

September 18, 2019

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- We start promptly on the hour.
- Sound checks are at 10 and 5 minutes before the hour.
- Turn your speakers on and test the volume level.
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Contact UNCCN

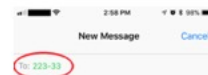
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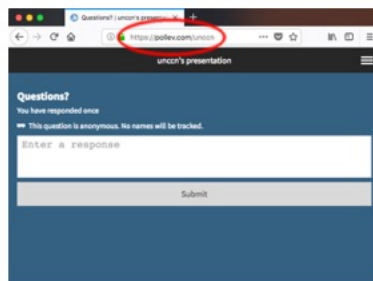
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An Introduction to Radiation Oncology (LIVE) Evaluation

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Respond at PollEv.com/unccn

Text **UNCCN** to **22333** once to join, then **A, B, C, or D**



Which one of the following statements about Radiation Oncology is true?

- Radiation therapy is never combined with surgery or chemotherapy **A**
- Radiation therapy may be combined with surgery and/or chemotherapy depending on the treatment plan **B**
- Radiation therapy is always performed with chemotherapy **C**
- Radiation therapy is always performed with surgery **D**

Answers to this poll are anonymous

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Our Presenter



Ashley A. Weiner,
MD, PhD

Dr. Weiner is a radiation oncologist at UNC Hospital in Chapel Hill. Her clinical focuses are thoracic malignancies (primarily lung cancer) and gynecologic malignancies (primarily endometrial and cervical cancer).

She received bachelors degree from Duke University and her PhD from Vanderbilt University, both in biomedical engineering. She also received her MD degree from Vanderbilt University School of Medicine.

She completed residency training in radiation oncology at Washington University in St. Louis. At UNC, she is the director of the residency program in radiation oncology, as well as the course director of the medical student clerkship.

Her research focuses on biomarkers for treatment response and mitigation of toxicities during chemoradiotherapy for cervical cancer and optimizing radiotherapy (in terms of treatment efficacy and toxicity) for early stage lung cancer.

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The slide features a light blue background with four decorative corner graphics, each consisting of three squares in shades of blue and dark blue. The main text is centered and reads:

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Introduction to Radiation Oncology

Ashley A. Weiner, MD, PhD
September 18, 2019



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Goals/Objectives

- Understanding the logistics of radiation treatments
- Understanding how radiation works
- Discussion of integration of multiple therapies for patients with cancer
- Introduction to different types of therapeutic radiation



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Outline

- **What is cancer and its impact?**
- How do we treat cancer?
- What is radiation?
- Case example
- Treatment planning examples

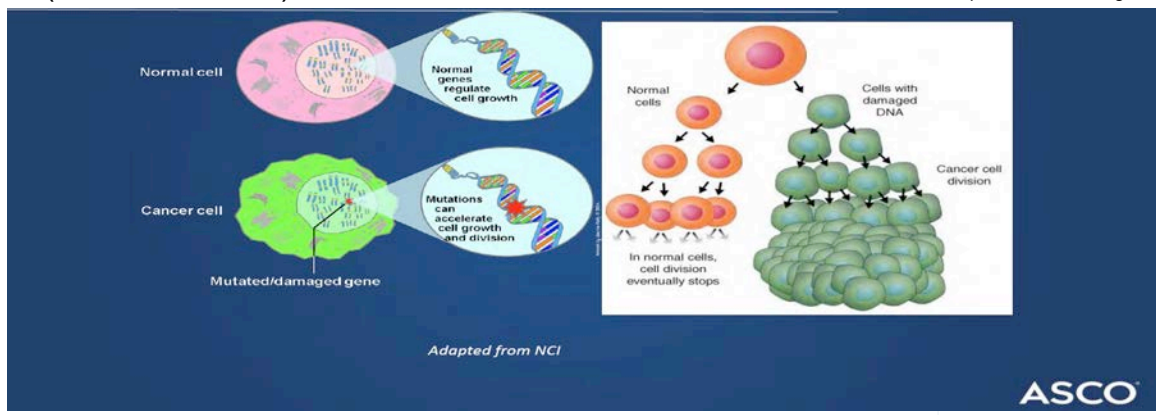


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What is cancer?

