

**The Precision of Protons.
The Power of Caring.**

A guide to proton therapy for
patients with cancer.

cdh PROTON
CENTER

A ProCure Center



About the CDH Proton Center, A ProCure Center

We are committed to providing patients with the best treatment possible to help them live healthy, fulfilling lives. Our Care Team focuses not only on treatment, but also on patients' overall well-being. The Center provides the most advanced state-of-the-art proton therapy technology available. Clinical care is provided by leading local radiation oncologists in a welcoming, healing environment.

We invite you to call the Center at **866-204-9862** or visit **www.procure.com/il** for more information and resources.

Welcome. An introduction to the benefits of proton therapy.

When you or a family member is diagnosed with cancer, you'll probably have a lot of questions and difficult decisions to make about your treatment.

But there is good news. There have been many medical and technological advances and improvements, which means more and better treatment options for you.

One of these advances is proton therapy. It's a very precise and effective kind of radiation treatment that has fewer side effects and treats many of the same tumors as standard X-ray radiation. It causes less damage to healthy tissue and can be an effective option for many patients whose doctors have recommended radiation treatment.

This brochure will walk you through the benefits of proton therapy and help you make important decisions about your treatment options.

Each person's experience is unique. So as you begin your own fight against cancer, we hope you find this brochure helpful and encouraging.





Proton therapy—advanced technology with many advantages.

Proton therapy is one of the most precise and advanced forms of radiation treatment available today. When compared to standard X-ray radiation, it treats many of the same tumors and is equally effective at destroying cancer cells. However, there are some distinct and important differences between the two therapies. The most significant one is that proton therapy results in less damage to healthy tissue so patients experience fewer side effects.

We invite you to call the Center at **866-204-9862** or visit www.procore.com/il to learn more about the benefits of proton therapy.

Proton therapy. More precise. More benefits.

X-ray vs. proton therapy.

X-rays and protons can be equally effective at destroying cancer cells, but there are some important benefits of proton therapy. Unlike X-rays, protons (heavily, positively charged atomic particles) can be precisely controlled so that most of their radiation ends up directly in the tumor.

This is an especially important benefit when the tumor is located near critical organs or structures such as the brain, heart or spinal cord. With standard X-ray radiation, more energy is released as X-rays travel through the patient's body, both before and after they reach the tumor site, damaging healthy tissue along the path.

With proton therapy, there is also a lower occurrence of secondary tumors which may appear many years after receiving radiation treatment.

Effective therapy. Less damage.

As protons enter the body, they do release some energy, but the amount is less than X-ray radiation. The proton radiation dose is designed to peak at the back of the tumor so that when it leaves the tumor, the dose falls almost to zero. This means there is less damage to healthy tissue and fewer side effects and complications. Because it is so precise, proton therapy provides effective therapy with reduced side effects.

Particularly effective for children.

Proton therapy can be especially beneficial for children, who can experience more serious short- and long-term side effects from X-ray radiation than adults. Since their bodies are still growing, children are more sensitive to healthy tissue damage caused by X-rays. Clinical studies suggest that proton therapy reduces the risk of growth and developmental problems, as well as secondary tumors.



Is proton therapy right for you?

Proton therapy is effective in treating certain types of cancers as well as some non-cancerous tumors and arteriovenous malformations (AVMs), which are tangles of blood vessels that sometimes occur in the brain or spinal cord. The tumors listed below are the ones that often benefit from proton therapy. Additional tumors may also be treated with proton therapy. Only a doctor can help you determine the best treatment approach for you.

- Brain tumors
- Head and neck tumors
- Base-of-skull tumors
- Prostate cancer
- Pediatric tumors
- Tumors near the spine
- Melanoma of the eye
- Lung tumors
- Gastrointestinal tumors

Who benefits most from proton therapy?

Proton therapy is recommended for many patients, including children. The precision of protons can be particularly beneficial for patients whose tumors are near critical organs or structures (such as the brain, heart or spinal cord), patients whose cancers have recurred and patients who cannot tolerate any more X-ray radiation.

