

A GUIDE FOR PATIENTS

RADIOPHARMACEUTICAL THERAPY: AN INNOVATIVE WAY TO TREAT CANCER

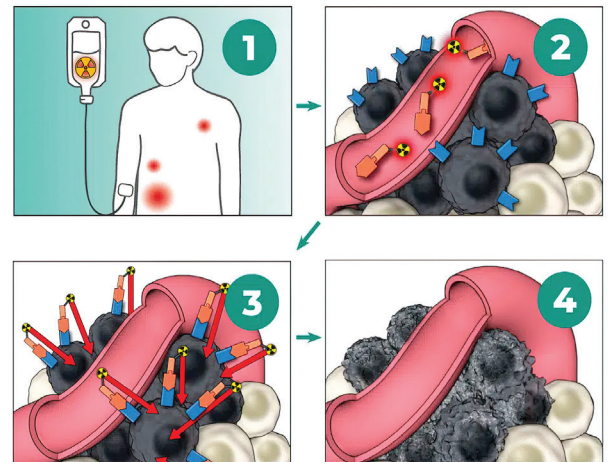
Radiopharmaceutical therapy is an integral part of Theranostics. Theranostics is a medical field dedicated to the diagnosis and treatment of cancer through the use of targeted radiopharmaceuticals. These are medicines that have a strong attraction to cancer cells. Different radiopharmaceuticals can target different types of cancers. Radiopharmaceuticals are typically infused into the bloodstream, after which they circulate through the body locating and attaching to cancer cells wherever they are — even pockets of cancer that are not visible on conventional imaging. ARA has specialized scanners that can detect the radiopharmaceuticals and show where the cancers are located in the body.

In certain instances, the radiopharmaceutical that is used for imaging can be modified to treat cancer by delivering minute amounts of radiation directly to the cancer cells, eliminating the cancer while leaving the surrounding tissues virtually untouched. **This is called radiopharmaceutical therapy.**

HOW RADIOPHARMACEUTICAL THERAPY WORKS

- 1) The radiopharmaceutical is infused through an IV.
- 2) The radiopharmaceutical seeks out cancer cells (in black) anywhere they have settled into the body.
- 3) The radiopharmaceutical attaches to the cancer cells and delivers a microscopic amount of radiation to the cells.
- 4) The radiation kills the cancer cells, leaving surrounding healthy tissue (in white) unharmed.

Each infusion lasts approximately 30 minutes, and the entire visit can take from a few hours up to several hours more. A full treatment regimen typically includes one or more repeat infusions, each given on a separate day, several weeks apart.



WHO IS A CANDIDATE FOR RADIOPHARMACEUTICAL THERAPY?

There are a limited, but growing, number of cancers for which radiopharmaceutical treatments have been developed. A partial list is available on our website at ausrad.com/exams-services/theranostics. Patients with these cancers may be candidates for treatment if their cancer has progressed on traditional therapies. Guidelines may change in the future, therefore you are encouraged to discuss treatment options with your cancer care provider. You can also direct inquiries to the ARA theranostics coordinators at (512) 519-3456, ext. 2351, or email us at theranostics@ausrad.com.

ARA THERANOSTICS CENTER

ARA MIDTOWN
901 38TH St., Suite 100
Austin, TX 78705

(512) 519-3456 ext. 2351 fax (512) 451-3554
email: theranostics@ausrad.com
<https://ausrad.com>



IS RADIOPHARMACEUTICAL THERAPY SAFE?

ARA only uses FDA approved radiopharmaceuticals. Treatment involves administration of small amounts of radiation. However, due to the specific targeting of the cancer cells, the surrounding healthy tissues are only minimally impacted by the treatment, and side effects are typically mild. The radiation from the treatment passes from your body through your urine and is rendered harmless within a few days after the infusion. You will be given instructions to maintain safety for you and those around you while the radiation passes. You will also be closely monitored by ARA and your health care provider during and after your treatment. Please note that radiopharmaceutical therapy will add marginally to your long-term radiation exposure, which can theoretically increase your lifetime risk of developing cancer. However, there is no direct risk of cancer from the radiopharmaceutical therapy by itself.



Is radiopharmaceutical therapy covered by Medicare and insurance?

Coverage varies. ARA has a dedicated team of professionals who work with patients and their health care providers to determine their eligibility for coverage.

How do I schedule a radiopharmaceutical treatment?

A referral from your health care provider is required to schedule a consultation, which will then determine whether you are a candidate for treatment.

For questions about insurance, eligibility, treatment, or scheduling, please call the ARA theranostics coordinators at (512) 519-3456, ext. 2351, or email us at theranostics@ausrad.com.

ARA DIAGNOSTIC IMAGING AND THE ARA THERANOSTICS CENTER

ABOUT ARA

ARA is a health care group based in Central Texas, dedicated to providing comprehensive imaging and image-guided treatment services. We have longstanding experience in the use of radiopharmaceuticals to diagnose and treat disease, starting with the use of I-131 radioiodine to image and treat thyroid disease in the 1960s. In addition to thyroid disease, we have been proud to offer radiopharmaceuticals for imaging of many different types of cancers over the years, and treatment for several of them, including lymphoma, neuroendocrine tumors, and prostate cancer. We are committed to bringing the latest innovations to our community as they become available. The length, depth, and breadth of our experience in the use of radiopharmaceuticals ensures the best possible outcome for our patients.

A TEAM EXPERIENCED IN RADIOPHARMACEUTICALS

We have an integrated team, including physicians who are all double boarded in diagnostic radiology and nuclear medicine, and who specialize in molecular radiology, along with highly-trained nuclear medicine technologists, medical coordinators, and a medical support group that works with insurance and scheduling. Our team partners with each patient's health care provider to ascertain and monitor the treatment that is best for each patient.

INNOVATIVE THERANOSTICS CENTER IN AUSTIN

The Theranostics facility at the ARA Midtown location has been created to comfortably and safely administer radiopharmaceuticals. A typical treatment day, including infusion and associated care, can last from 2 to 6 hours depending on the radiopharmaceutical being administered. The Center has been designed to be accommodating for patients during their stay. Wi-Fi and television are provided in the infusion room. Patients may also bring a book, computer, or other quiet activity. Snacks and drinks are provided to patients during the treatment period, and lunch is offered to patients whose treatments last most of the day.



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EXPERTS IN MOLECULAR IMAGING & THERAPY

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