# Versa HD, Mosaiq and Monaco: VMAT SBRT, Symmetry and a Bunch of Other Stuff (That's a lot to cover!)

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# **Disclosures**

- No conflicts of interest to disclose
- KMC <u>does</u> have plenty of Elekta equipment and software and we have worked with them for decades. We are an Elekta Stereotactic Center of Excellence.
- We treat on Elekta linear accelerators using Mosaiq OIS, and plan SBRT and IMRT solely on Monaco. Much of the theory can be utilized with ANY vendor's hardware or software, but some of the practical application of this presentation is simply not possible without Elekta equipment and software.
- Therefore, some of this talk would be deemed "Elekta-centric".

## **Thanks**

- Many thanks to the team at Kettering Medical Center
- Our physicians Drs. Hale, Kudithipudi, Paravati and Knecht
- Our other 2 physicists Pat Heffron-Cartwright and Thomas Holtschneider
- Our dosimetrists Danyale Krieger, Kim Whaley, and Leshia Rudolph
- Our Information Systems team

# What are we going to talk about?

- Treating SBRT using Monaco, Mosaiq and Versa HD
- VMAT, Symmetry and other items
- My Opinions
- · Final thoughts
- Q and A

# Dangerous and Deadly - AUS



**Box Jellyfish** 



Coastal Taipan



Inland Taipan-*MORE* Deadly



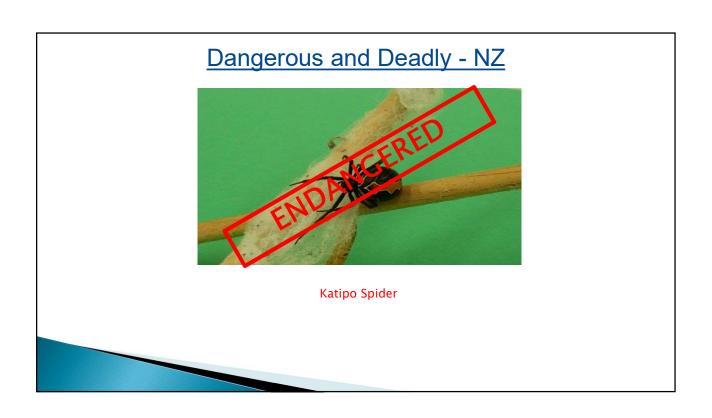
Irukandji Jellyfish



Funnelweb Spider

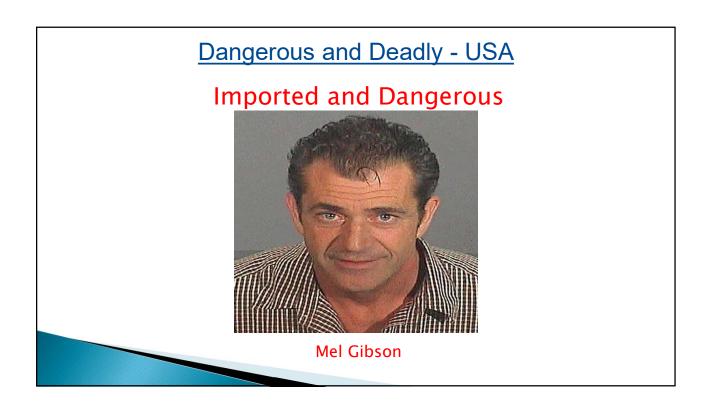


Saltwater Croc









# Dangerous and Deadly - USA

## Imported and Dangerous



Justin Bieber

# **Imaging on XVI**

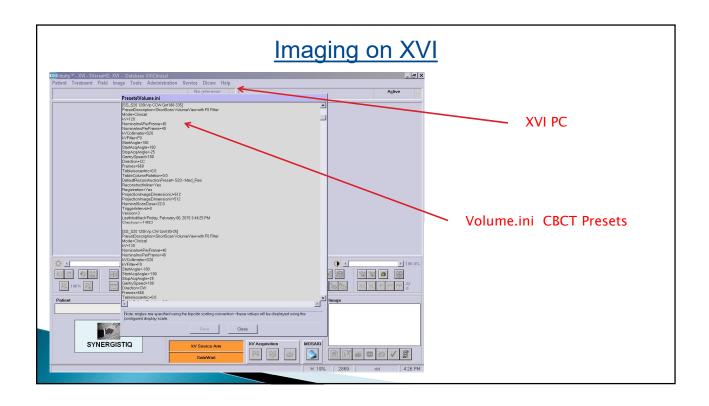
Let's *not* start our clinical talk with Monaco or treatments.

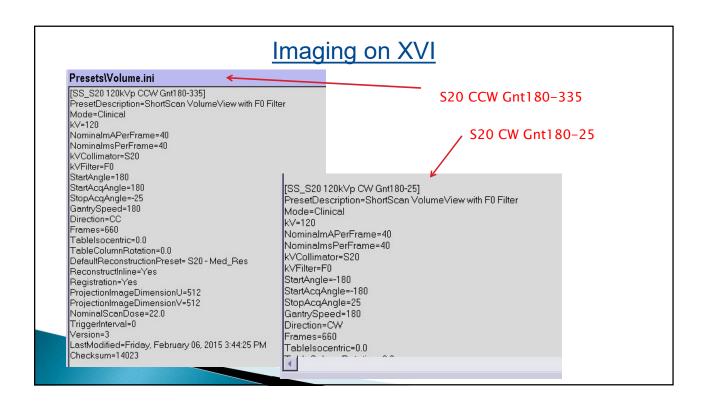
Instead, let's start with the XVI image acquisition system (and Mosaiq) to do some preliminary work there.

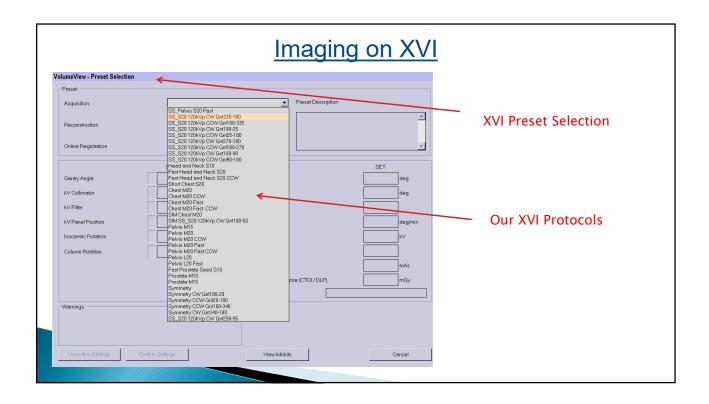
This XVI stuff looks hard but in reality is quite easy.

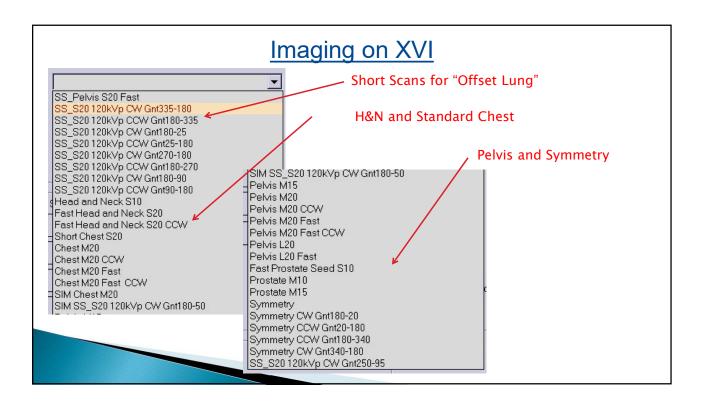
(There is a lot of copy/paste.)

And THAT is the point!









#### **Imaging on XVI**

The point is that this stuff looks hard but in reality is quite easy.

It is actually very important.
In many ways it could be even easier,
and customers certainly need a more robust set of
initial presets.

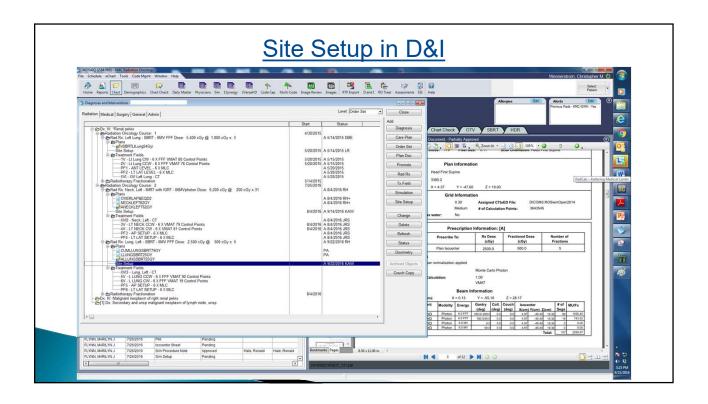
Either put them through the FDA,
Or the lawyers need to figure out how to let you do it!

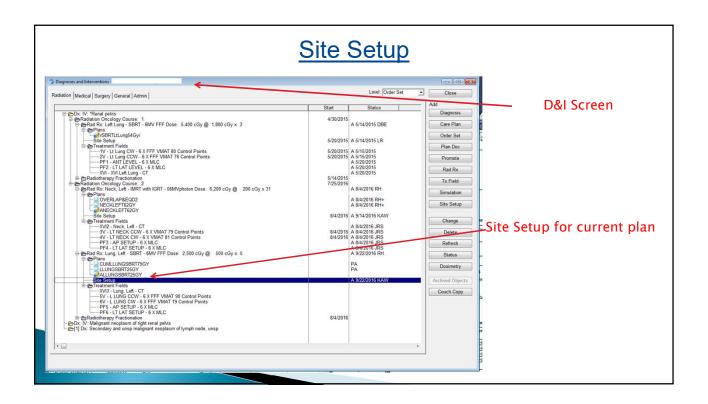
### Site Setup in Mosaiq

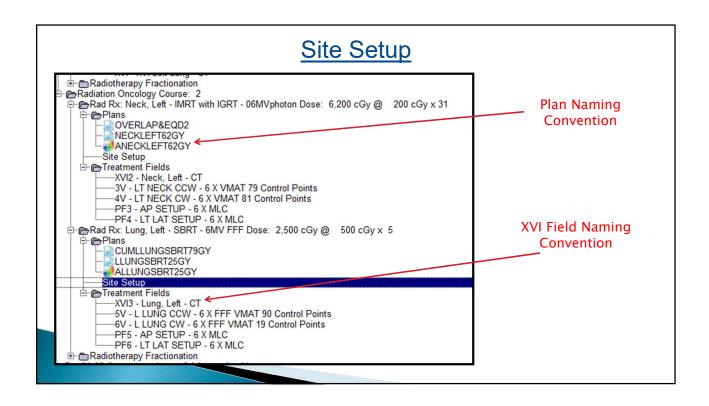
Site Setup is a wonderful tool that all your users need to get extremely familiar and comfortable with.

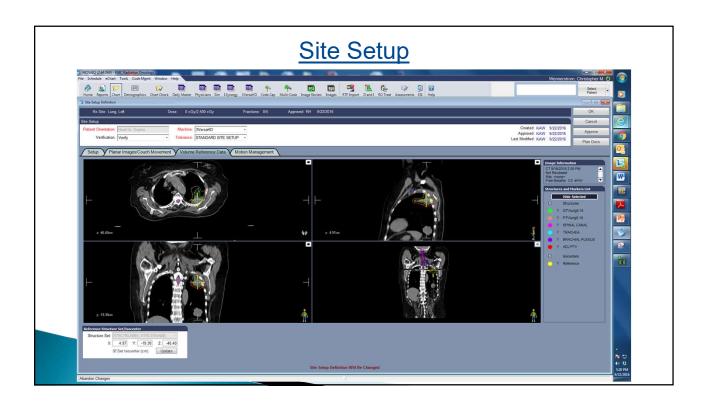
It's where we write our setup information and table parameters for the site we are treating.

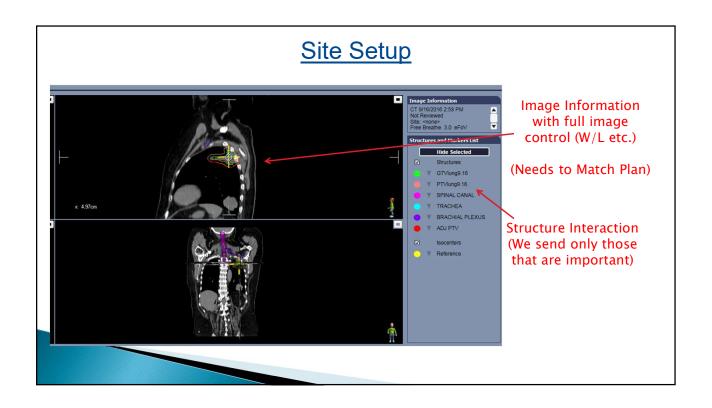
But *most importantly,* Site Setup holds the site's 3-D image information and isocenter.