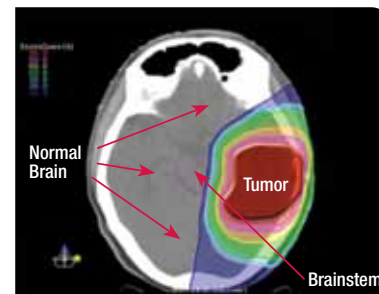
In addition, since proton therapy causes fewer side effects than X-ray radiation, it can often be used in combination with chemotherapy, as a follow-up treatment to surgery and in combination with standard X-ray radiation. You should discuss combination therapy with a radiation and a medical oncologist to decide the best treatment option.

Brain images comparing the amount of radiation to the tumor and healthy tissue.

With proton therapy (below left), most of the healthy tissue and critical organs are spared radiation. Some parts of the normal brain tissue receive 50% less radiation than with standard X-rays (below right). In some cases, the added exposure to radiation can be equivalent to receiving 75,000-450,000 dental X-rays. *Source of treatment plans: ProCure Training and Development Center and Dr. Sameer Keole.*

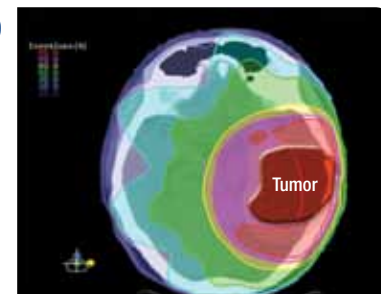
WITH PROTONS:

Grey/white area indicates no radiation exposure.



WITH STANDARD X-RAYS:

Colored area indicates radiation exposure.



High Radiation

Low Radiation

Proton therapy. What to expect.

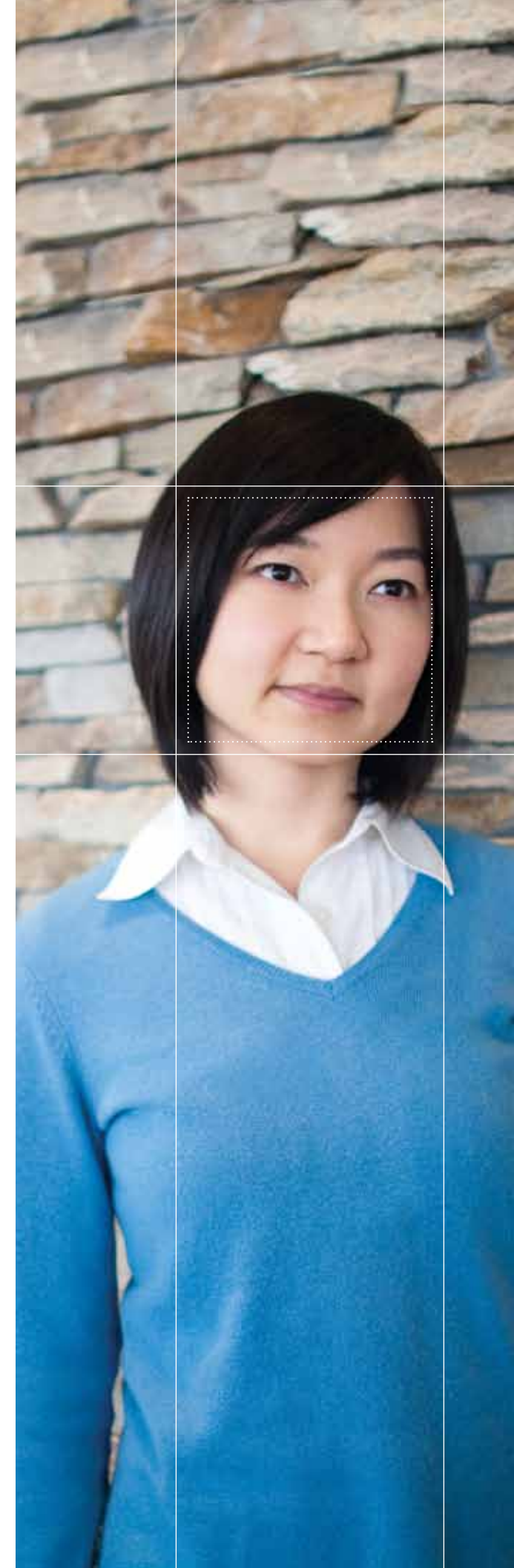
Proton therapy is given in proton centers which feature specialized, state-of-the-art medical equipment. The treatment and care is provided by doctors, medical physicists, nurses and radiation therapists who are specially trained experts. The doctor who prescribes proton therapy and manages your medical care is a radiation oncologist.

