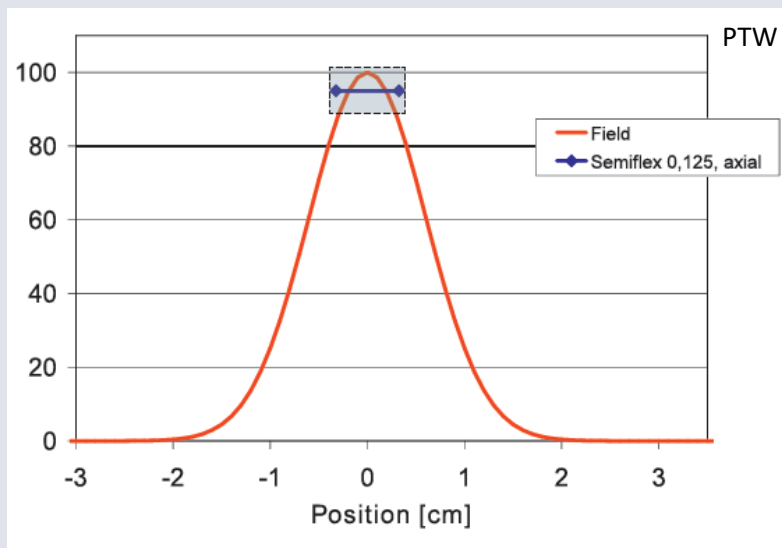


Figure 1 Size comparison of a 1.4 cm x 1.4 cm FWHM Gaussian shaped field with some small field detectors.

Small field dosimetry

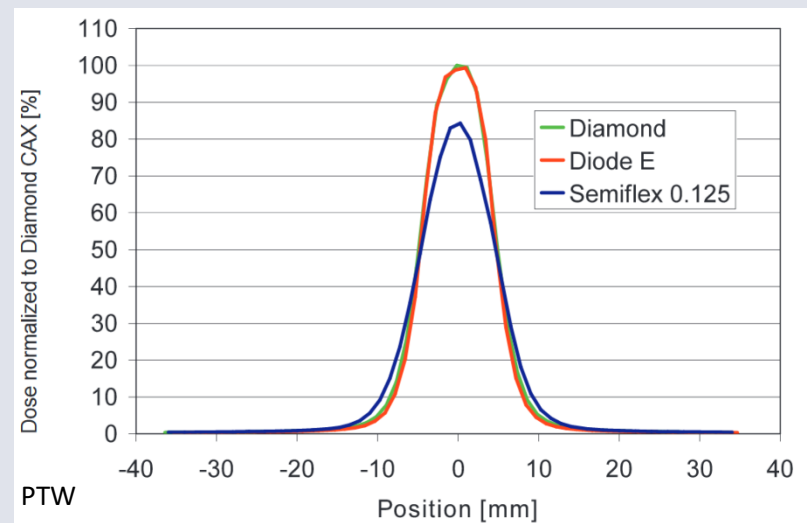
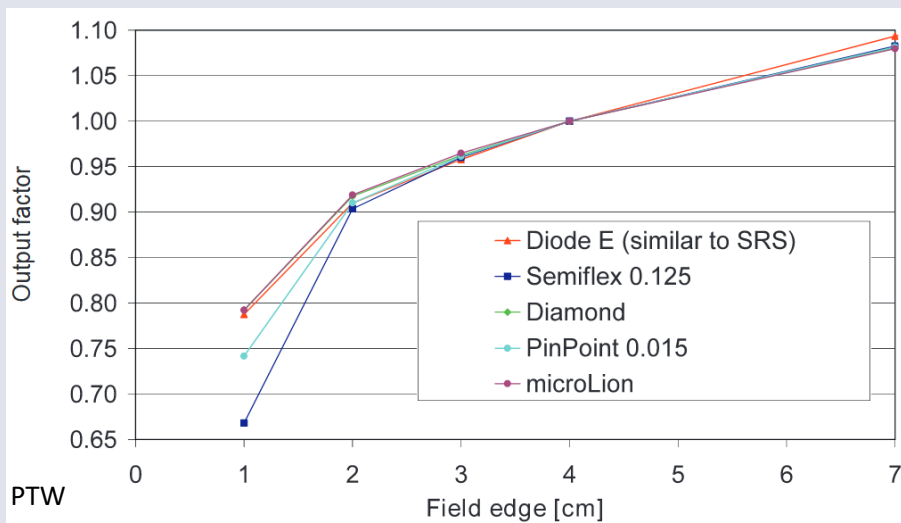
Dose volume effect

- Semiflex 0.125 cm³ chamber will average the dose across its sensitive volume, depicted as a blue box. When you move the chamber through the field, it will always average across its volume at every measurement position.
- The blue curve shows the signal after averaging. The CAX value of the dose is underestimated, and the penumbra is broadened.