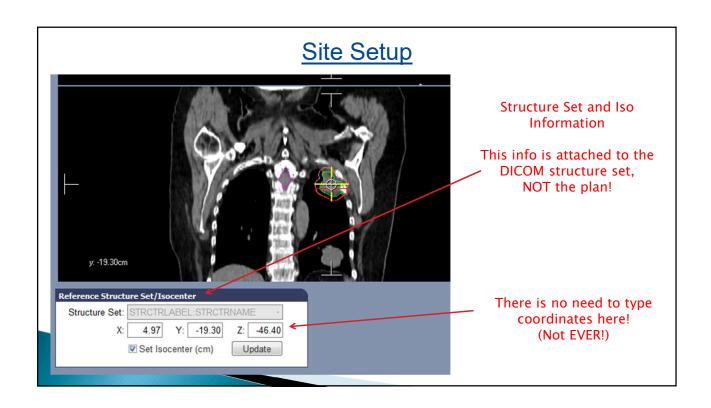


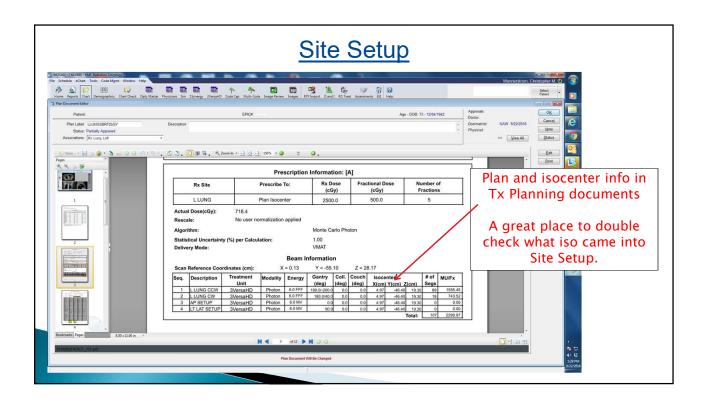


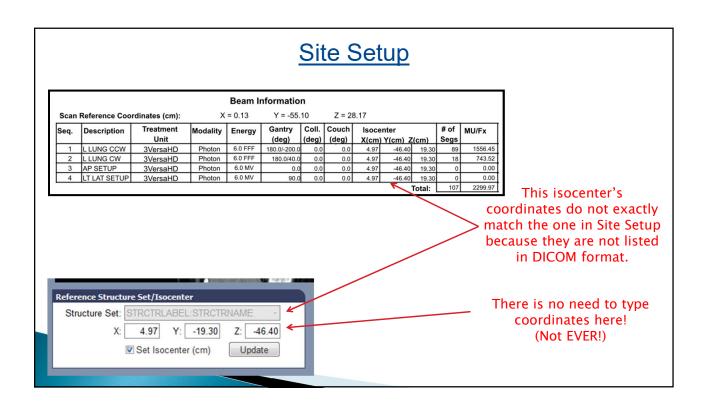


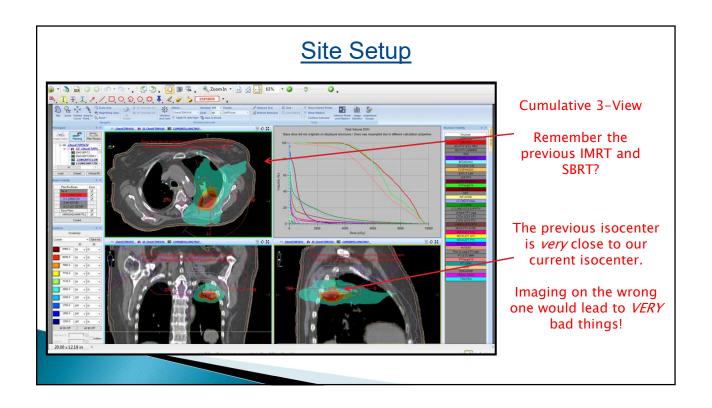




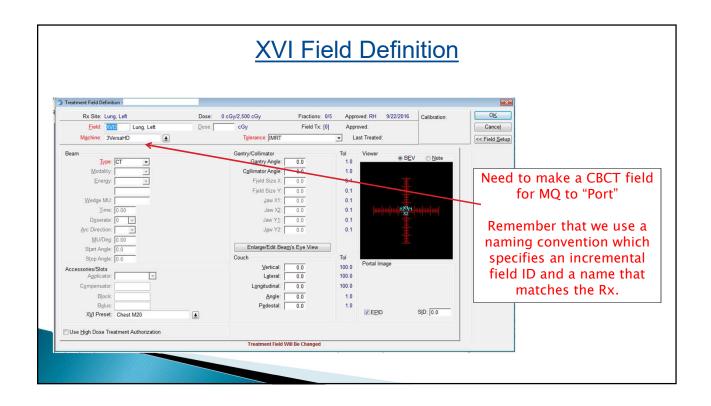


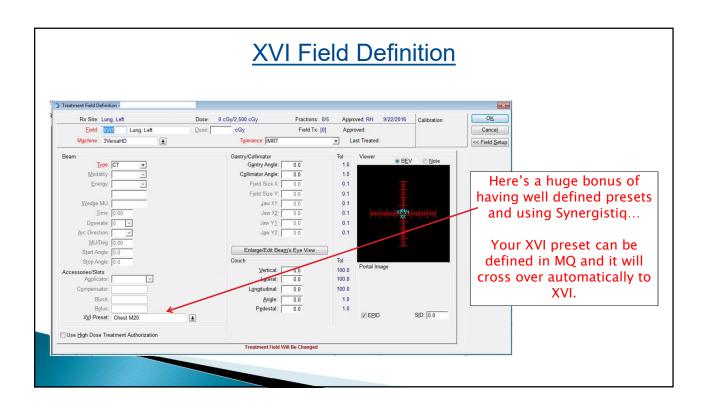


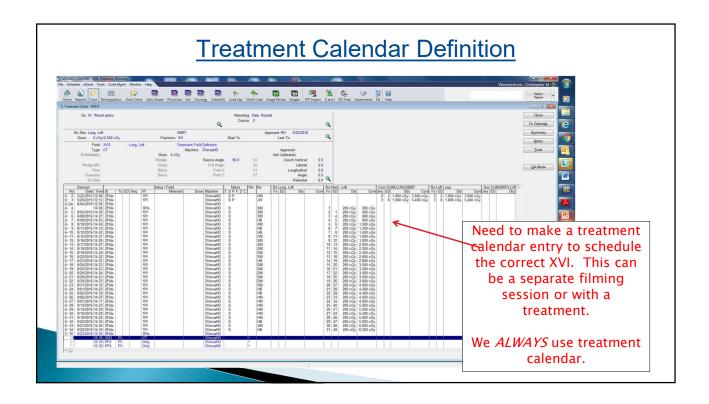


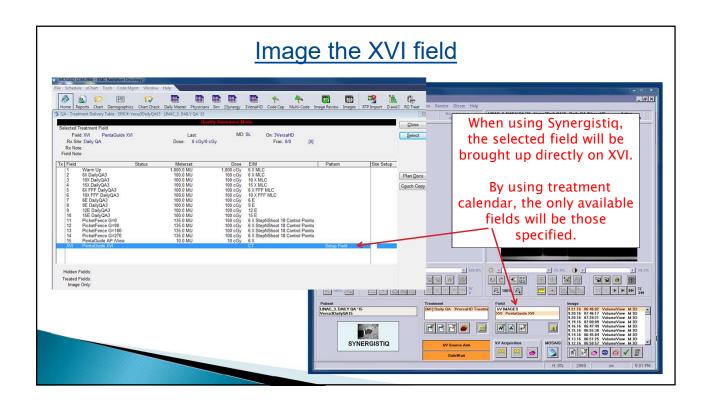


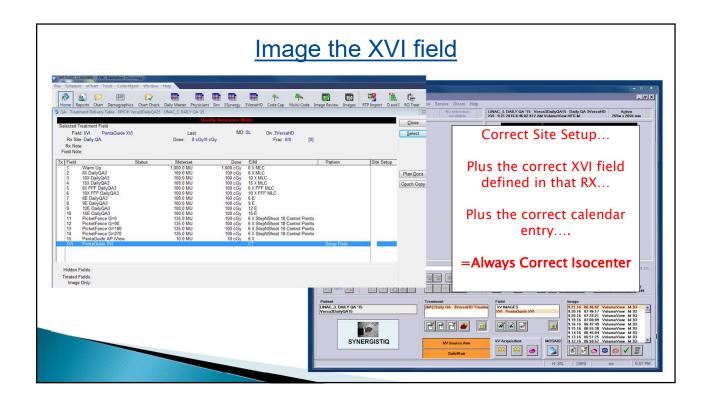










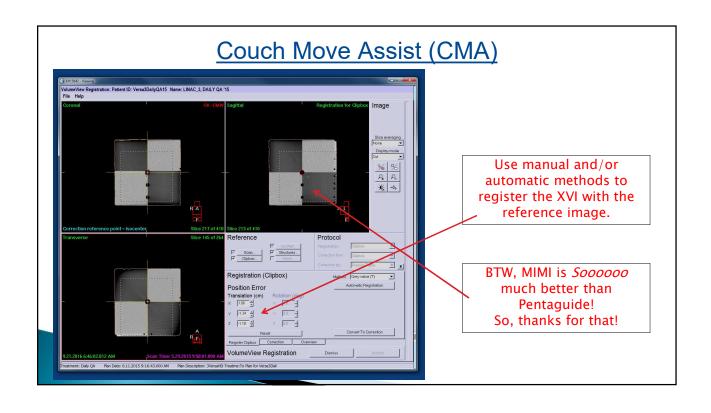


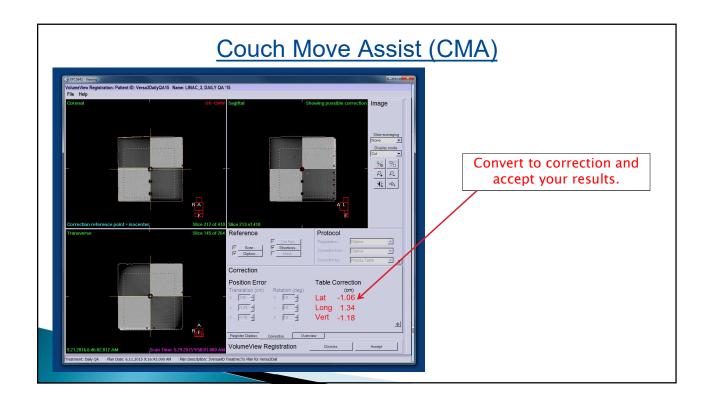
### Site Setup

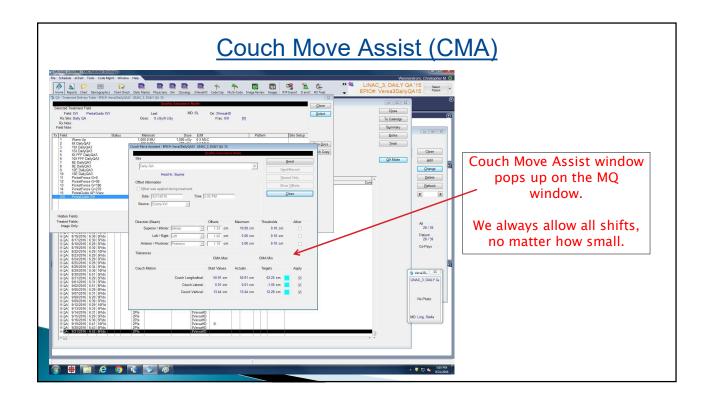
Again, Site Setup is a wonderful tool that you need to get extremely familiar and comfortable with.

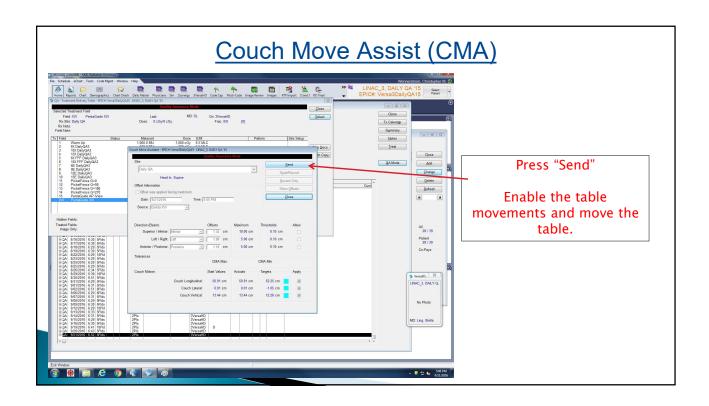
Again, *most importantly,* Site Setup holds the site's 3-D image information and isocenter.

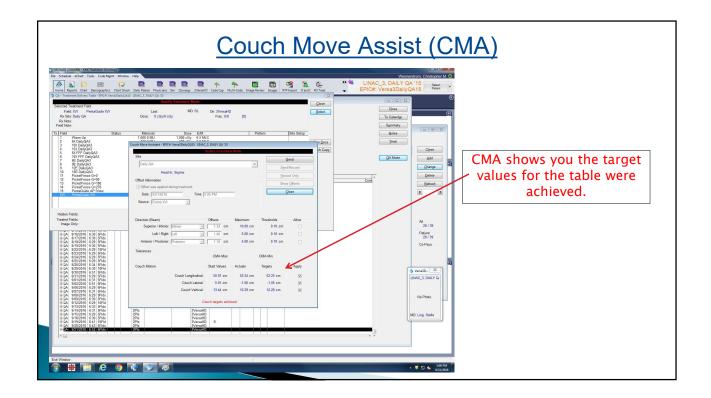
Used correctly, Site Setup makes treatment definition easy and safe, even for multiple plans.









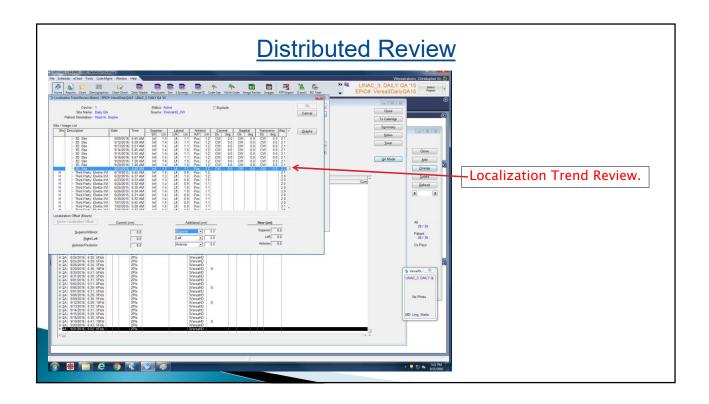


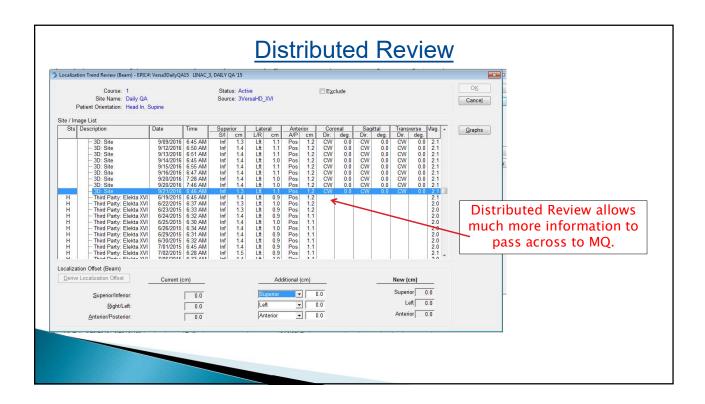
# **Distributed Review / Distributed Imaging**

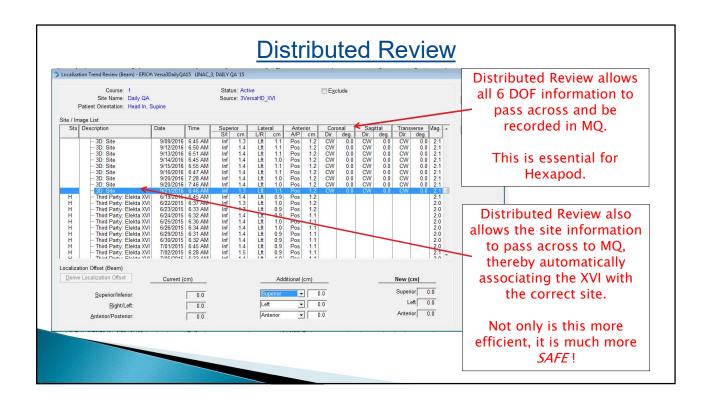
Allows images in Mosaiq to be accessed for review at any MOSAIQ station.

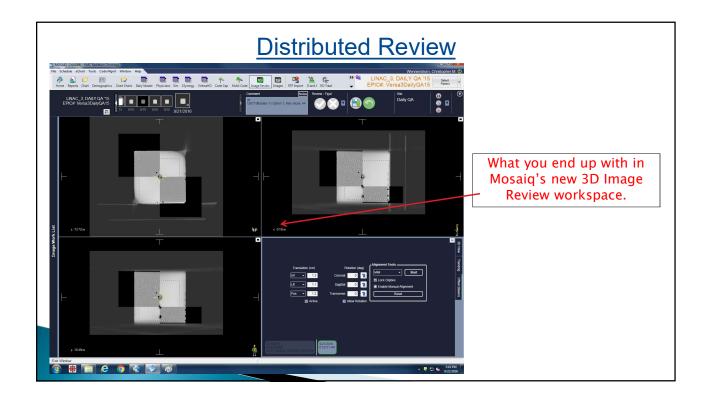
Uses Spatial Registration Objects (SRO) imported and associated to the patient, allowing review in the new Image review workspace. Includes all original data from XVI (pre- convert to correction) and correction with and without rotations

Easily transfer patients across machines, as DR/DI keeps the XVI reference data and MQ reference data in sync.