Most patients do not feel pain or discomfort during treatment sessions. That's because proton therapy is a non-invasive and painless treatment that can be performed in a proton therapy center without an overnight stay in the hospital. The time spent actually delivering the protons to the tumor is about one minute, but a treatment session can range from 15 to 30 minutes due to time spent making sure you're in just the right position for this precise treatment. After your treatment session, you can leave and go on with your normal, daily routine.

Treatments are generally given five days a week for four to eight weeks, depending on the tumor and its location.

Minimal side effects.

As with all radiation therapy, there is the potential for side effects. However, most people report no side effects with proton therapy. If they do occur, side effects are generally minor and can vary depending on the tumor location, your general health, other medical conditions, age and medical history. Some people experience tiredness, skin irritation or slight hair loss. Your doctor will talk with you about the specific side effects you may experience based on your tumor's location and your treatment plan.



Answers to your questions.

Q: Is proton therapy experimental?

No, proton therapy is not experimental. Proton therapy was approved by the U.S. Food and Drug Administration (FDA) to treat patients in 1988. To date, more than 67,000 people worldwide have received proton therapy at centers in Europe, Asia and the United States.

Q: What kinds of studies have been/are being done to prove the effectiveness of proton therapy?

The effectiveness of proton therapy has been studied by researchers around the world. More and more studies show excellent results treating tumors with protons compared with alternative treatments. The amount of research being conducted on proton therapy is rapidly increasing as more centers open and more patient experiences become available.

Q: Will my insurance cover the cost of proton therapy?

In most cases, yes. Proton therapy is covered by many private insurance carriers, Medicare and

many state Medicaid programs. Specific levels of reimbursement depend on the state and site of service and health insurer.

Q: How can I find out if proton therapy is an option for me?

You or your doctor can contact the CDH Proton Center, *A ProCure Center* in Warrenville to determine if it's right for you.

Only a specialist in radiation therapy—a radiation oncologist—can decide if proton therapy could be the best option for you. The medical team will assist you in collecting the information needed for a proton therapy evaluation at the Center, including:

- Your cancer diagnosis
- Imaging records
- Family medical history
- A referral for radiation therapy

To find out more, please visit us at www.procore.com/il or contact the CDH Proton Center, *A ProCure Center* at 866-204-9862.

Explore your treatment options. Talk to your doctor.

It is important to consider all your options before you decide on a treatment. Since many of the tumors that can be treated with proton therapy also can be treated with X-ray radiation, these questions will help you discuss options with your doctor.

Doctor discussion guide.

Please write down a description of my cancer or my type of tumor—what it's called, where it's located, its stage and other facts that may be important in deciding treatment options.

What are my treatment choices?

What do you recommend and why?

Is proton therapy an option for me? What are the pros and cons?

How does proton therapy compare with my other options?

How long would my treatment last—at each appointment and the entire course?

What is the treatment like? Is it safe?

Will the treatment affect my daily routine? (e.g. going to work, exercising)

What short-term and long-term side effects or complications can I expect with each treatment option?

How will we know if it worked?

If my cancer came back some day, could I have treatments again?

Where do I need to go for therapy?

How much will it cost? How much will my insurance/Medicare/Medicaid pay?

Once we have decided a course of treatment, what are the next steps?



Precision therapy. Passionate care.

Welcome to the CDH Proton Center,
A ProCure Center.