Output factors and profiles for 1 cm x 1 cm field

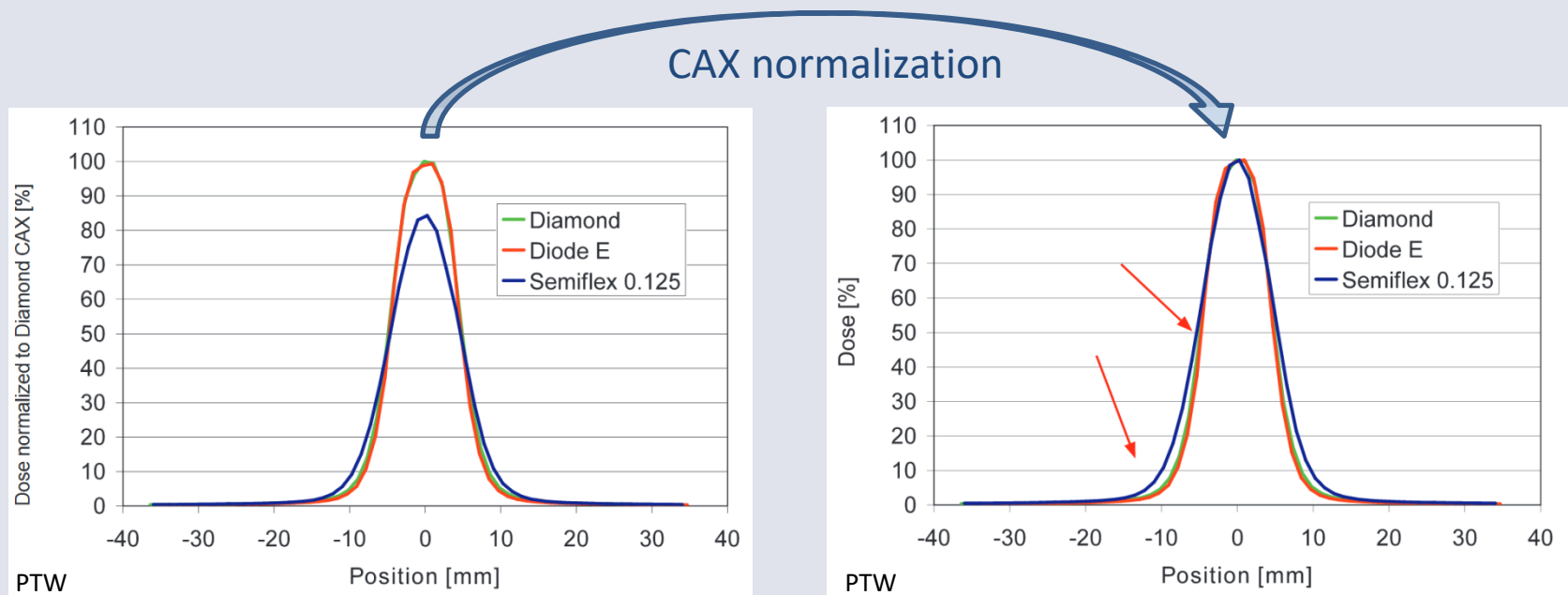
- The reduction of the measured dose for the Semiflex and the PinPoint chamber is clearly visible.
- Again, the dose reduction of the Semiflex chamber in the field center is apparent.



Profile of 1 cm x 1 cm field with CAX normalization.

In addition to penumbra broadening two more effects are visible (indicated by arrows):

- the FWHM of the Semiflex measurement seems larger than that of the other detectors. This is in contrast to the original measurement without CAX normalization,
- the dose in the out-of-field region is overestimated.



Small field dosimetry

Summary

- If your detector is larger than roughly 1/4th of the lateral field dimension, you should watch out for a volume effect of several percent.
- If the volume effect is present,
 - the dose in the field center will be underestimated;
 - the penumbra appears wider than it is.
- If in addition to the volume effect you perform a CAX normalization in a small field,
 - the field (at half maximum) will appear wider than it is;
 - the dose in the out-of-field region will be overestimated;
 - the dose of PDDs at large depths can be overestimated.
- There exists no single detector that is suitable to perform high accuracy measurements in very small as well as very large fields. For absolute dose measurements, all small field detectors except air-filled ionization chambers must be **cross-calibrated** against a medium-size ionization chamber.

Teşekkür ederim!

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