- Hundreds of different diseases – all characterized by uncontrolled, abnormal growth of cells
- Cancer can cause local problems (from a tumor) or systemic problems (from metastasis)

Adapted from asco.org



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Global impact of cancer

- In 2018 there were 17 million new cancer diagnoses, and 9.5 million cancer deaths worldwide.
- In 2030, this is anticipated to increase to 27.5 million new cases and 16.3 million deaths.

Global Cancer Facts & Figures 2018

- More than half of all cancer patients receive radiation treatments

Burnet NG, Thomas SJ, Burton KE, Jefferies SJ. Defining the tumour and target volumes for radiotherapy. *Cancer Imaging*. 2004;4(2):153-161.



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Cause of mortality in the US

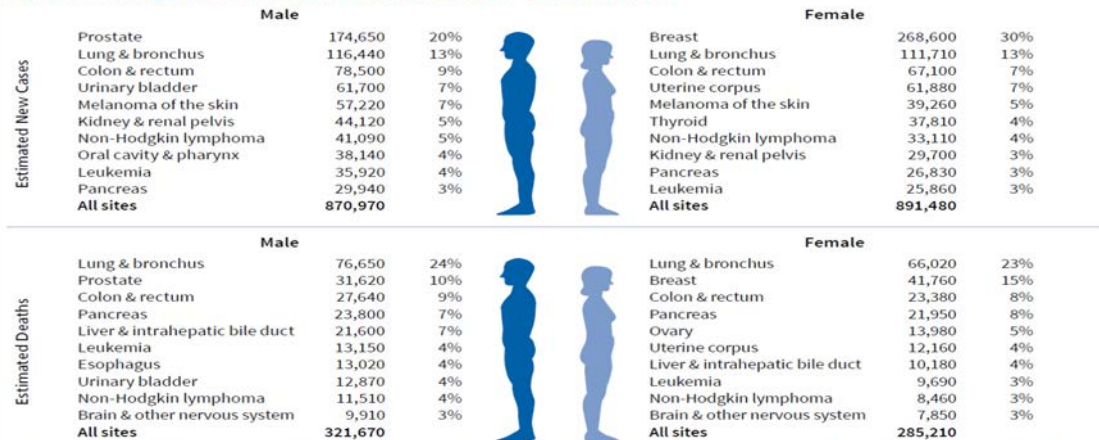
- Heart disease 635,000
- Cancer 598,000
- Accidents 161,000
- Lung disease 154,000



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Impact of cancer in the US

Figure 3. Leading Sites of New Cancer Cases and Deaths – 2019 Estimates



Estimates are rounded to the nearest 10, and cases exclude basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder. Estimates do not include Puerto Rico or other US territories. Ranking is based on modeled projections and may differ from the most recent observed data.

©2019, American Cancer Society, Inc., Surveillance Research



Cancer Facts & Figures 2019



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Types of cancer treated with radiation

- Gastrointestinal
- Gynecologic
- Thoracic
- Lymphoma/Leukemia
- Genitourinary
- Sarcoma
- Head and Neck
- CNS
- Pediatric***



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Outline

- What is cancer and its impact?
- **How do we treat cancer?**
- What is radiation?
- Case example
- Treatment planning examples