The Center is the ninth proton therapy center to open in the United States and offers specialized treatment for many kinds of tumors. We combine innovative technologies designed to deliver proton therapy with a passion for creating a healing environment. The Center's experienced doctors and highly skilled medical professionals are dedicated to providing exceptional care for you and your family—every step of the way.

To find out more, please call the Center at 866-204-9862 or visit us at www.procore.com/il



Getting started.

At the CDH Proton Center, *A ProCure Center*, you'll benefit from the precision of proton therapy and the power of passionate care. We are committed to addressing your needs and we respect your time and dignity. To get started, please contact us at 866-204-9862 to request a consultation. Our team will help you gather the medical information needed and a Physician Review Board will evaluate your case to determine proton therapy is right for you.

Great care is taken. And given.

If it's determined that you are a good candidate for proton therapy, we'll contact you to schedule a consultation with one of the radiation oncologists at the Center. Next, we'll develop a personalized and comprehensive treatment plan for you. Once the plan is finalized, we'll work with you to begin scheduling your treatment. If you are not a candidate for proton therapy, we will work with you and your doctor to determine other treatment options.

Comprehensive cancer care.

While you are receiving proton therapy, you may need additional medical care. The proton center is affiliated with Central DuPage Hospital (CDH) to provide these

medical services, especially for patients who do not have a local doctor or hospital. The CDH Cancer Center, conveniently located next to the proton center, offers chemotherapy and infusion therapy, other types of advanced radiation treatments, as well as nutritional and psychosocial counseling, patient education programs and support groups. These services will be provided with the same dedication to excellent medical care and in the same compassionate, healing environment you will find at the proton center.

Beginning in early 2011, pediatric patients receiving proton therapy at the proton center can benefit from the specialized care and support services provided by medical professionals at Children's Memorial Hospital. A collaborative team, led by pediatric neuro-oncologists and neurosurgeons at Children's Memorial, will play an integral role in reviewing all pediatric patients treated at the proton center, bringing expertise from one of the nation's most comprehensive brain tumor programs for children.

To find out more, please call 866-204-9862 or visit us at www.procore.com/il.



The CDH Proton Center, *A ProCure Center* is a joint venture among Central DuPage Hospital (CDH), ProCure Treatment Centers and Radiation Oncology Consultants, Ltd. (ROC). All three organizations are dedicated to bringing proton therapy to Illinois. The physicians that practice at the Center are neither agents nor employees of CDH, nor does CDH control or operate the Center.

We care for and about you.

We understand how important it is to have a professional—and personal—relationship with us as you go through treatment. Your Care Team, which includes a radiation oncologist, nurse and radiation therapists, is dedicated to managing your therapy and will be there to support and guide you every step of the way. The Care Team nurse will help coordinate any additional medical services you may need and make sure your personal physician is updated regularly about your progress.

We take care of the day-to-day needs for you. And your family.

We know how stressful it can be to manage life while you undergo treatment. Our Patient Services Team has extensive knowledge on local restaurants, recreational activities and spiritual places to help make Warrenville feel like home for you and your family. Our team also hosts activities at the Center for patients and their families to share stories and offer each other support. If you are traveling from out of town, our team will help you arrange lodging and transportation during your treatment.

We follow through. And follow up.

Our Intake Nurse will coordinate medical record exchanges and collect information needed to evaluate your individual treatment needs. Your Care Team nurse will schedule consultations, appointments and follow-up care.

Our financial counselors help too.

Our experienced counselors provide personalized help in navigating insurance coverage and payment.

We also offer:

- Support groups
- A knowledge center and resource library
- Convenient and flexible treatment scheduling
- Help with meal planning
- A play room for children and families

Learn more about your cancer and proton therapy.