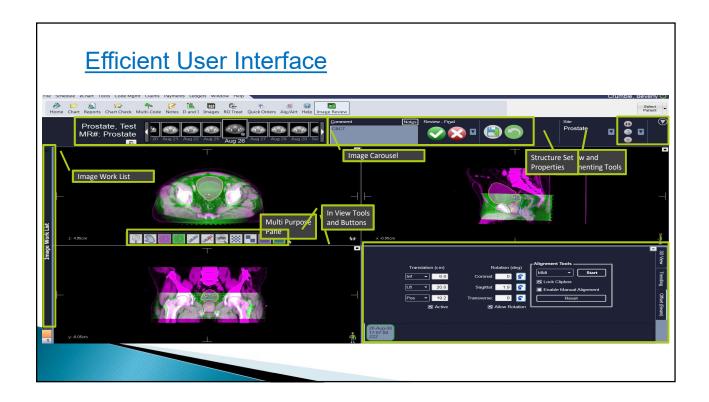
# CMA / Distributed Review / Distributed Imaging

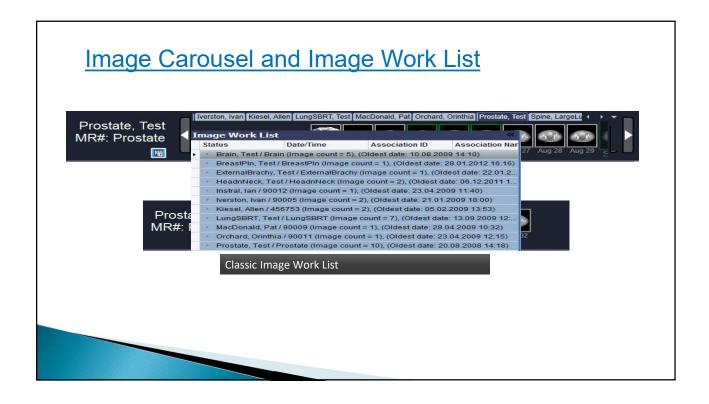
Why do you care?

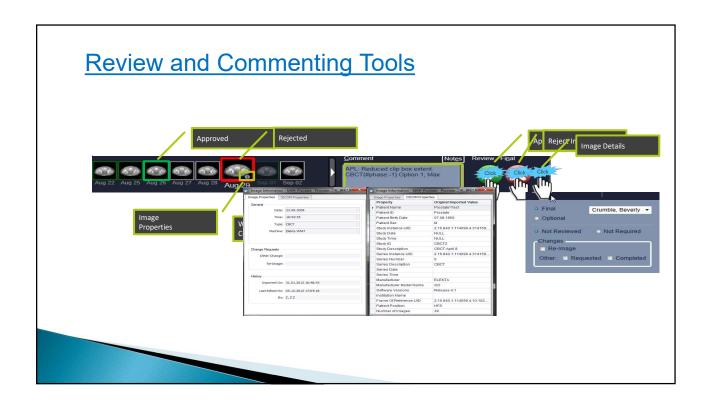
Because with these tools, all non-Hexapod shifts are controlled by Mosaiq, and ALL shifts reside in Mosaiq.

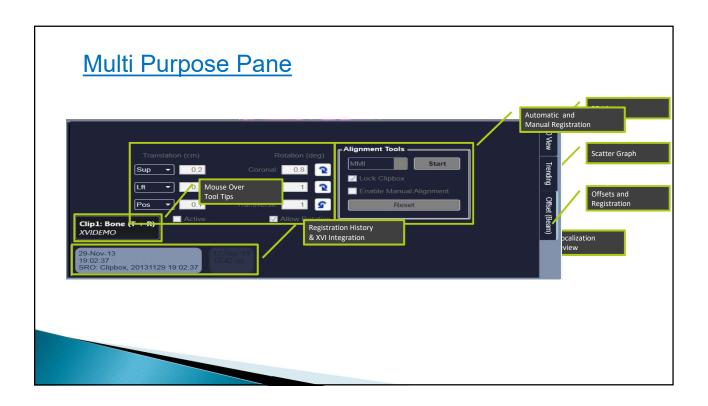
Ease-of-use, safety, using the current version... All Better.

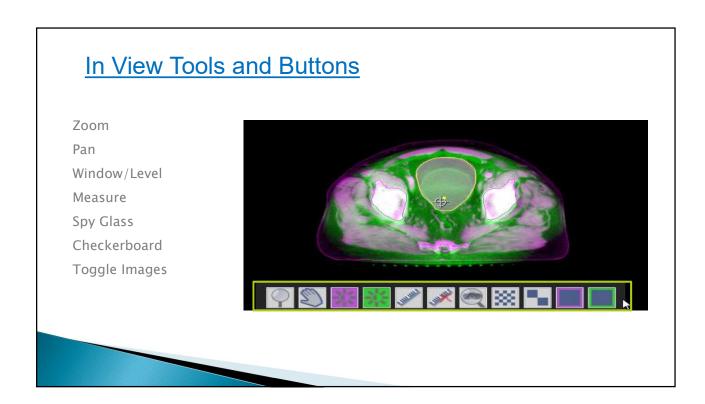


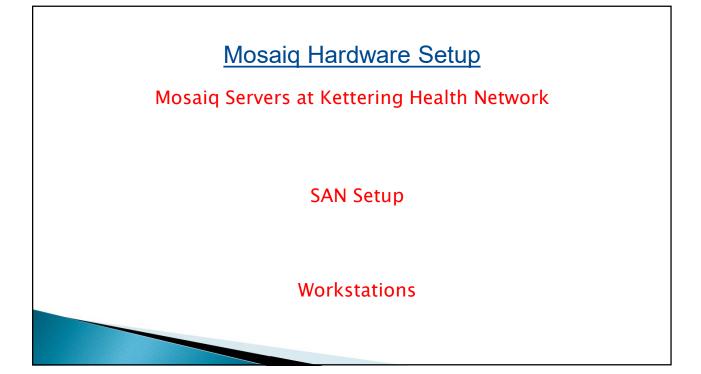












# Kettering's Mosaiq Server Specs

KHWPAPP203	MosaiQ Application Server
Hardware	VMWare Server
OS	Windows Server 2012 R2 Standard
Processors	2 - Intel Xeon CPU E5-2667 v3 @ 2.90GHz
Memory	16 GB

KHWPSQL037	MosaiQ DB Server	
Hardware	HP Proliant BL460c G9	
OS	Windows Server 2012 R2 Standard	
SQL	SQL Server 2012	
Processors	2 - Intel Xeon CPU E5-2630 v3 @ 2.40GHz	
Memory	32 GB	

# Kettering's Mosaiq/Monaco SAN Specs

KHWPAPP052	File Server for Monaco
Hardware	Proliant DL380 G8
OS	Windows Server 2008 Standard R2 SP1
Processors	2 - Intel Xeon CPU E5-2640 v3 @ 2.50GHz
Memory	32 GB
SAN	3Par v400
SAN Connection SAN Switch	Fiber – 8 GB Brocade DCX-8510-4
SAN Drives	The volume is a RADI 5 Set Size 6, with 15K (FC) 600GB Drives

#### Kettering's Workstation Specs

#### **Standard Workstation**

Model: HP EliteDesk 800 G1 USDT (Also, the EliteDesk 800 G2)

Intel Core i5 @ 3GHz or faster

• 6 MB cache, 4 cores, 4 threads

• Intel HD Graphics 4600 (Integrated, Shared RAM)

· 8 GB RAM

Notes: Some have a Quadro 400 or Quadro 600 graphics card

This WS meets our **EPIC** specs

# Kettering's Workstation Specs

#### **Image review**

Model: HP Z240 WorkstationTower

Intel Core i7 @ 3GHz or faster

• 6 MB cache, 4 cores, 8 threads

Solid State Drive

Quadro K600 graphics card or better

8 GB RAM

Notes: This is a new configuration. Older, slower are still working

Standard dosimetrist PC (Multiple Monaco's, MQ, iSite, etc)

#### Kettering's Workstation Specs

#### **Physician**

Model: HP Z440 WorkstationTower

Intel Xeon @ 3GHz or faster

• 15 MB cache, 6 cores, 12 threads

Solid State Drive

· Quadro K2200 graphics card or better

• 16 GB RAM

Notes: This is a new configuration. Older, slower are still working

Constant image review, Monaco Sim contouring, etc

# Kettering's Workstation Specs

#### **Monitors**

MD/Physics/Dosimetry: Dual 24" WS on Digital Connections

HP Z-Series or similar

Need good-to-excellent vertical viewing angle

Everyone Else: Single or Dual 23" WS on Digital Connections

HP Elite Display or similar

Vertical viewing angle not as critical

Notes: MQ works better in WS. You need the horizontal real estate.

Mosaiq Sequencers should be WS *on Digital Connections* 

Users look at these all day, every day, and need to buy like it!

#### MOSAIQ 2.6 Image review workspace

If your clinic has not already done so, *PLEASE* try to get them to upgrade Mosaiq to the latest version. The new 3-D image review workspace *alone* is worth it.

Upgrade your servers and workstations to meet current specs. Your hospital EMR may have already mandated this.

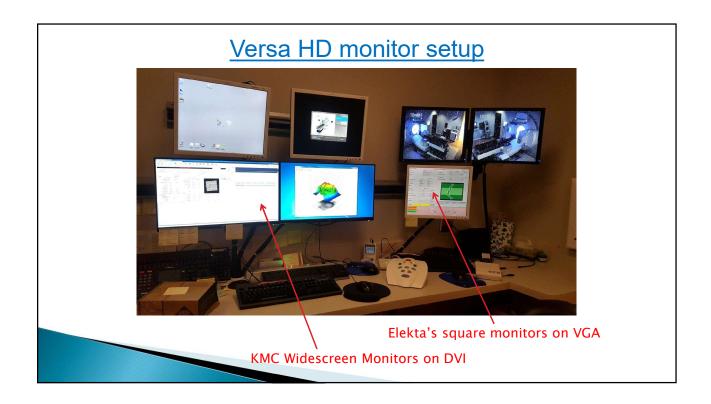
Give everyone *real* monitors to work on!

### MOSAIQ 2.6 Image review workspace

Why do you care?

Ease-of-use, safety, using the current version...
All Better.

Because with the correct PC and Server configuration the <u>Radiation Oncologists</u> love it, and dosimetry and physics do, too!



## VersaHD SBRT Setup - Breathing

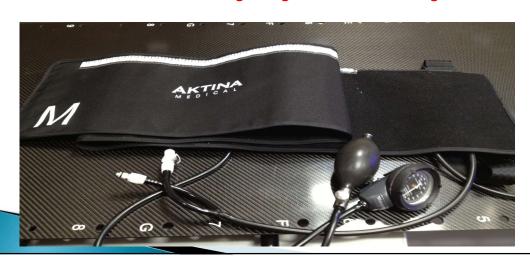
Limiting breathing motion is, in our opinion, the most critical part of motion management.

Deep inspiration breath-hold is an option, but should be entered into with great care in SBRT.

4-D CT is an *imaging* technique. It is NOT motion management.

# A Few Words About Equipment...

This Abdominal Compression Belt from Aktina is *NOT* expensive, is comfortable and does amazing things to limit breathing excursion.







We use plastic wrap on the belt for infection control.

Use 24-36 inch wide restaurant-grade rolls.

(Only on occasion will we use the paddle.)

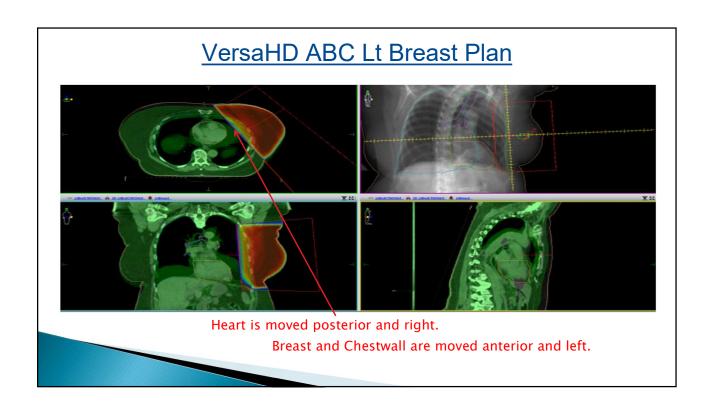


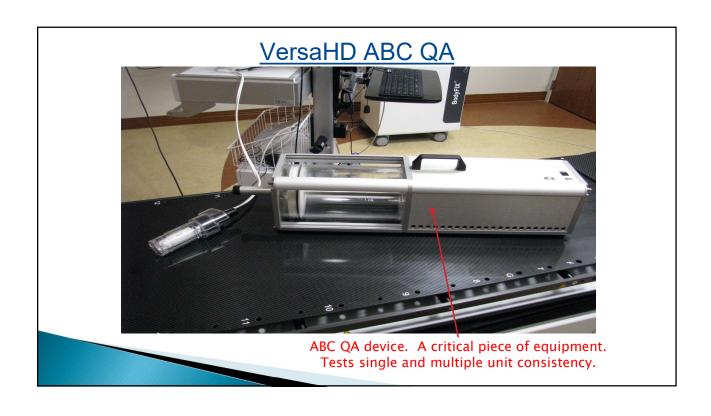
### VersaHD and the ABC system

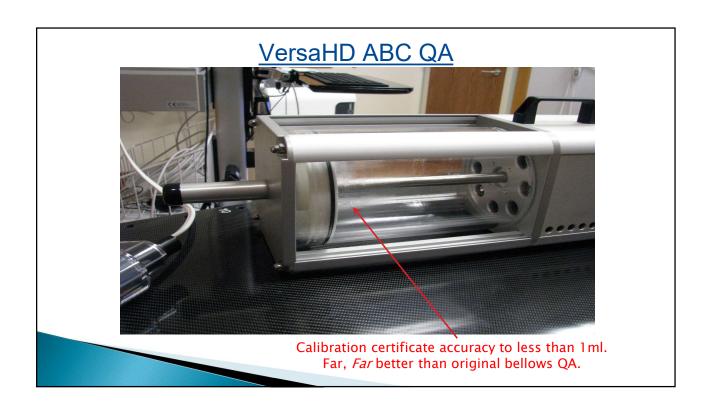
We use ABC on *every* left breast, except those very few patients that cannot do it.

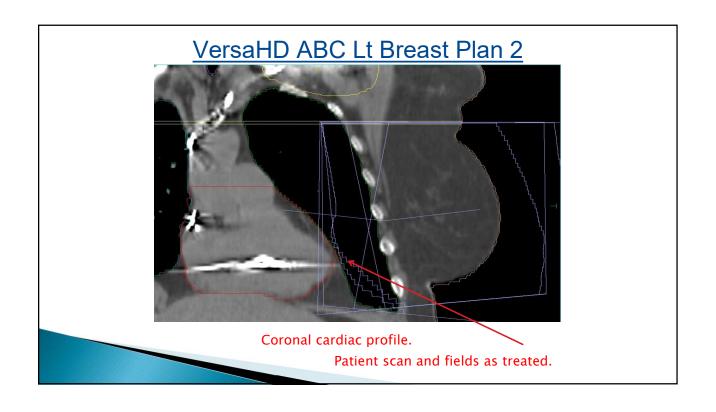
Most women have no problems whatsoever, and they often tell us they can hold their breath longer as they get farther into treatment.

