

# TREATMENT OPTIONS



## WHAT HAPPENS NEXT?

Three types of treatment are generally used to treat cancer. Some people need all three types of treatment, and some only need one or two types. It all depends on your particular cancer. Typically, the smaller a cancer is and the earlier it is found, the fewer treatments are needed. The three types of treatment are:

1

**SURGERY** – taking out the cancer in an operation.

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2

**MEDICINE** – chemotherapy (use of medicine or drugs to treat/kill cancer), immunotherapy (medicines or drugs that uses your body's own immune system to help fight cancer), targeted therapy, and/or hormone therapy (using pills that change the way hormones work). A Medical Oncologist is the doctor who will decide if you need these types of medicine as part of your treatment.

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3

**RADIATION THERAPY** – using high-dose radiation to kill cancer with care directed by a Radiation Oncologist. There are two main types of radiation therapy: **External beam** and **internal**.

Stereotactic body radiation therapy (such as Cyberknife), 3D conformal, and proton therapy are some examples of external beam radiation therapy (EBRT).

Brachytherapy is an example of internal beam radiation therapy.



## FIRST STEP

In many cases, the first step after diagnosis is seeing a surgeon. During this appointment, the surgeon will examine you, ask lots of questions, and then tell you their initial impressions for treatment. Before you leave the surgeon's office, you may be scheduled for an MRI, CT, PET scan, bone scan, and have appointments to see the Medical Oncologist and the Radiation Oncologist.

The Sentara Network functions as a team. We have you see all of the doctors that will be involved in your care and follow national guidelines for treating cancer to decide on the best treatment for you. After the tests and appointments have taken place, you will return to the surgeon's office for final treatment recommendations.

**Your prognosis (chance of recovery) and treatment options depend on the following:**

- The stage of the cancer (whether it is in the specific body organ only or has spread to lymph nodes or other places in the body)
- The type of cancer
- The receptors in the tumor tissue
- Your age, general health and lifestyle
- Whether the cancer has just been diagnosed or has recurred (come back)