

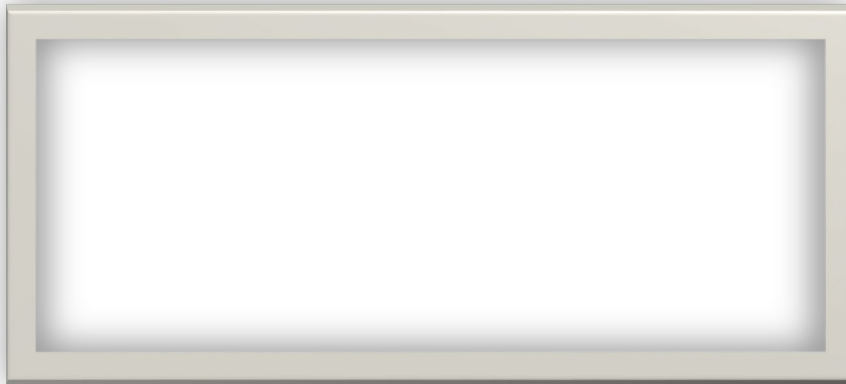
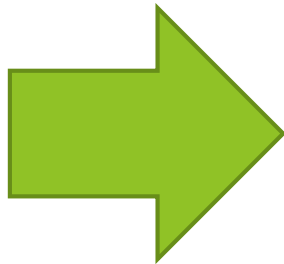
What is Proton Therapy?

Proton therapy is a special type of medicine. It doesn't come in a pill or liquid or go through an IV, port or line.

Proton, also called radiation therapy, is made up of beams of light that are directed from different angles to get rid of the sick cells and protect the healthy cells in your body.

You can't see, feel, hear or touch the beams of light. They are invisible. Most kids think it's cool that proton is medicine that you can't see, feel, hear, or touch!

What do you see
in this picture
frame?



Your First Visit to Proton Therapy is called Simulation Day!

You will meet lots of people that day!

nurses



doctors

radiation therapists

physicists

child life specialist

They are all here to help you!

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This is the day the team will make a plan with you to help you lie in the best position for the beams of light. The doctors will take pictures of you with a CT scan camera.



Have you had pictures taken with this camera before?

They are going to use some cool things
to help you keep your body still.



Can you stay still like a statue?
This will be your most important
job.



Depending on the area treated, you may need to lie on a cushion that feels like sitting on a bean bag. It will take the perfect shape of you so that each time you come back you lie the same way.



Also, you may need to lay your head on a soft cushion that will make a perfect shape of your head. This will help you be in the best position each day.

This is what it looks like when you are done!

Each time you come for treatment, you will lie on the bean bag and cushion for your head.



It is like making a snow angel!



Also, the therapist will give you a cushion under your knees so you are comfortable. Let us know if you need anything else to be comfortable!

If an area of your head is receiving treatment, you will need a mask made.

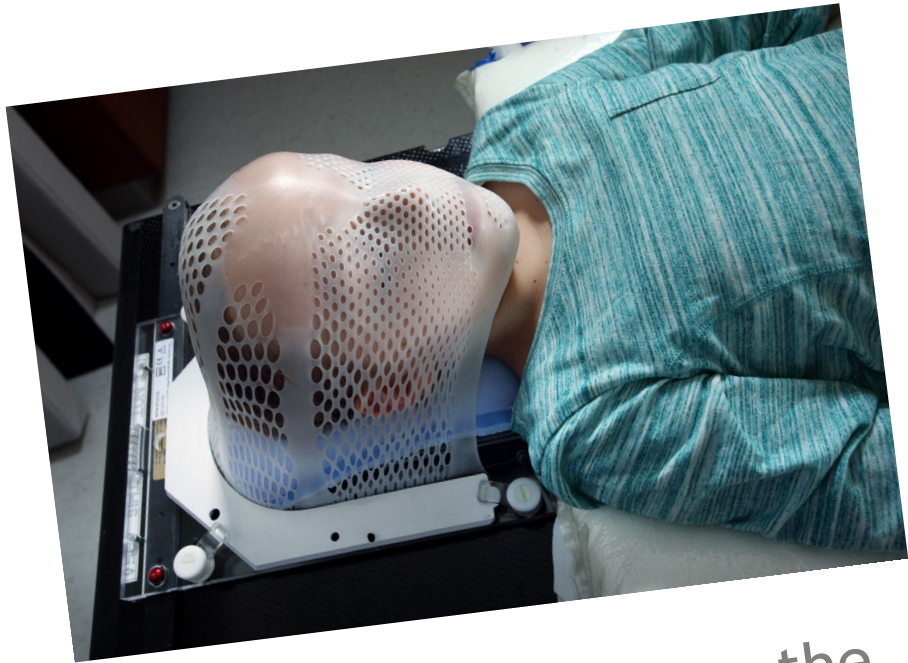
This mask is just for you and makes a shape of your face. It is made of plastic. It has holes all around it so you can see and breathe.



The mask is dipped in warm water so it becomes soft and stretchy and can make the shape of your face easily. Then, the therapist will place the mask over your face. Some kids say it feels like a warm face cloth on their face. It does NOT hurt!



A child life specialist, therapist, or nurse will be next to you and let you know what to expect each step of the way.



After the therapist places the stretchy mask on your face, we will need to let it dry for a few minutes.

Your most important job is to lie still. You can listen to music, someone can read you a story, or you can rest.