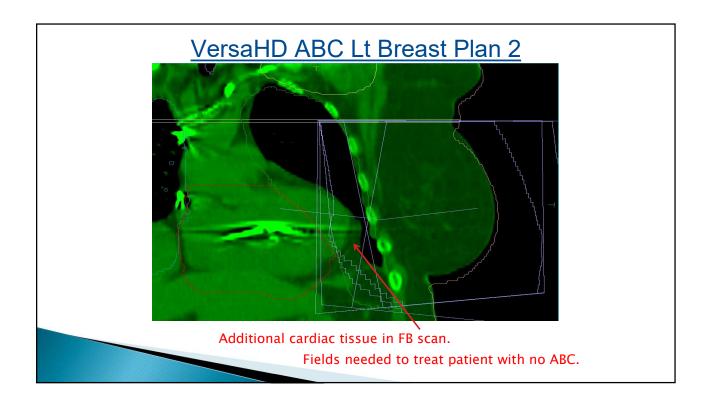
Our women using ABC express a sense of *empowerment*, since they are an active participant in their care.









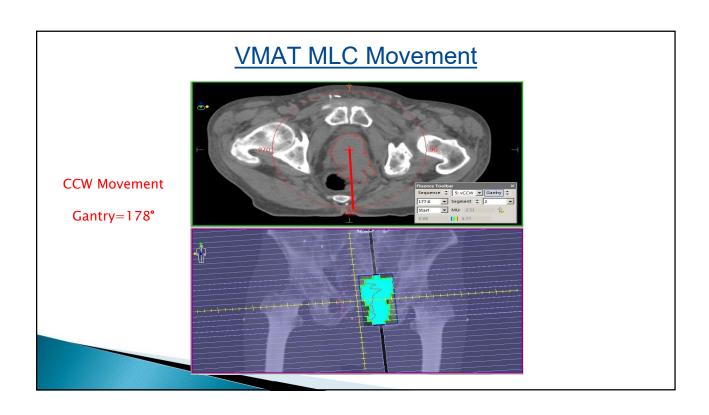


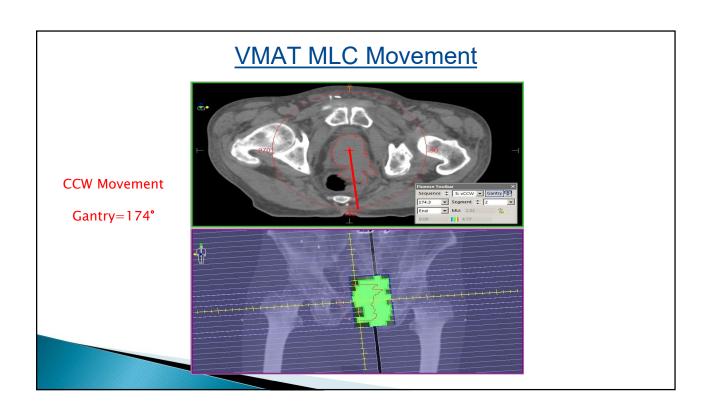
#### What is VMAT?

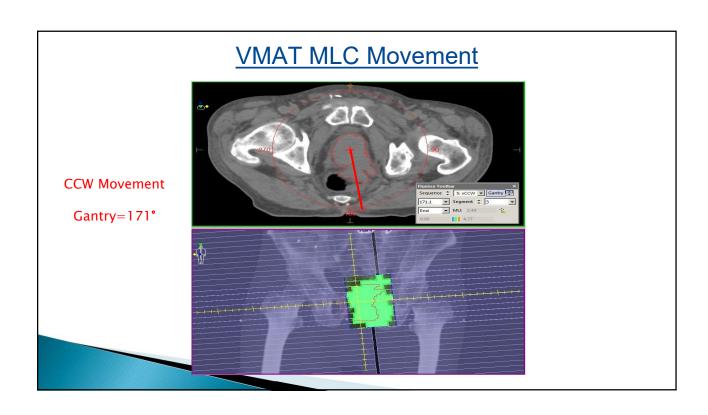
- VMAT stands for Volumetric Modulated Arc Therapy.
- VMAT allows full or partial arcs and creates the desired radiation field by modulating gantry speed, MLC speed and direction, and dose rate.
- A VMAT beam is broken up into arc segments that are specified at time of planning.
- All initial arc segments will contain the full number of degrees while the *last* arc segment will use up the remainder. (100 degrees/30 = 3 full segments of 30 degrees + 1 partial segment which moves 10 degrees.)

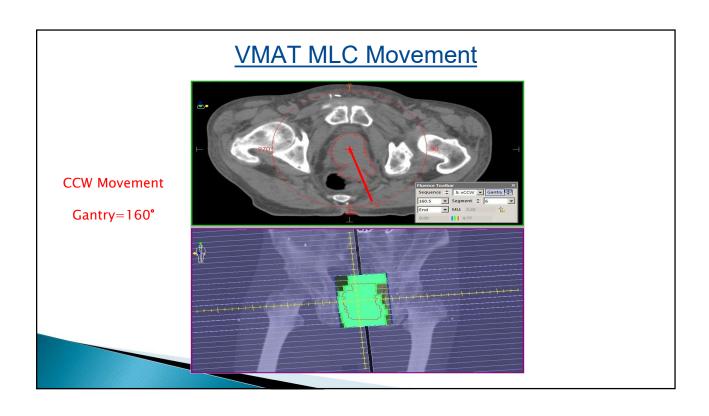
# What is VMAT?

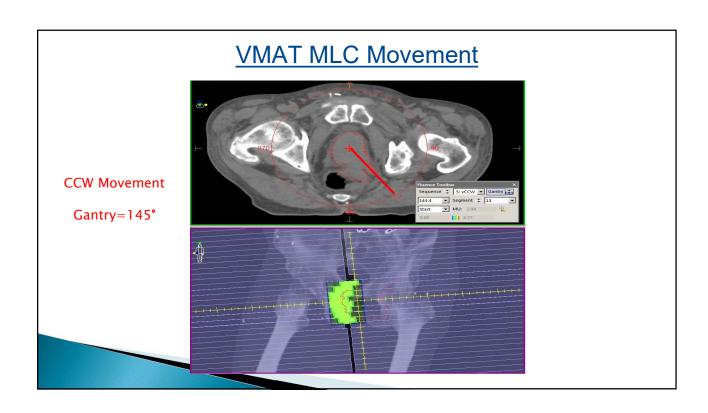
- The MLC's primarily move in one direction for the entire time the gantry is rotating through an arc segment.
- The MLC's move *with* the gantry on the first arc segment and move *against* the gantry on the second (etc.)
- The MLC's are therefore mostly on one side at the beginning of an arc segment, move to a more open shape, then close toward the other side near the end.