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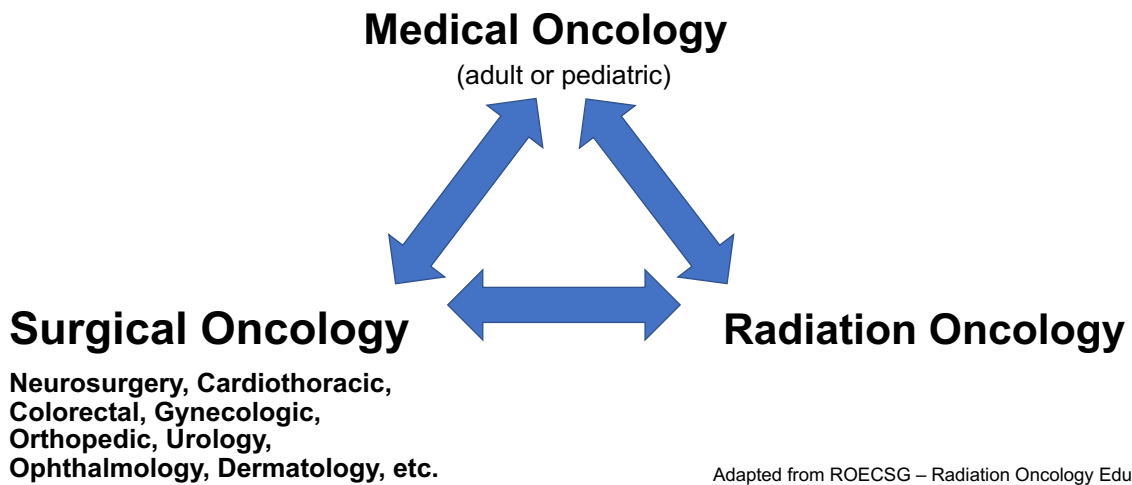
Treatment of cancer

- Local therapy
 - Surgery
 - Radiation
- Systemic therapy
 - Chemotherapy
 - Hormonal therapy
 - Targeted therapy
 - Immunotherapy



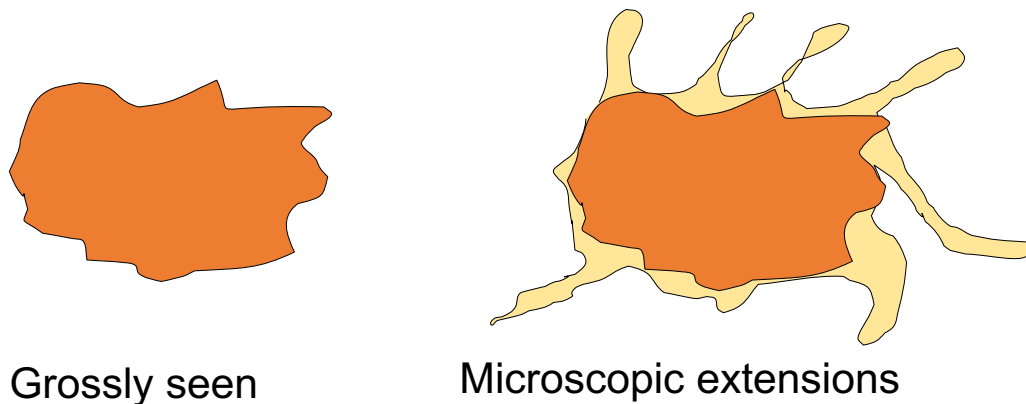
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Overview of oncologic care – “cancer doctors)



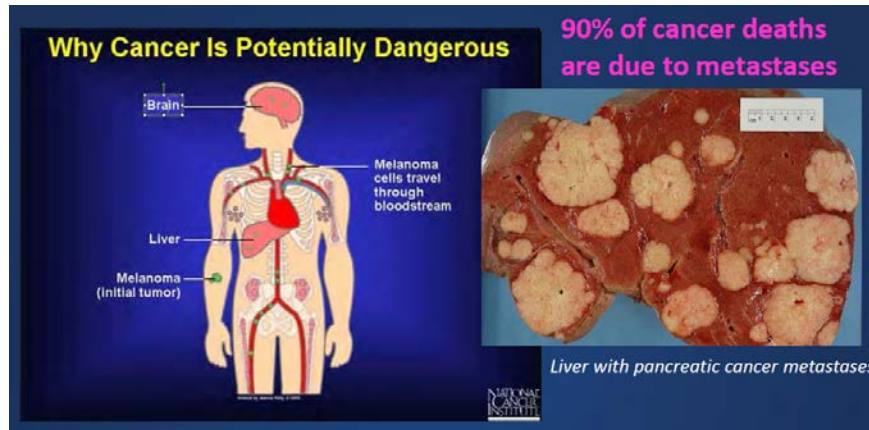
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Cancer: local spread, local treatments



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Cancer can spread outside of the initial organ = metastatic disease



