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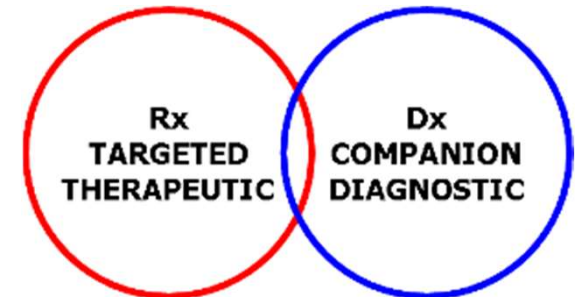
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TREATMENT WITH LUTETIUM-177

We would like you to be well informed about your treatment. Please read through this informative brochure before coming for your treatment. Please feel free to contact us if you have any questions



THERANOSTICS
The merging of drug therapy and
diagnostics to advance personalised
medicine

Who will be considered for Lutetium therapy.

This treatment is used when other types of conventional therapy (eg surgery, chemotherapy, radiotherapy) is not possible, appropriate or no longer effective. Before we decide if you are a suitable candidate, a few tests have to be done to ensure that the treatment is appropriate and safe in your unique situation.

The first step is to determine if your tumour will absorb the very specific type of radiation therapy will be administered. This is done by performing a specific nuclear medicine imaging procedure that targets the tumour in the same way as the therapy does, (but it does not have therapeutic properties).

The type of imaging that will be done depends on the type of cancer

My tumour shows uptake on the Nuclear medicine study : what now?

Your unique case will be discussed with various specialists to determine if this type of therapy is suitable and indicated for you. If the decision is made that this therapy is suitable, we will discuss the procedure with you and we will start with the medical aid authorisation.

Before we administer the therapy we will do a few urine and blood tests to determine if your other organ systems (specifically kidney, liver and bone marrow) are within the acceptable limits. We will also do a nuclear medicine study to evaluate your kidney function. These organs systems will also be continuously monitored during the therapy .

If all these test are within acceptable ranges and there are no other concerns or contra-indications we will contact you to make an appointment for you to be admitted to hospital and receive the therapy.

Please inform us if there is any possibility that you may be pregnant!!

What is Lutetium

Lutetium is a radioactive-isotope that has beta and gamma type of radiation (emissions). Beta-emissions have a high energy and is good for therapy. Gamma emissions has a lower energy and are used for imaging. We are able to combine this radioactive part (Lutetium-177) with a NON radioactive part that is specific to a certain type of cancer. We can then use this combination to specifically target and treat the tumour cells

Lutetium + octreotide are used in neuro-endocrine tumours and Lutetium + PSMA are used in prostate cancer

What is the procedure for administration of the Lutetium?

You will be admitted to an isolation room in ward C of Panorama Mediclinic for at least 2 days.

We will prescribe appropriate medication to prevent side-effects like nausea and pain. A clear fluid (amino-acids) will also be infused before, during and after the Lutetium infusion. The Lutetium will be infused by a nuclear medicine physician over 30-40 minutes. After administration you will visit our rooms for imaging at 1, 24 and 48 hours.

During your hospital admission you can eat and drink normally.

The time visitors can spend time with you during your hospital stay will be restricted and must be arranged with the nursing staff. We ask that pregnant women and children under 16 years do not visit you.

If you are doing well after the 2 days of admission and the radiation dose is low enough (usually not a problem) you will be discharged home where you can continue with your normal daily activities. We still advise to not spend prolonged time in close contact with other people, especially small children and pregnant women for 1 week after the therapy. If possible, you should not share a bed with someone else for 1 week after the infusion.

Are there any side-effects?

Not everyone experiences side-effects, but you may experience the following:

Nausea and vomiting : This is usually on the day of administration and due to the medication we give to protect the kidneys (amino-acids).We will prescribe medication to prevent/limit this.

Increased pain due to inflammation of the tumour, especially if it is in your bones, liver or pancreas. This is usually limited to 72 hours following therapy. A low dose of steroids and pain medication will be prescribed to help reduce this.

A temporary increase in the intensity of your day-to-day symptoms. These may include flushing, sweating, palpitations increased frequency of diarrhoea as often experienced (in neuro-endocrine tumours). These symptoms also depends on your symptoms before the therapy.

Minimal hair loss during the therapy.

Fatigue for a few weeks following the therapy.

Duration of treatment

The standard regime is 4 cycles. The time between cycles will depend on the therapy/type of cancer. The typical timing for prostate cancer is 6-8 weeks and for neuro-endocrine tumours 8-12 weeks apart. This may however change due to various reasons (eg abnormal blood results on follow-up).

Follow-up

Blood tests will be done routinely 2 weeks before and after the therapy and we will be in contact with you to monitor your response and progress.

If at any time you feel unwell, please contact us, your oncologist or go to your nearest emergency department if necessary.

After the last cycle we will repeat the nuclear medicine imaging study to assess the response to therapy. Further cycles may be done if deemed necessary.