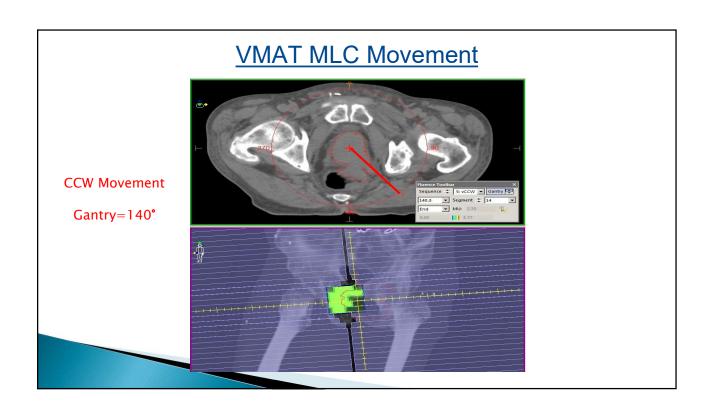


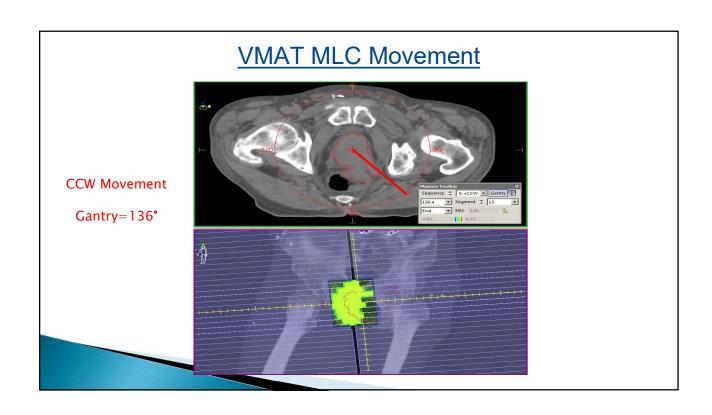


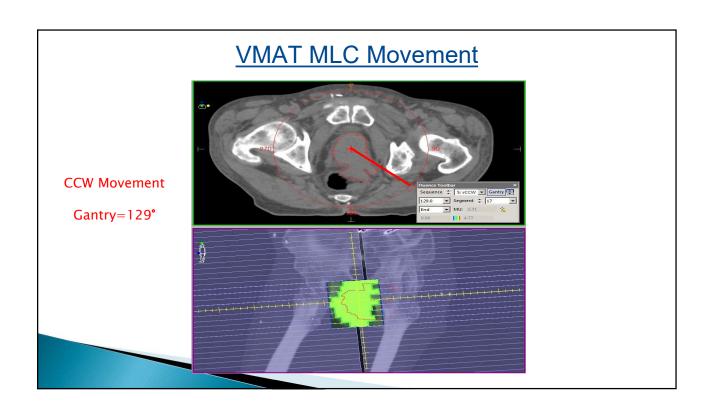


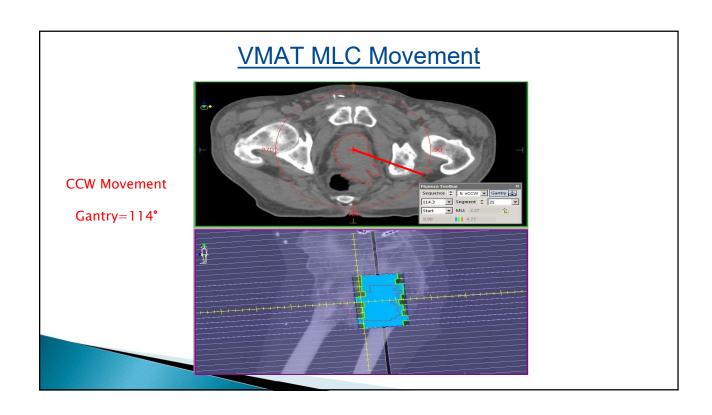


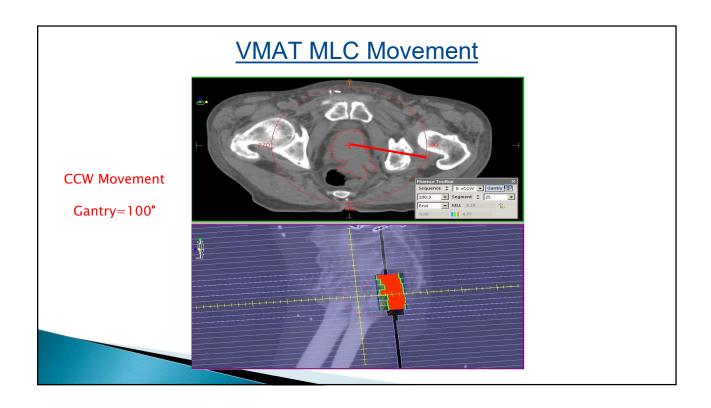


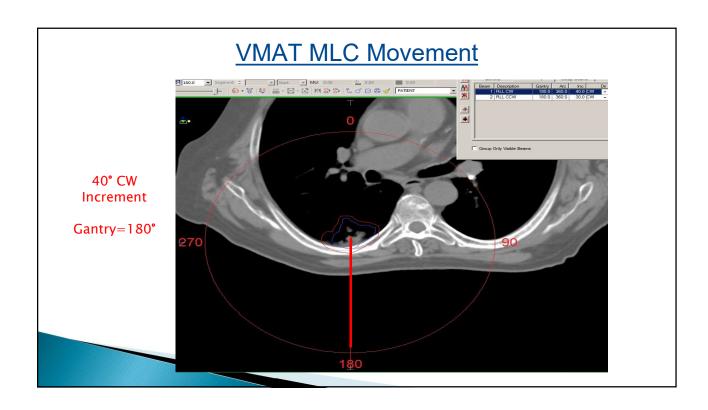


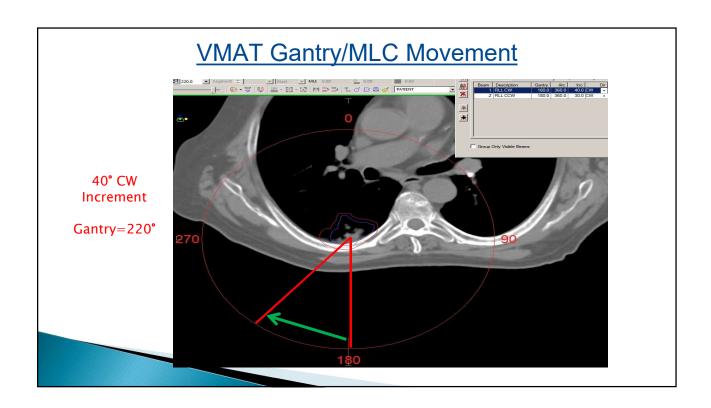


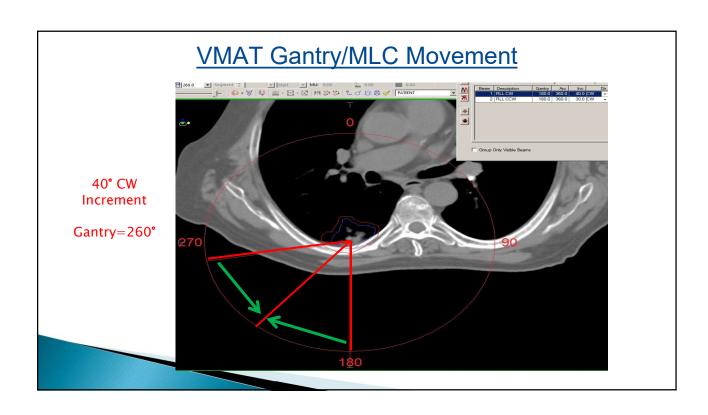


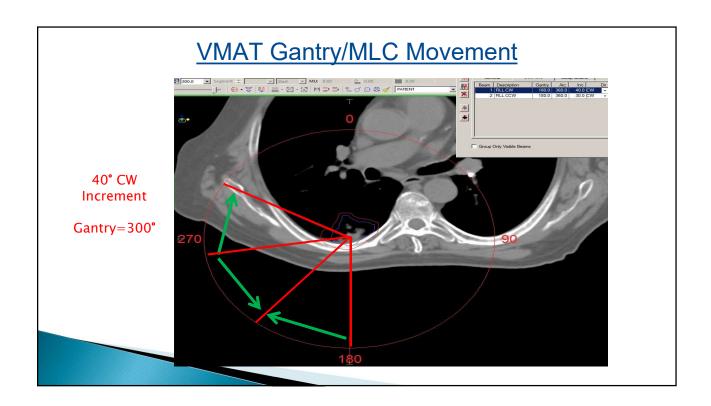


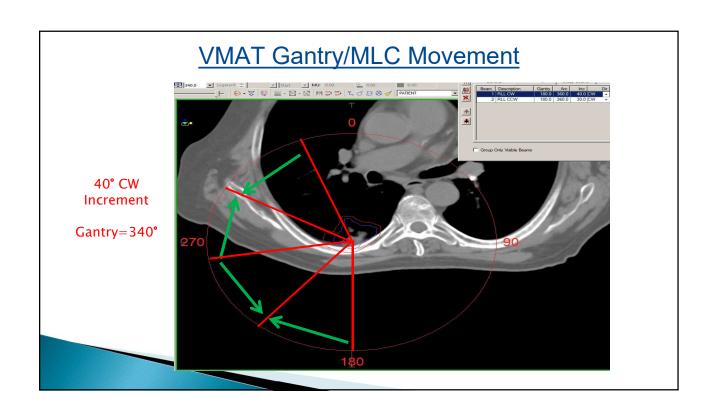


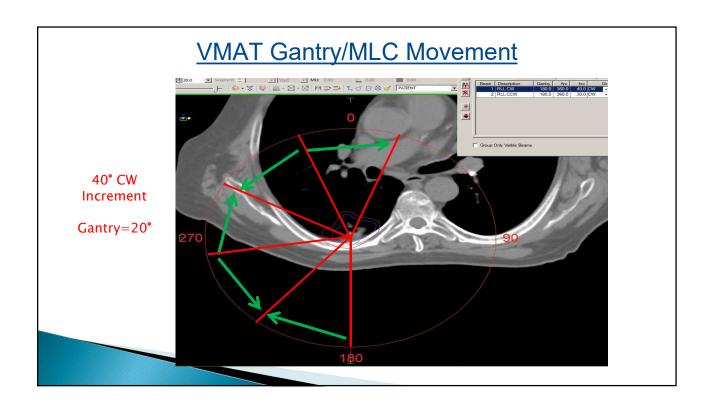


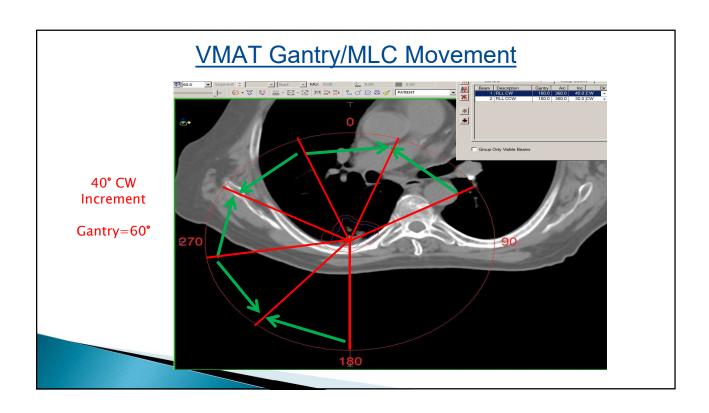


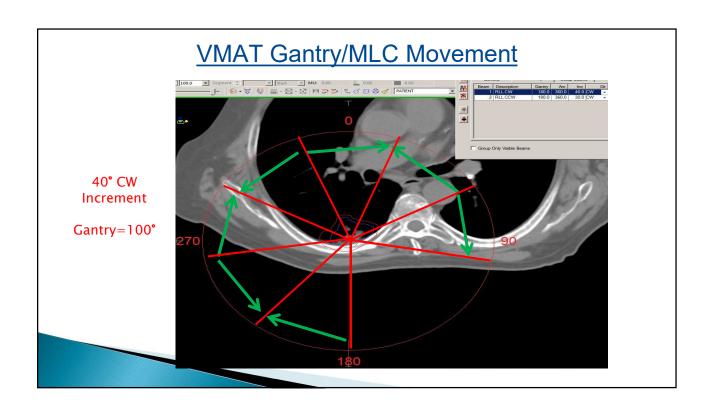


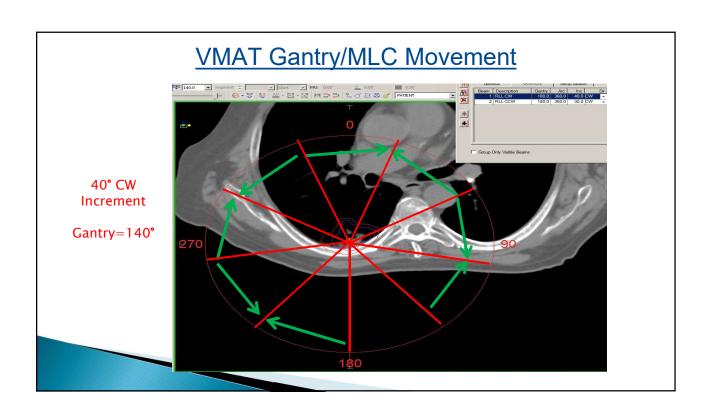


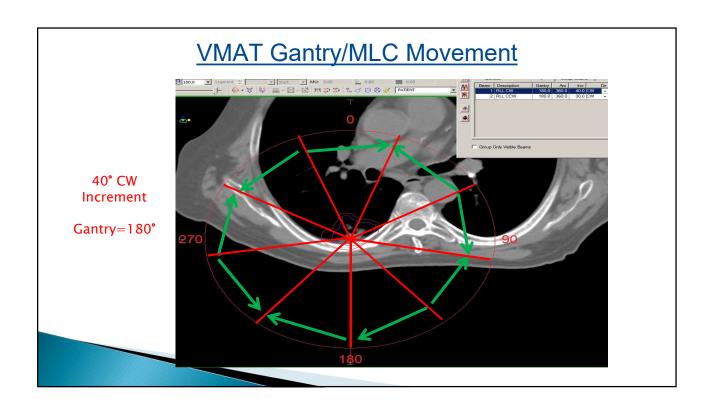


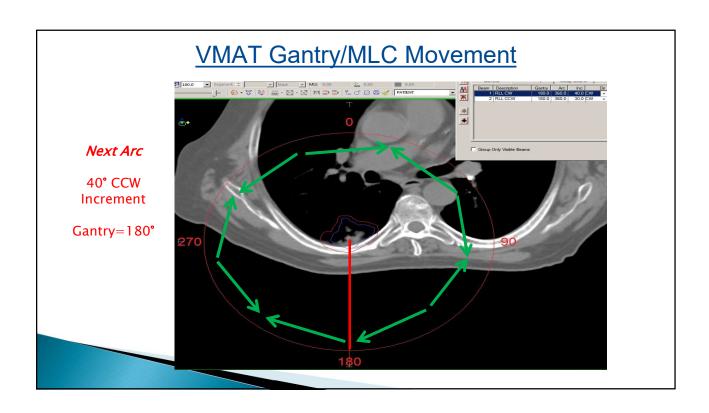


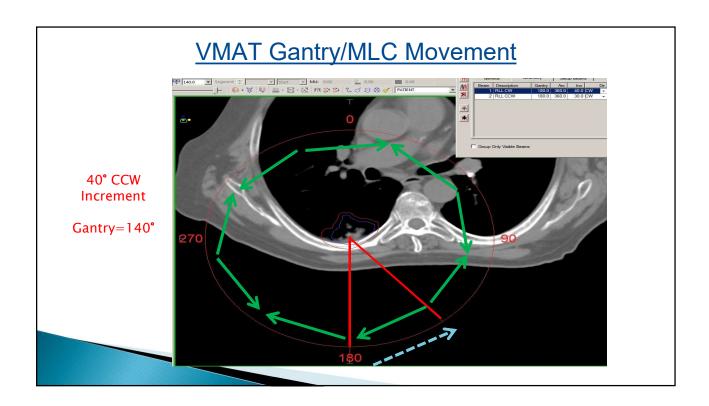


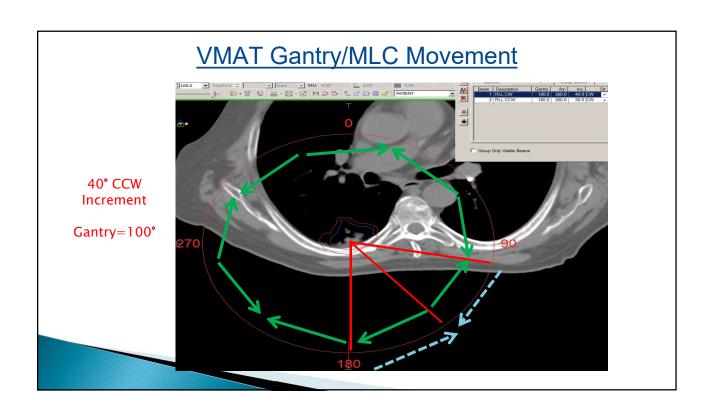


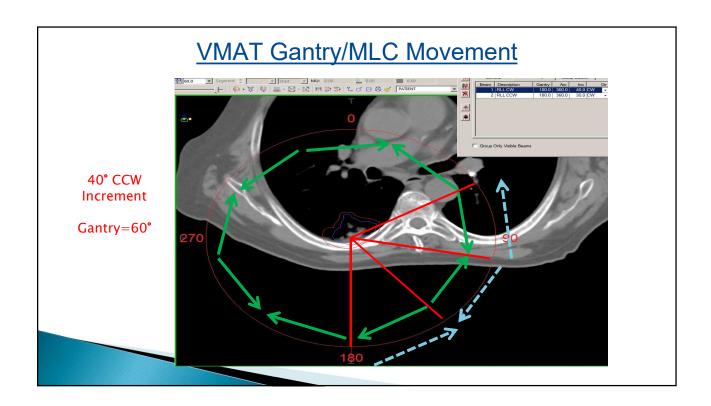


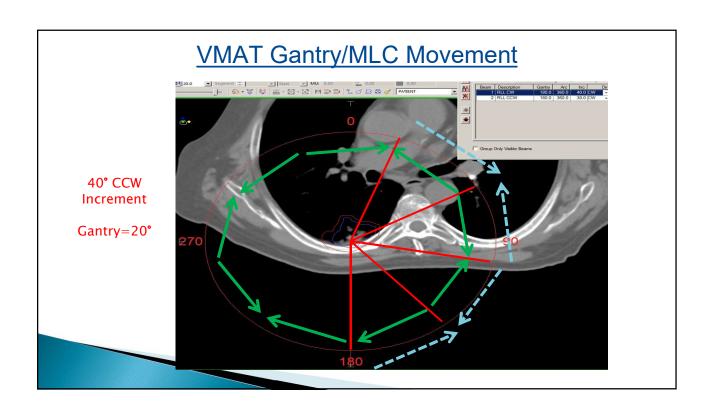


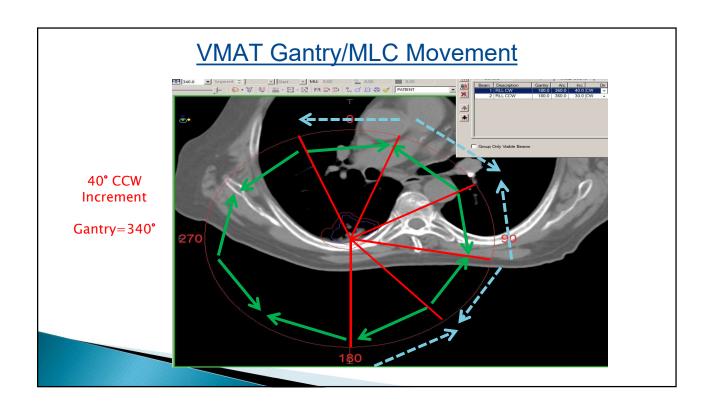


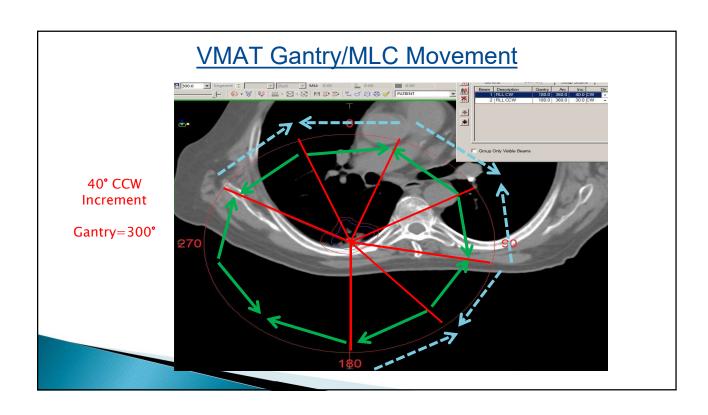


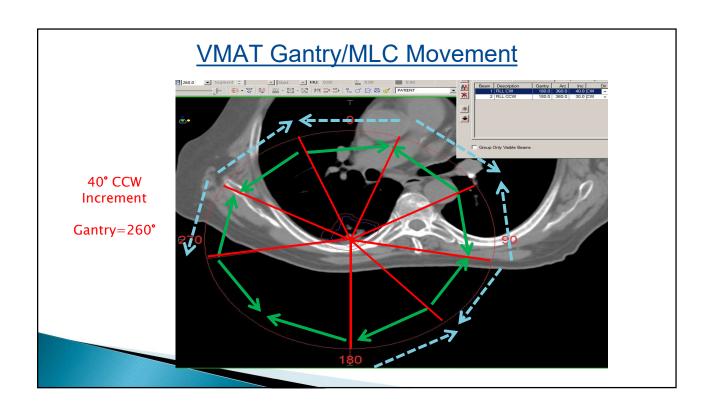


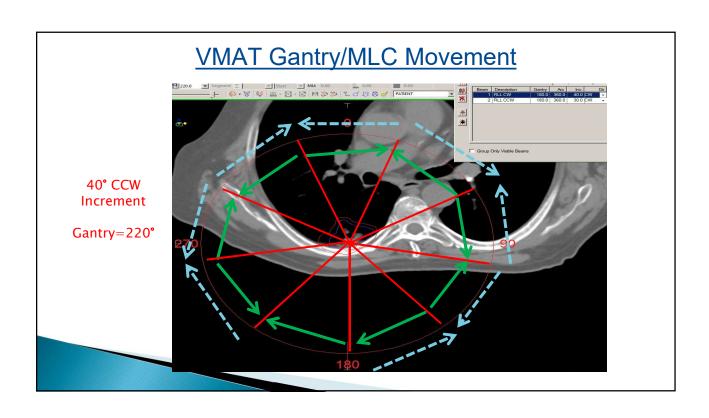


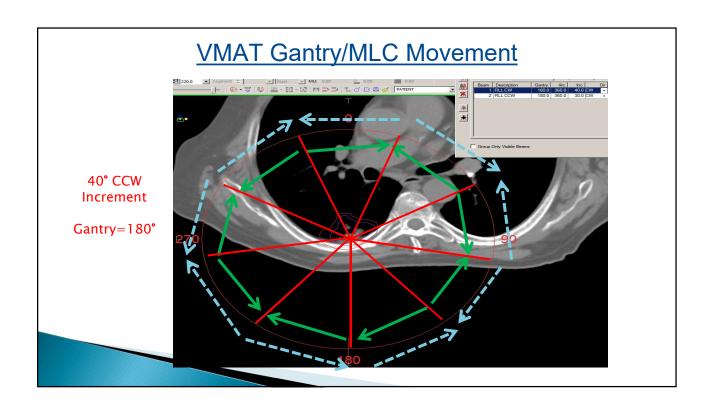


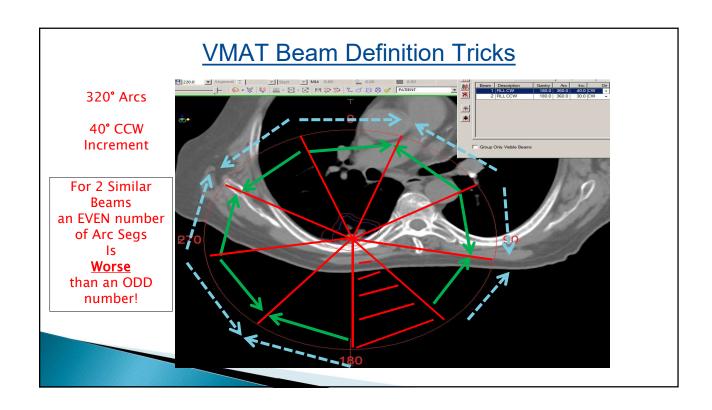


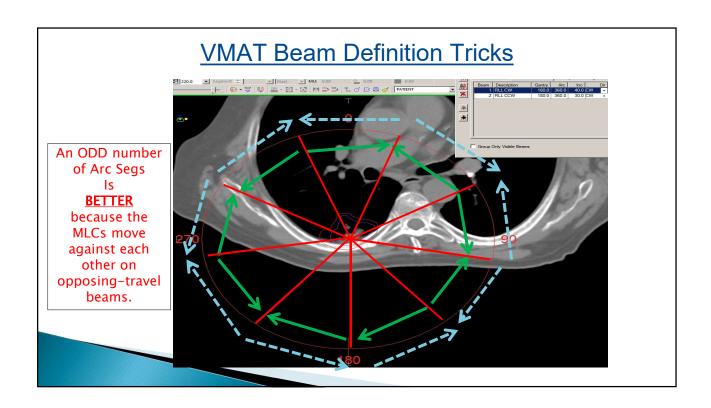