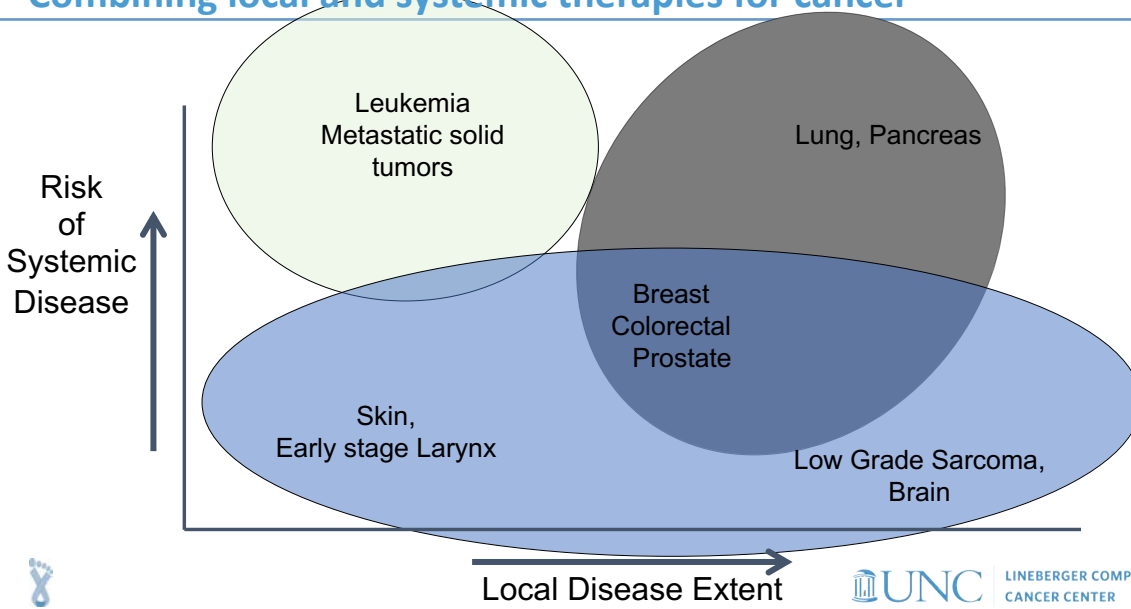
Adapted from ASCO.org



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Combining local and systemic therapies for cancer



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Radiation is a local therapy

- Palliative – to help with a symptom (not curative)
 - Pain
 - Bleeding
 - Neurologic symptoms
- Definitive – curative intent without surgery
- Neoadjuvant – before surgery
- Adjuvant – after surgery



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How to choose local therapies (surgery, RT or both)

- Radiation may allow a smaller surgery
 - Breast – mastectomy vs partial mastectomy + RT
 - Extremity sarcoma – amputation vs wide local excision + RT
- Adjuvant RT (based on surgical findings)
 - Lung
 - H&N
 - Prostate
 - Brain
- Neoadjuvant RT (RT before surgery)
 - Rectal



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When is RT often used alone (instead of surgery) ?

Examples include:

Early or advanced head & neck cancer

Advanced cervical cancer

Prostate

Patients who are not candidates for surgery

Surgeries that would otherwise be too extensive

Cancers that outcomes are similar between radiation and surgery

Careful risk-benefit assessment



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Role of chemotherapy

	<u>Radiosensitization</u>	<u>Systemic Therapy</u>
Breast		✓
Colorectal	✓	✓
Cervix	✓	
Head & Neck	✓	
Lung	✓	✓

Emerging roles of immunotherapy and targeted therapies!



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Poll Question 1

Which one of the following statements is True about how we treat cancer with radiation therapy and its impact?

- A. Radiation therapy cannot be used for palliative care.
- B. Radiation therapy is only used for breast cancer.
- C. Radiation therapy can be used before, during, or after other forms of therapy or on its own without other forms of therapy.
- D. Patients who aren't candidates for surgery also aren't candidates for radiation therapy.