The therapists will put cold face cloths on the mask to help it dry.



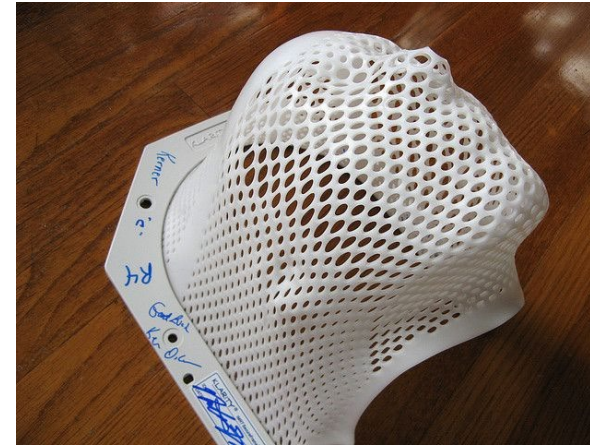
Next, it is time to take pictures of your body with all the cool stuff you created!



Everyone will step out of the room to take the pictures. We can see you and talk to you the entire time.

After the pictures, the therapists will need to place tape and draw lines on your mask. They use these to help you lie in the best position each day.





When the pictures are complete, the therapists will take your mask off and save it for the next time you come.



Some kids want to have their mask decorated. If you could decorate your mask what would you put on it?



TREATMENT DAYS

On treatment days, you will come in with your family. You can wait in an area just for kids. There are games and things to do while you wait for your treatment.



When you are called in, you will change into a hospital gown.



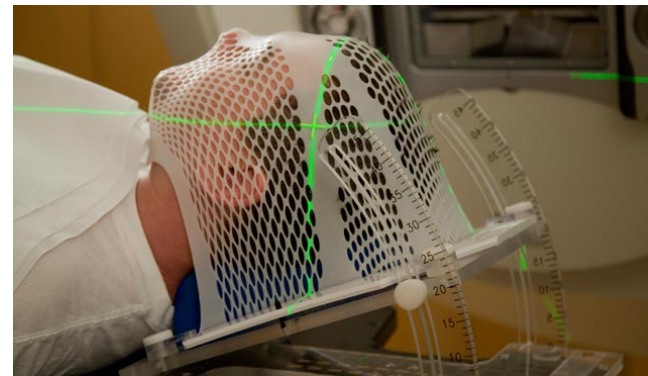


The therapists will put your mask on and place you in the best and most comfortable position for you.

This is the room will you will receive treatment each day.

← This is the camera!!

You may not see these lights. They help the therapist place you in the same position every time.



Only you can be in the room when treatment starts. But the therapists can see you the entire time and can talk to you over the microphone.



You can choose to listen to music, a podcast, or you can fall asleep. Let us know what will help you stay comfortable.

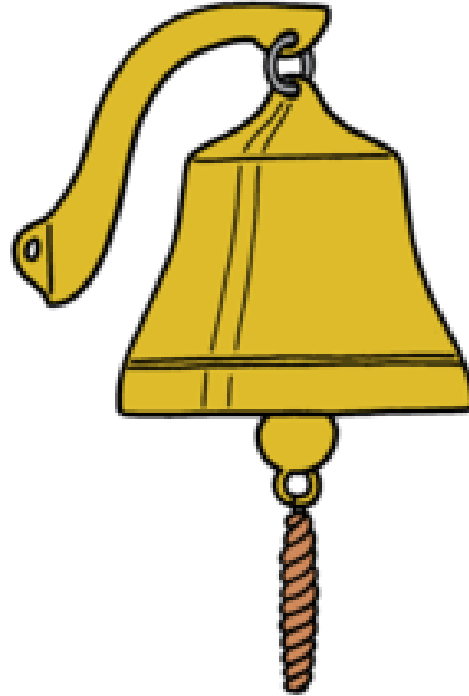
Treatment sessions are a different amount of time for each person. Your therapist can tell you how long your time will last.



You and your therapist can come up with a signal if you need help during your treatment.



When you are finished with all your treatments, you can celebrate if you want to!



You can ring the bell in the waiting area to celebrate your hard work!!

Things to Remember

1. Nothing hurts while you are receiving proton therapy.
2. Your most important job is to lie as still as you can for each treatment.
3. Treatment is every day, Monday- Friday.
4. During treatment each day, you will be by yourself in the treatment room.
5. Remember to wear comfortable clothing and nothing with metal on it. Depending on where we are treating, we may ask you to wear a hospital gown.
6. Some days you may feel tired after treatment.
7. If you don't feel well, please let your family member, the doctor, nurse, therapist, or child life specialist know so we can give you some medicine to help you feel better.
8. Sometimes the machine has downtime, if this happens, we may need to reschedule or cancel your appointment with your doctor's approval. If treatment is cancelled, we will add it at the end of your treatment days.

Things that will help

1. Eat and drink as much as you can throughout treatment. If it is challenging, try small snacks throughout the day. Try some fun snacks- Jell-O, soups, sorbet/sherbet, milkshakes!
2. Add a nap to your schedule.
3. If you feel well and your doctor says it is okay, you can go to school and activities.
4. If your skin is irritated, you or your family can put lotion (Aquafor) on the area. Just remember to use lotion only after your treatment appointment.
5. Again, let us know what we can do to help you feel comfortable!