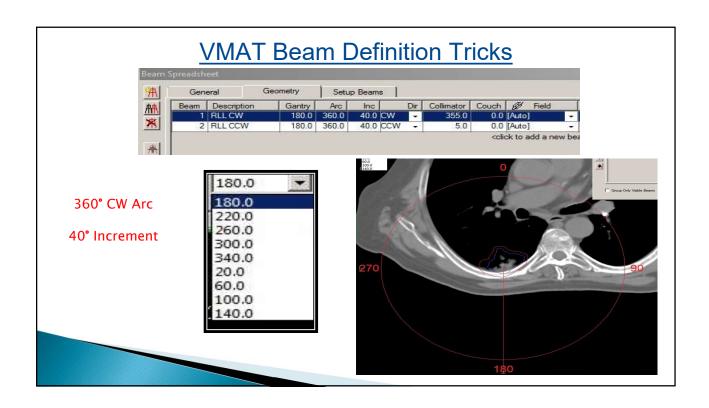


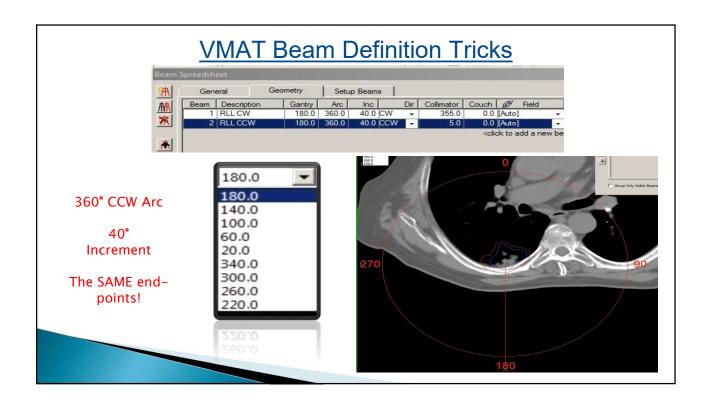


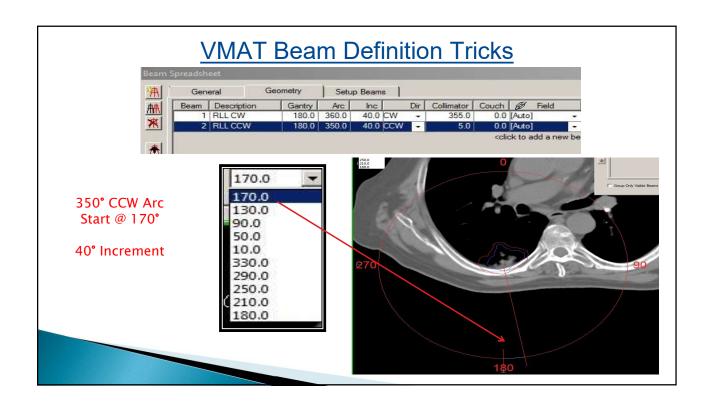


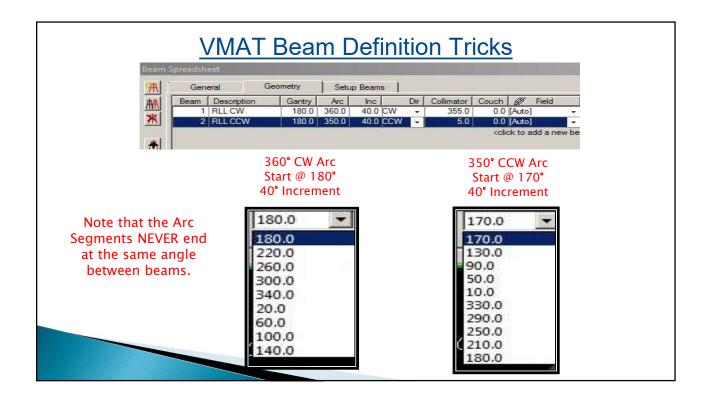


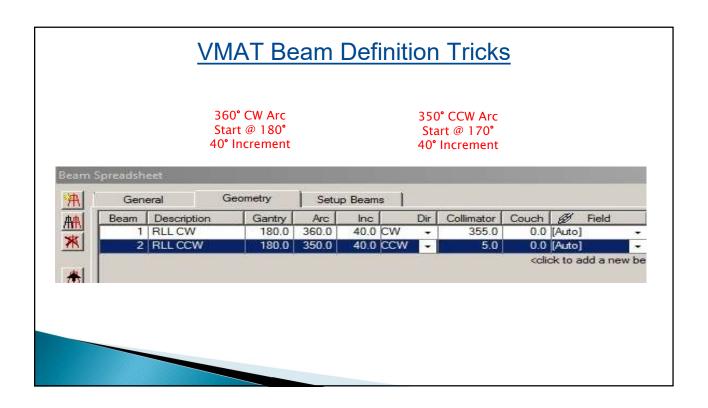


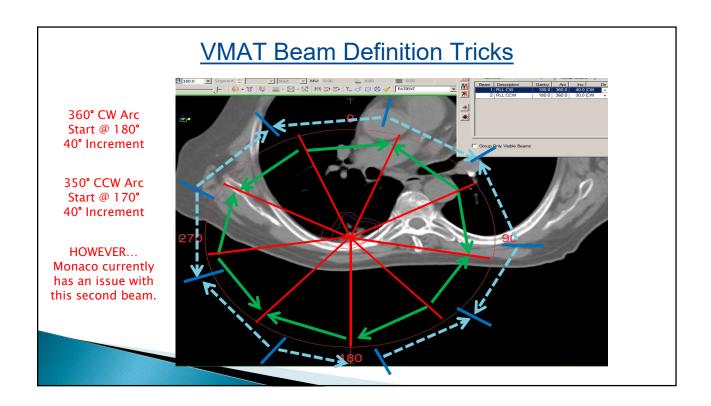


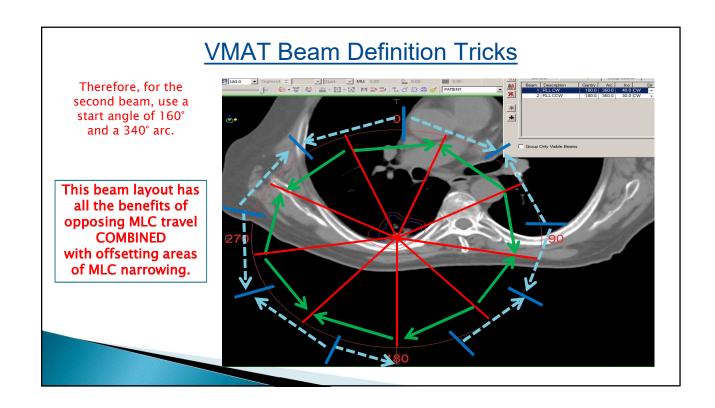












# Why VMAT?

- VMAT is fast.
- VMAT can cover more targets with fewer MU's. (See above)
- VMAT uses fewer beams and almost always plans and QA's better, especially when using Monaco. (See above!)
- Everyone who owns a license needs to be using it!

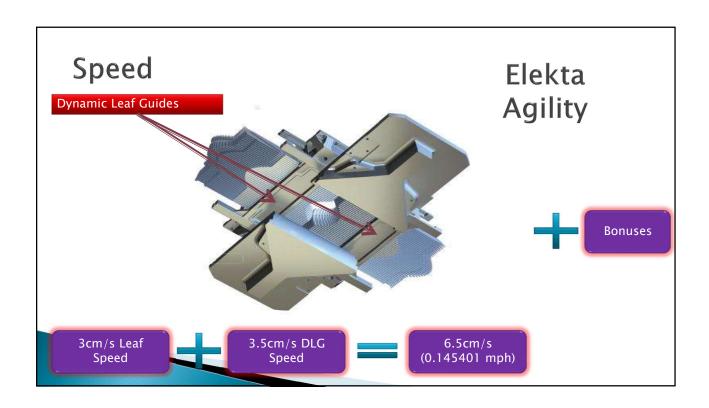
# **VersaHD Beam Delivery**

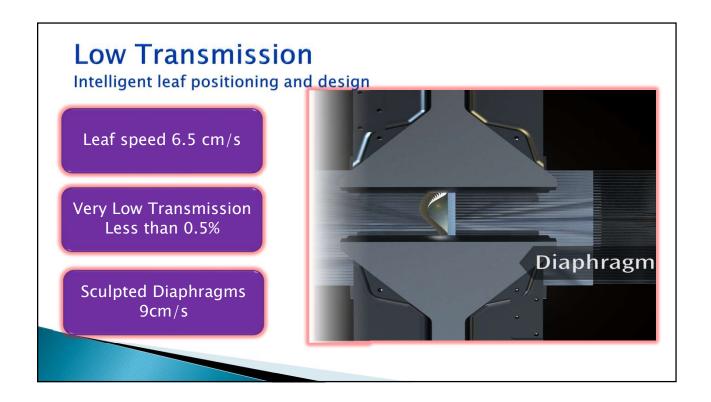
How do you get all that dose in?

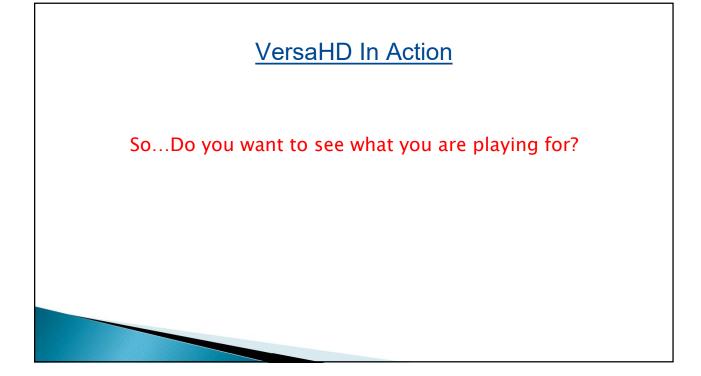
For our clinic, IMRT means VMAT and SBRT means FFF VMAT.

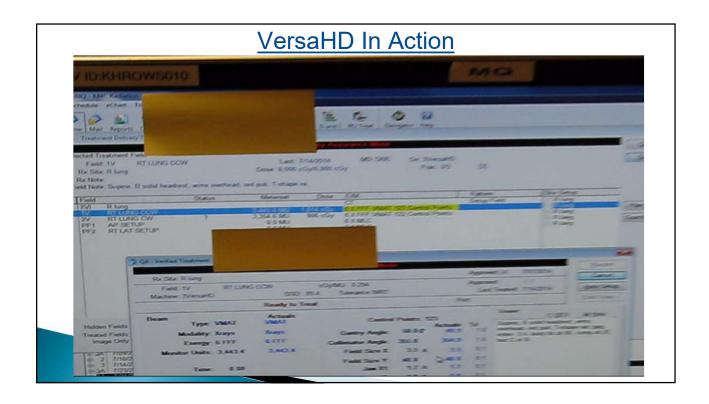
Fast modulation is the key here.



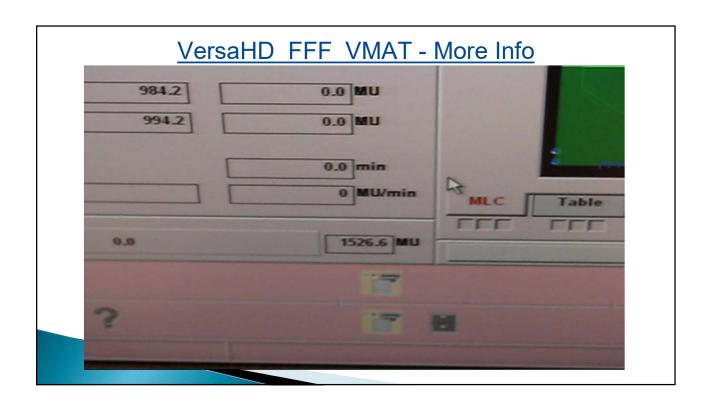








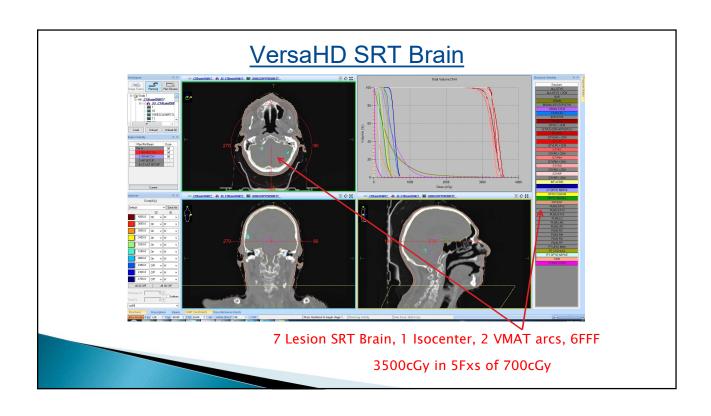




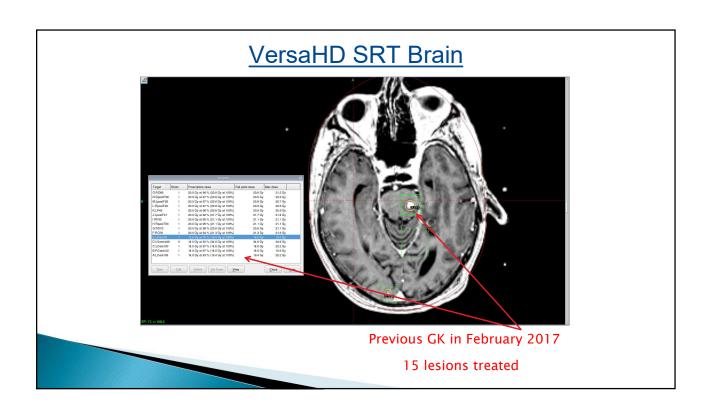
# VersaHD In Action

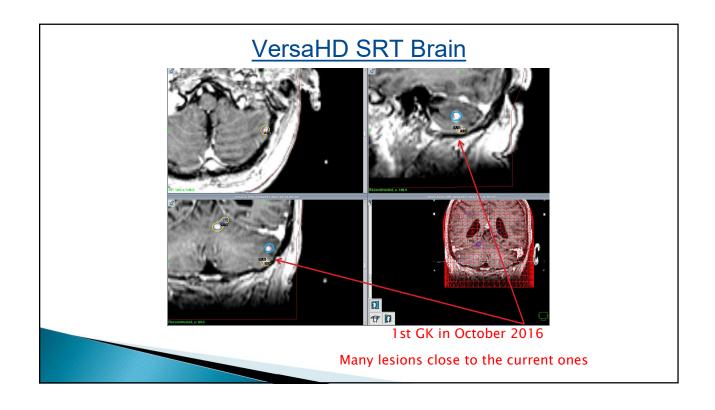
The first 1000 MU's were delivered in about 31 seconds.