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Outline

- What is cancer and its impact?
- How do we treat cancer?
- **What is radiation?**
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- Treatment planning examples



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Radiation Therapy: Brief History

- 1895 Roentgen discovers x-rays
 - 1896 First diagnostic x-ray
 - locate piece of knife from stabbing
 - 1897 Freund treats patient with hairy mole
 - 1898 Curies report discovery of radium
 - 1898 Becquerel discovers radioactivity
 - 1922 Coutrard/Hautant report cure larynx cancer
-
- From Hall (Radiobiology for Radiobiologists), Halperin, Perez and Brady



Early Roentgen image January, 1896.

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Radioactivity

- 1896 - Henri Becquerel
- experimenting with uranium salts
- photographic plate exposed
- Discovered *radioactivity* while experimenting with uranium salts which exposed a photographic plate
- Pierre and Marie Curie discover radium and polonium in 1898
- These elements emitted α , β and γ rays



Becquerel's photographic plate fogged by radiation from uranium salts.



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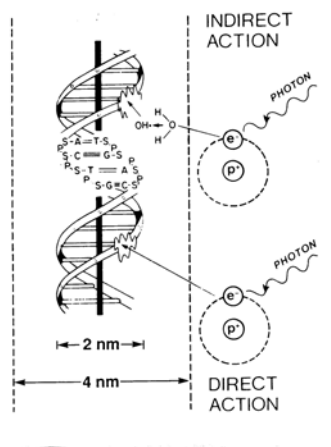
X-rays and Gamma Radiation

- Both are forms of *ionizing* radiation
- X-rays and γ -rays both photons
 - X-ray: *people-made*: electron strikes target
 - γ -rays : nuclear decay (can be naturally occurring)



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Radiation kills cancer cells by DNA damage



- Normal cells can repair DNA damage
- Cancer cells are geared only to grow and spread and cannot effectively repair DNA damage
- Cancer cells then eventually die = mitotic catastrophe



From Eric Hall

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Fractionating can make radiation safer for normal tissues

- Fractionating = many small doses of radiation instead of fewer larger dose
- Rapidly growing tissues
 - Tumors and some normal tissues (mucosa, marrow, skin)
 - Still are impacted in terms of efficacy (tumor) or side effect (normal tissue) with fractionating
- Slowly growing tissues
 - Many critical normal tissues (lung, brain, muscle, nerve, blood vessels).
 - Have much fewer side effects with fractionation



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Dose and fractionation

- Radiation dose is measured in the unit Gray (Gy)
- Dose varies based on treatment site, type of tumor, other therapies
- Typically delivered 5 days per week (M-F) for up to 7 weeks
- Usually the dose is 1.8-2.0 Gy per day (many exceptions)



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Linear accelerator – “standard” radiation treatment machines



<http://info.oncologysystems.com/average-lifespan-elekta-linear-accelerator-parts/>

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CyberKnife – specialized for radiosurgery



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Gamma Knife – specialized for brain radiosurgery