GENERAL RESOURCES

OncoLink:
www.oncolink.com

National Cancer Institute:
www.cancer.gov

PATIENT SUPPORT AND ADVOCACY GROUPS

Brotherhood of the Blue Bag:
www.brotherhoodofthebluebag.com

ProCure Cancer Foundation:
www.procurecancerfoundation.org

National Association For Proton Therapy:
www.proton-therapy.org

Proton Bob (Brotherhood of the Balloon):
www.protonbob.com

Pediatric Proton Foundation:
www.pediatricprotonfoundation.org

CDH Cancer Center Support Groups:
www.cdh.org/Medical-Services/Oncology/Support-Groups-Resources

RADIATION ONCOLOGY ORGANIZATIONS

American Society for Radiation Oncology:
www.astro.org

Particle Therapy Co-Operative Group:
<http://ptcog.web.psi.ch>

Paediatric Radiation Oncology Society:
www.intpros.org

NATIONAL CANCER ORGANIZATIONS

American Cancer Society:
www.cancer.org

American Brain Tumor Association:
www.abta.org

Children's Brain Tumor Foundation:
www.cbtf.org

Prostate Cancer Foundation:
www.prostatecancerfoundation.org

American Breast Cancer Foundation:
www.abcf.org

Directions.

The CDH Proton Center, A ProCure Center
4455 Weaver Parkway
Warrenville, Illinois 60555 | 866-204-9862

From the East:

Take I-88 west to the Winfield Road exit. Turn left onto Winfield Road and continue south for a ½ mile to Diehl Road. At Diehl Road, turn left. Weaver Parkway is the second street on the left at the stop light. Turn left onto Weaver Parkway. The Center is located on the right.

From the West:

Take I-88 east to the Winfield Road exit. Turn right onto Winfield Road and continue south for a ½ mile to Diehl Road. At Diehl Road, turn left. Weaver Parkway is the second street on the left at the stop light. Turn left onto Weaver Parkway. The Center is located on the right.

From the South:

Take I-355 north to I-88 west. Continue west on I-88 to the Winfield Road exit. Turn left onto Winfield Road and continue south for a ½ mile to Diehl Road. At Diehl Road, turn left. Weaver Parkway is the second street on the left at the stop light. Turn left onto Weaver Parkway. The Center is located on the right.



From the North:

Take I-355 south to I-88 west. Take I-88 west to the Winfield Road exit. Turn left onto Winfield Road and continue south for a ½ mile to Diehl Road. At Diehl Road, turn left. Weaver Parkway is the second street on the left at the stop light. Turn left onto Weaver Parkway. The Center is located on the right.

Leaders in radiation oncology.

The radiation oncologists who provide clinical care at the CDH Proton Center, *A ProCure Center* are members of Radiation Oncology Consultants (ROC). They will plan your course of therapy, manage your clinical care and conduct weekly check-ups to ensure that your treatment is on track.

Affiliated with hospitals throughout the Chicago metropolitan area, the radiation oncologists of ROC are leaders in the field and are known for clinical excellence as well as pioneering new technologies for treating cancer. They are experienced in the delivery of 3-Dimensional Conformal Radiation Therapy (3DCRT), Intensity Modulated Radiation Therapy (IMRT), Gamma Knife Radiosurgery (Stereotactic Radiosurgery), Stereotactic Radiotherapy, Tomotherapy, High Dose Rate Brachytherapy (HDR), Low Dose Rate (LDR) Brachytherapy and proton therapy. With specializations in brain, head and neck, breast, lung, gastrointestinal, genitourinary, prostate and pediatric cancers, ROC has the expertise to provide the highest level of medical care to patients.



Radiation Oncology
Consultants, Ltd.



About the CDH Proton Center, *A ProCure Center*

The CDH Proton Center, *A ProCure Center* in Warrenville, IL is the first proton therapy center in Illinois to provide this advanced radiation therapy to patients. The Center is the ninth center in the nation to treat multiple tumor sites. It is equipped with the most advanced proton therapy technology available and clinical care is provided by a dedicated team of experienced radiation oncologists and medical professionals.

To find out more, please call the Center at 866-204-9862 or visit us at www.procure.com/il

cdh PROTON
CENTER
A ProCure Center



Center Location
4455 Weaver Parkway
Warrenville, Illinois 60555

To learn more about the advantages of proton therapy, please call 866-204-9862 or visit www.procore.com/il.