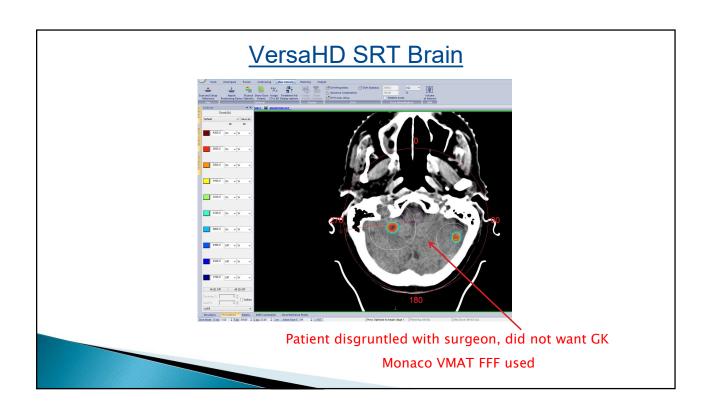
This is what you can do with it...

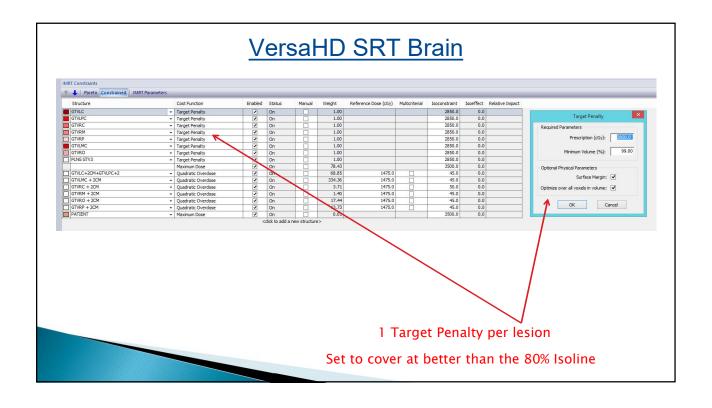


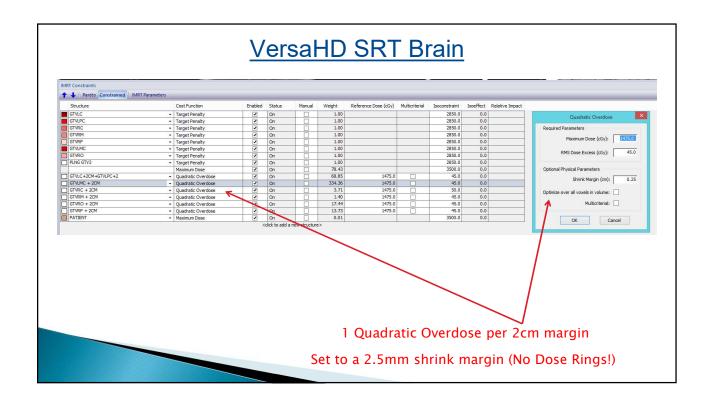


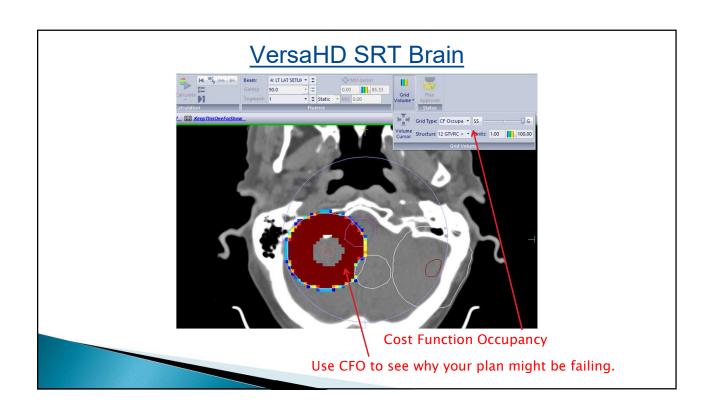


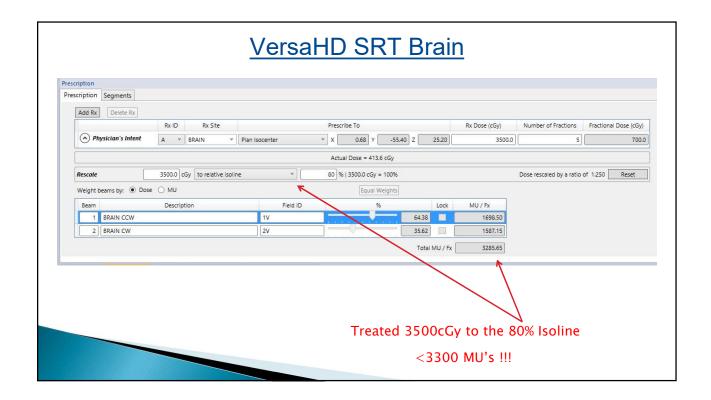












## VersaHD SRT Brain

Gamma Knife is the best tool on the planet for brain. However, if a Gamma Knife is not available, a good treatment planning and delivery system such as Monaco and Versa HD can do amazing things.

<3,300 MU's for 7 lesions x 700cGy

We only needed 2 arcs for 7 lesions, and each of those arcs was delivered in under 2 minutes!

#### VersaHD SRT Brain

This plan came together because I "phoned a friend".

I told Brett Sloman from Elekta what we were trying to do. He immediately had a solution and we generated a template that took 27 constraints that were failing and condensed them to 15 simple ones that worked.

## FFF, VMAT and SBRT...

We all go home to someone...

Patients want to go home to be with their families.

But we do, too! Radiation Oncology is often a long, mentally challenging day.

FFF, VMAT and SBRT...

This is who I go home to...







# FFF, VMAT and SBRT...

New technology helps us all...

Better, quicker treatment helps the patients most of all.

But don't forget that better, quicker treatment helps all of us in the clinic get home, too.

## VersaHD Symmetry 4-D XVI

So what about imaging on the linac? Is there something New or Different or <u>Better</u> to use that might help us do some of the things we always <u>say</u> we want to do...

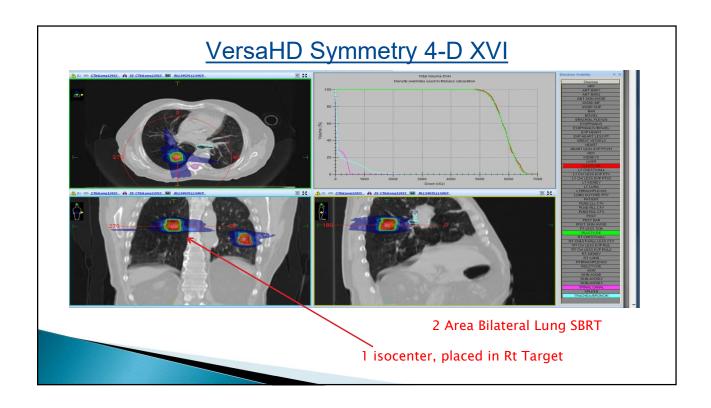
Things like being able to draw a smaller PTV.

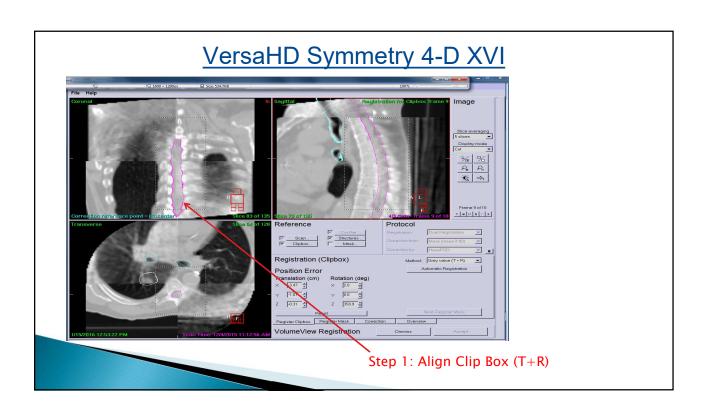
(<u>NOT</u> just because a smaller PTV makes our constraints easier to achieve!).

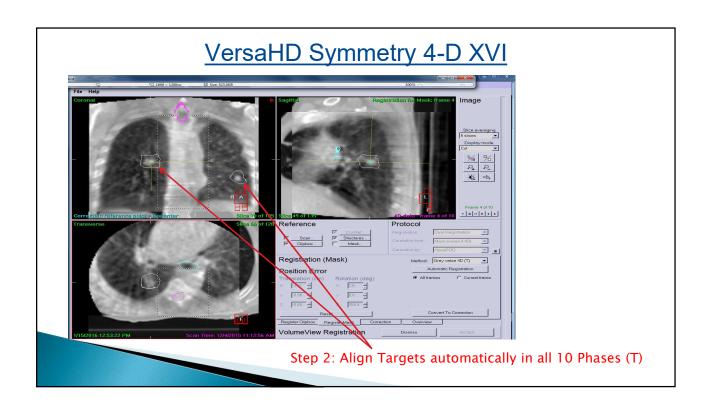
## VersaHD Symmetry 4-D XVI

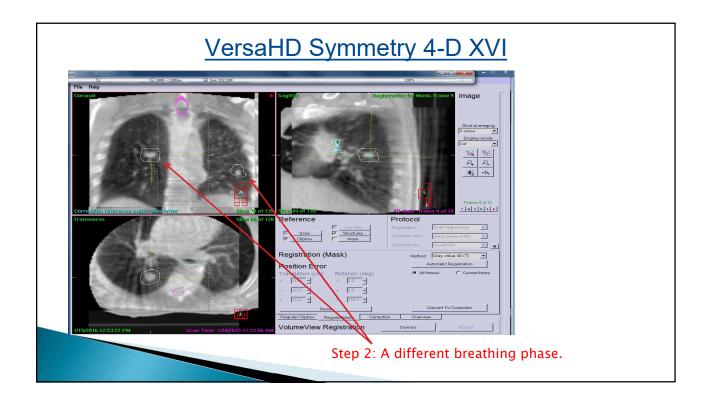
Elekta users have the ability to perform 4-D conebeam CT on the linac.

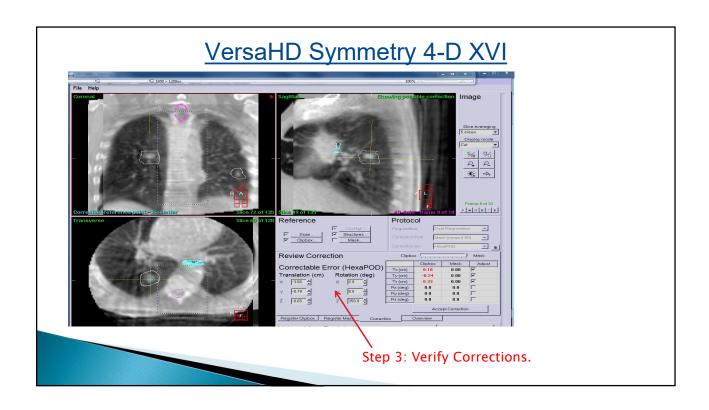
The 4-D scan on XVI is known as Symmetry and we think it is absolutely game-changing.