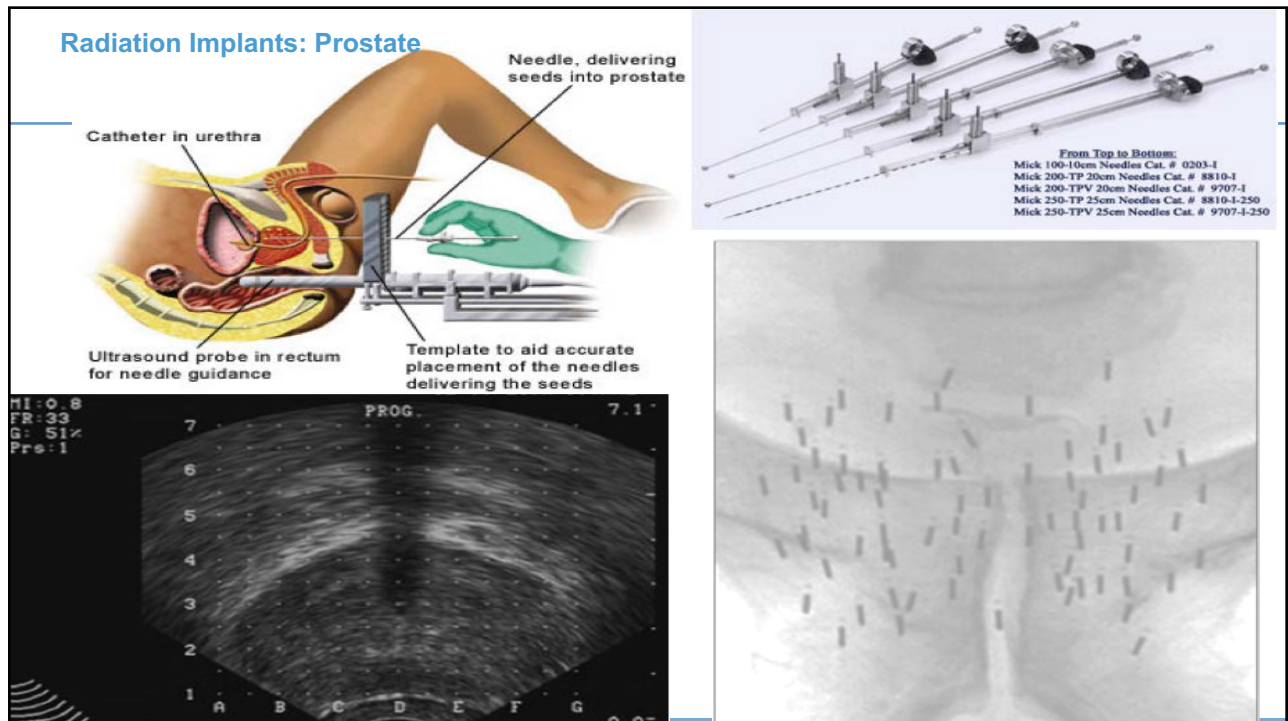
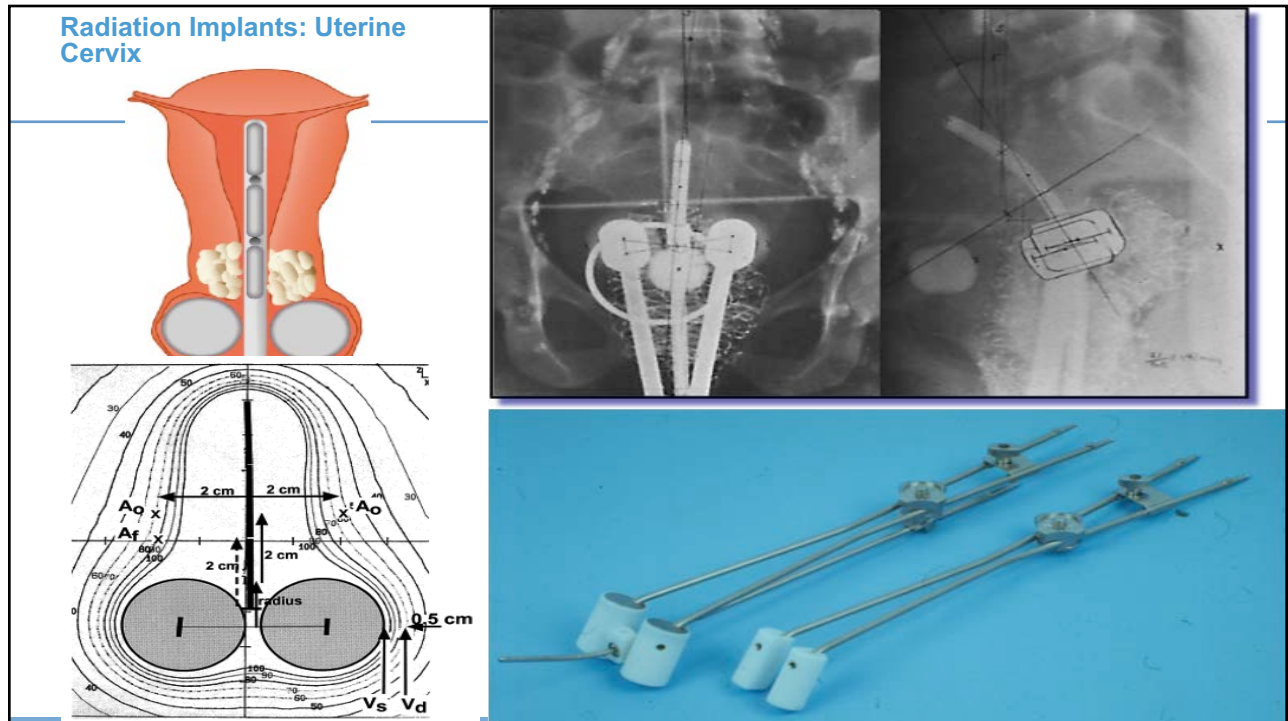
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Brachytherapy – implanted radiation