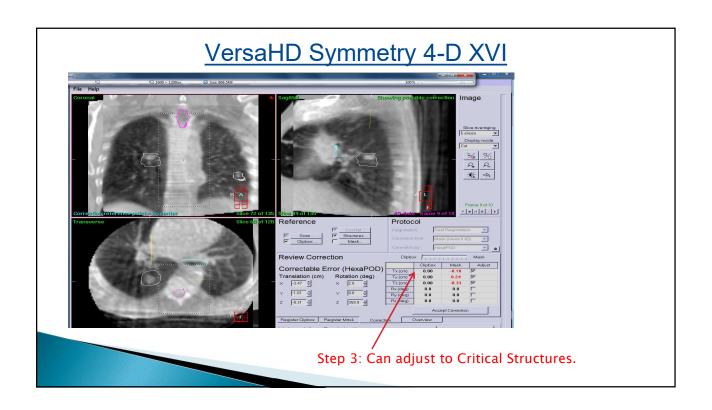


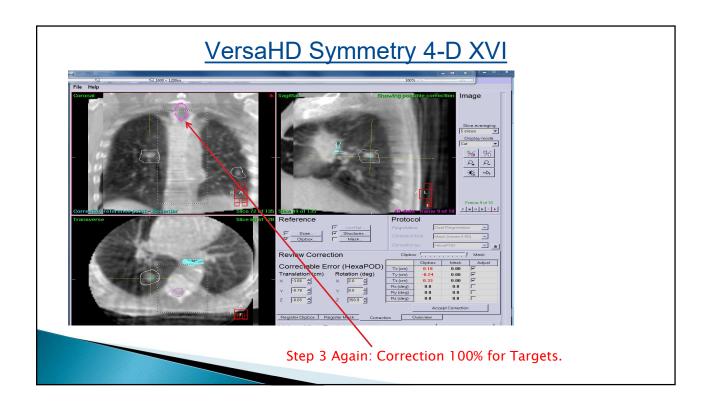


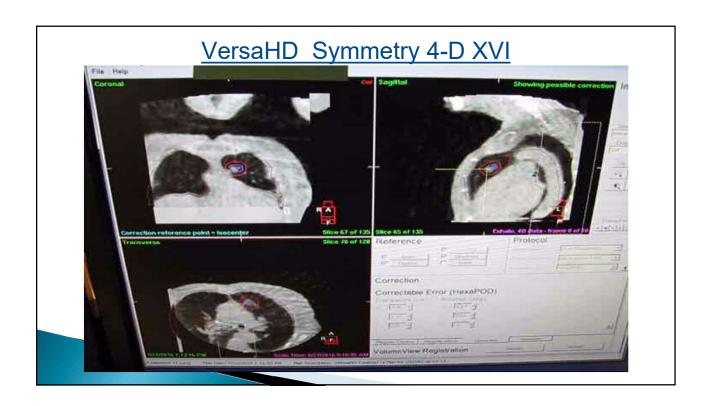


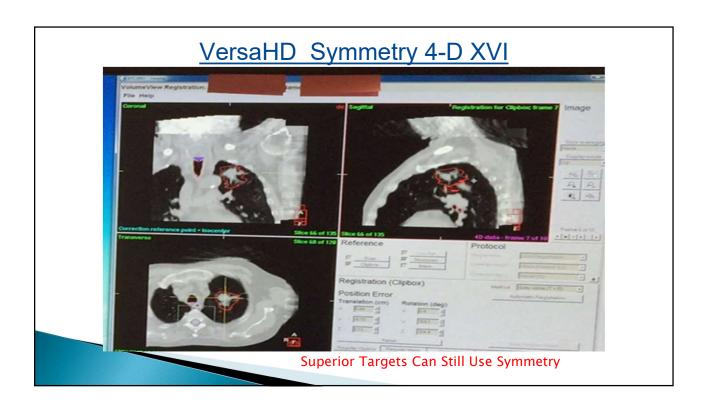


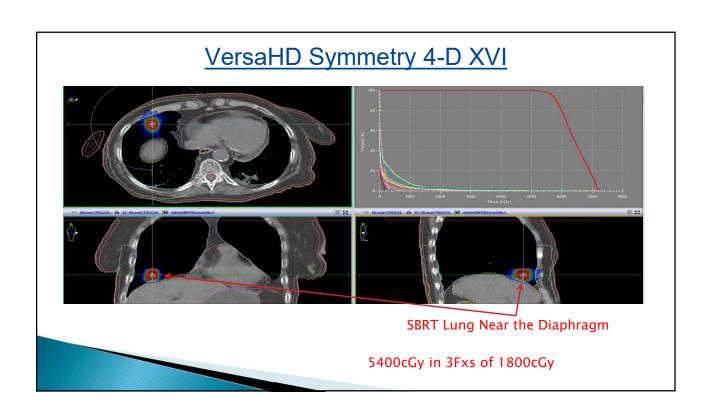


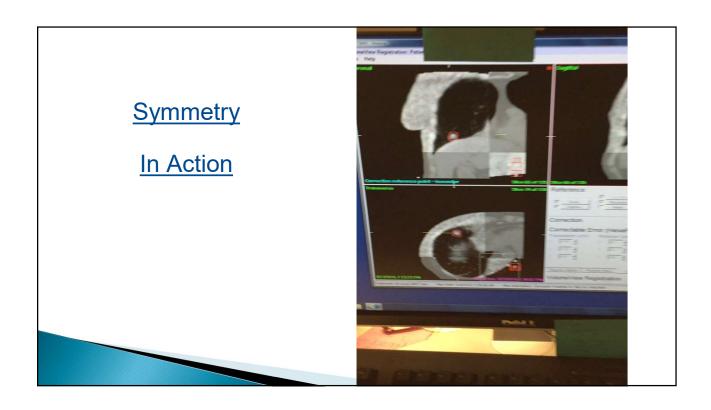


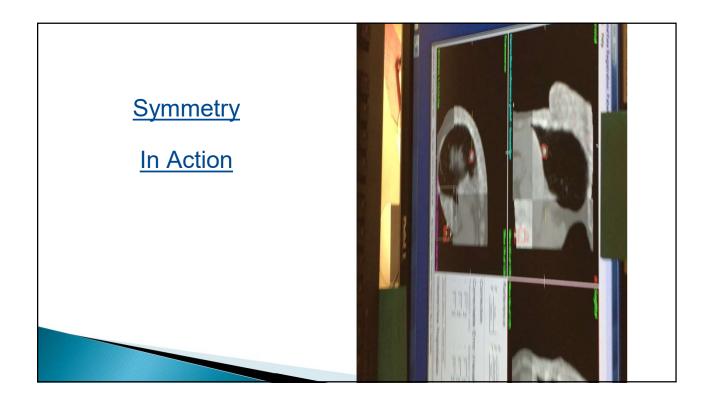


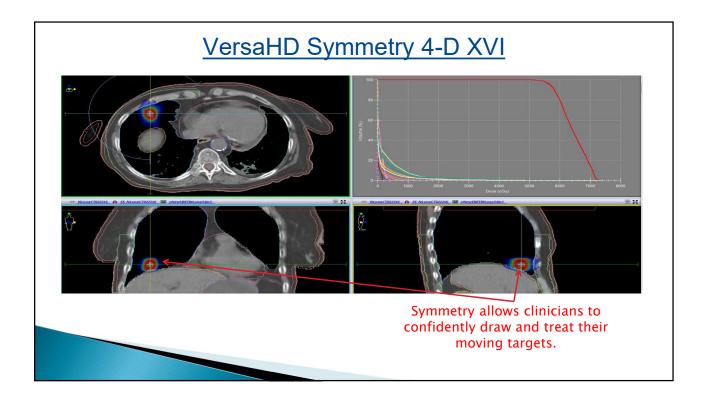












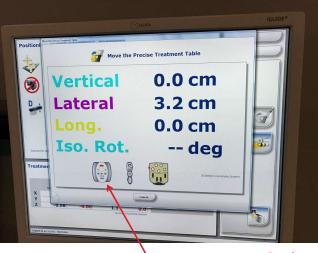
# VersaHD Symmetry 4-D XVI

Except for spine, we use Symmetry on every SBRT (and some initial IMRT scans) between the bottom of the neck and the top of the pelvis.

With -or even without- an initial 4-D simulation, Symmetry allows the Oncologist to truly have the confidence that a smaller PTV is justified.

A 6-DOF table like Hexapod (and XVI 5.0) only makes it better.





New iGuide is Wonderful!

The RTTs love being able to move the table from outside the room.

# Why So Much SBRT?

Your clinic, doctor and administration will be *Happy* 

- Let's consider some SEER data...
- SEER: Surveillance, Epidemiology and End Results
- SEER.Cancer.gov
- This is real "Back of the envelope" type stuff

# Why So Much SBRT?

- From SEER data...
- Estimated 224,210 New cases of LUNG cancer, 2015
- "Localized" (Stage 1) are 15% of cases
- Quick math = 33,631.5 (33,632 @)
- ALL are potentially SBRT-able
- Yes...Surgery gets some of those. (Boooo ⊗)
- Those 33,632 cases are New Cases
   Just for Lung
   Just for Stage 1
   Just for 2015

# Why So Much SBRT?

- In addition...
- · Add in all the other SBRT-able lesions
- Lung mets
- Liver, Pelvis, Pancreas, H&N.......
- Then, after SBRT, patients live longer (and better, too)
- They may develop brain mets
- The brain mets can be treated (Longer, better lives with Gamma Knife)
- More SBRT and the cycle continues.......

PLEASE consider having you, the Dosimetry staff, plan your SBRT's.

Why would someone take their highest dose, largest "constraint-delta" plans out of the hands of their best planners?

Plus, it will make you better.

Don't just consider it. *DO IT.* Dosimetrists do this for a living!

# Some Opinions That I Have...

Clinicians are a hard bunch to please.

Just selling to us isn't the end of the process, and I believe there are many times that we not only want but *NEED* to speak with a "Clinical Equal".

We are trying to do what is best for our patients and our clinics. To do that, we need information, and the interaction we have with peers is critical.

I suppose that interaction with others is the key to almost everything we do, and what we do is sometimes *hard*.

I've spent almost 22 years at Kettering and more time before that in school, and I still wake up every morning with so much to learn!

I can't possibly expect that every person, sales or otherwise, I come in contact with would know everything I need to know.

# Some Opinions That I Have...

But *someone* knows at least one answer. And someone else knows another...

I am very lucky.

My cell phone address book is full of Elekta people.

I count so many of them not just as acquaintances but as friends.

Find someone to help you!

So you see the problem...
Out in the clinic, we are supposed to know *EVERYTHING*.

Switching to something new or trying a better, more advanced way to treat patients means we may not know all the answers.

There is always resistance to change.
The availability of training and peer-to-peer answers to questions makes it easier.

# Some Opinions That I Have...

So what's to be done?

Since everyone out there needs someone to call to ask important questions of, have someone available to answer them.

There is so much resistance to change.
The availability of training and peer-to-peer answers to questions makes it easier.

Some of you may be newer to Dosimetry. Some of you may be newer to SBRT.

Ask questions of your technical people. Elekta, Varian and every other RT company out there has some amazing scientists...Use them!

By all means, please don't hesitate to ask me (and my peers) questions.
Being a part of medicine means we help others.

# Some Opinions That I Have...

I *enjoy* working with Elekta. It's easy. It's collegial.

I believe it is about the culture of your company. You seem to want to work *with* people and really help us treat patients.

My colleagues around the country have told me it is different when buying from Varian.

I believe them.

I once heard "You buy a Varian, but you *join* Elekta".

I personally think that's really an important distinction.

# A Final Word...

In order to perform high-quality radiotherapy, which is the *ONLY* type anyone should do, one needs the right tools and training.

I've shown you what we do, and how we use Monaco's planning tools, as well as Mosaiq and Versa HD's imaging and treatment tools. (It's all we have!)

However, planning and treating high-end radiotherapy is not necessarily about the vendor chosen.

You have to *fully* utilize your systems.

# A Final Word...

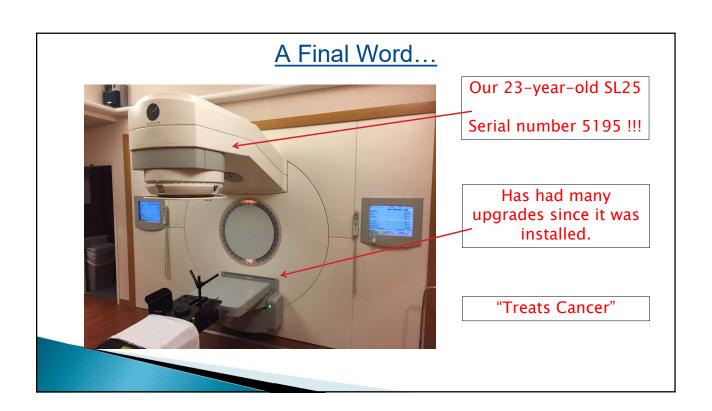
Sometimes, all the tools seem expensive and difficult to learn.

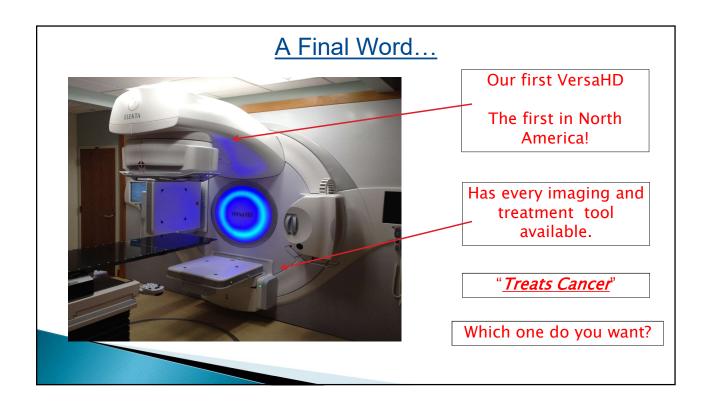
I would like to tell you they are not.

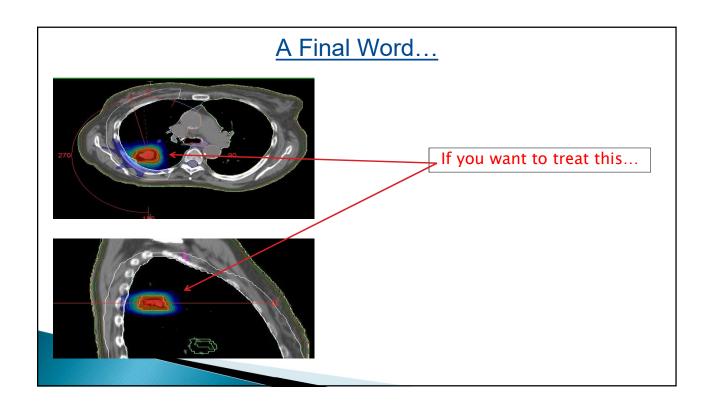
In the truly expensive world of health care that we all live in, the cost is really quite small, an amazing value and critical to the best care!

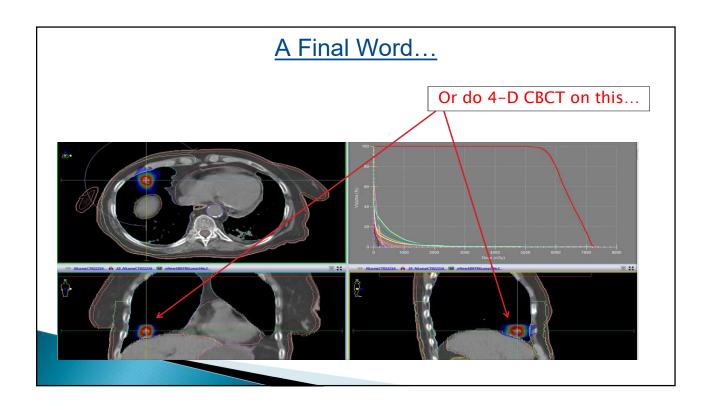
Get the tools and the training.

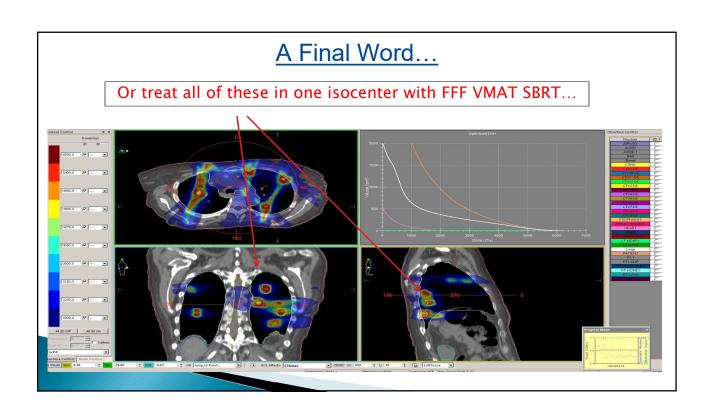
When the time is right (NOW), *Do It*! Everyone in the clinic will benefit.

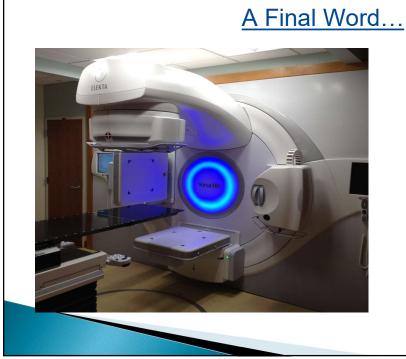












You need the right tools to do it! **Including Treatment** And **Planning** 

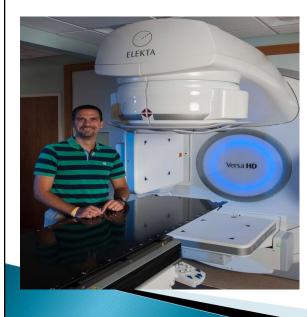
> Now go out and use them!







# The End!



Questions,
Comments or
Complaints?

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