- Procedure based radiation technique
- Can involved implanted seeds (that remain in place indefinitely)
- Can involved temporary catheters (that are removed after radiation treatment)
- Sites
 - Prostate
 - Cervix
 - Endometrial
 - Breast
 - Esophageal
 - Sarcoma
 - Skin



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Intraoperative Radiation



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Poll Question 2

Which one of the following statements is True about what radiation is and how it is used?

- A. X-rays and γ -rays are both naturally occurring forms of photons.**
- B. Cancer cells are good at repairing DNA damage.**
- C. Radiation dose is measured in the unit Gray (Gy).**
- D. Brachytherapy utilizes radiation seeds and catheters that are implanted permanently.**



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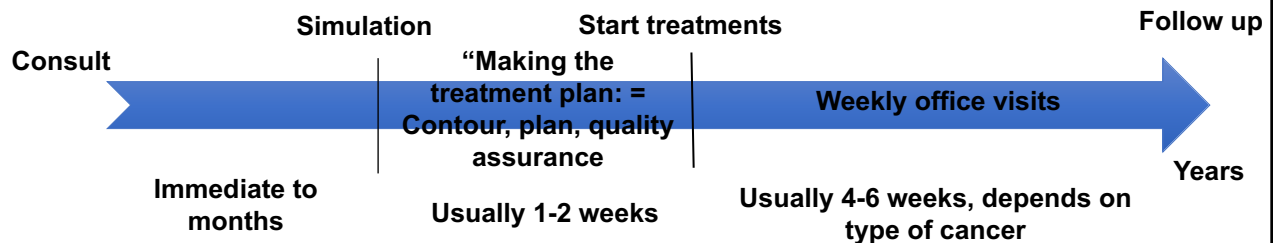
Outline

- What is cancer and its impact?
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Timeline for a patient



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Case

- 57 y/o female presents to PCP with cough and shortness of breath for the past 6 weeks
- 25 lb weight loss
- Current smoker, 2 packs per day x 30 years
- Physical Examination: decreased breath sounds in upper right lung
- Chest x-ray – right upper lobe lung mass

Concerning for lung cancer

Adapted from ROECG – Radiation Oncology Education Collaborative Study Group – Medical Student Curriculum



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Diagnostic Tests

- Biopsy (gives a cancer diagnosis)
- Staging
 - How large is the tumor?
 - Where is the tumor located?
 - Has the tumor spread?

BOTH biopsy and staging are needed to develop a treatment plan



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Diagnostic Tests and Treatment

- Biopsy – guided with a CT scan OR by bronchoscopy
- Staging imaging –
 - PET-CT
 - Brain MRI
- For this patient – biopsy is adenocarcinoma, staging shows the known right upper lobe mass, mediastinal lymph nodes. No disease outside of the chest. Stage III non-small cell lung cancer
- TREATMENT: 30 radiation treatments, concurrent chemotherapy, adjuvant immunotherapy



What does the radiation oncologist do in clinic?

- Full and extensive history and physical relating to cancer diagnosis
- Although you are treating the tumor, knowing your patient's other medical problems and "performance status" will help you care for them



What do radiation oncologists think about during initial consult?

- History: full and detailed in chronologic order. Include presenting symptoms, work-up, any staging studies and pertinent laboratories
- Past medical/surgical history
 - **Prior radiation treatment (breast cancer and prior Hodgkin's)
 - **Pacemaker or ICD
 - **Pregnant?
 - **Prior chemotherapy
 - **Connective tissue disorders
 - **Family history: **full family cancer history
- Social history: family, plans for future children?, employment, **living situation/location**, support structure, smoking, substance abuse



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What do radiation oncologists think about during initial consult?

- Physical exam
 - Complete physical exam (focused)
 - More extensive exam of pertinent anatomical regions
 - Breast
 - Prostate
 - Glioblastoma
 - Bone metastasis
 - Lung
 - Performance status – how is the patient doing in terms of completing daily tasks, working, etc



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Performance Status

Karnofsky Performance Score

- 100% – normal, no complaints, no signs of disease
- 90% – capable of normal activity, few symptoms or signs of disease
- 80% – normal activity with some difficulty, some symptoms or signs
- 70% – caring for self, not capable of normal activity or work
- 60% – requiring some help, can take care of most personal requirements
- 50% – requires help often, requires frequent medical care
- 40% – disabled, requires special care and help
- 30% – severely disabled, hospital admission indicated but no risk of death
- 20% – very ill, urgently requiring admission, requires supportive measures or treatment
- 10% – moribund, rapidly progressive fatal disease processes
- 0% – death.

ECOG/Zubrod

- 0 – Asymptomatic (Fully active, able to carry on all predisease activities without restriction)
- 1 – Symptomatic but completely ambulatory (Restricted in physically strenuous activity but ambulatory and able to carry out work of a light or sedentary nature. For example, light housework, office work)
- 2 – Symptomatic, <50% in bed during the day (Ambulatory and capable of all self care but unable to carry out any work activities. Up and about more than 50% of waking hours)
- 3 – Symptomatic, >50% in bed, but not bedbound (Capable of only limited self-care, confined to bed or chair 50% or more of waking hours)
- 4 – Bedbound (Completely disabled. Cannot carry on any self-care. Totally confined to bed or chair)
- 5 – Death



What do radiation oncologists think about during initial consult?

• Assessment

- *Always* stage the patient
 - Early breast pT1bN0M0 Stage IA
 - Intermediate-risk prostate cT2bN0M0, PSA 14.5, GS 3+4
 - Glioblastoma multiforme WHO grade IV
 - Bone metastasis from lung cT3N3M1 Stage IV
 - Lung Cancer cT3N3 Stage III

• Plan

- Could involve surgery, systemic therapy, RT
- Does not always involve RT!!



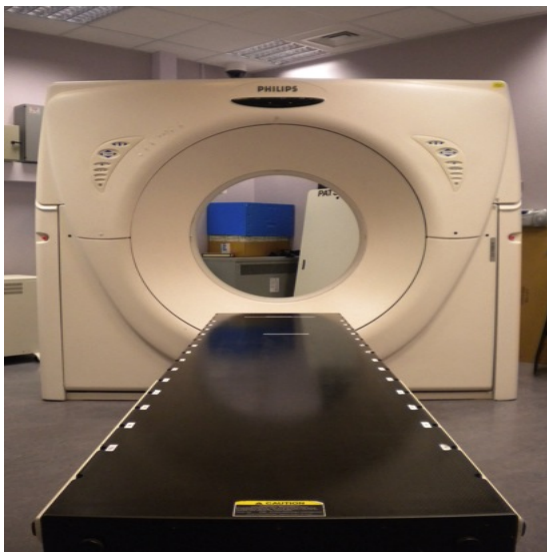
Proceeding with radiation treatments

- Simulation = CT scan
 - Determined by MD:
 - How to position the patient
 - What part of the body to scan
 - Contrast (yes/no)
 - Respiratory gating (yes/no)
 - Patient is set-up, scanned, and marked (tattoo) by radiation therapists



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CT Simulation



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Treatment Planning



- MANY steps involved
 - Drawing targets
 - Designing fields
 - Creating radiation plan (dose)
 - MULTIPLE quality assurance steps
- Involved multiple people
 - Radiation oncologist
 - Dosimetrists
 - Medical physicists



Adapted from ROECGS – Radiation Oncology Education Collaborative Study Group – Medical Student Curriculum



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Treatment delivery



Adapted from ROECGS – Radiation Oncology Education Collaborative Study Group – Medical Student Curriculum



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Side effects of radiation

- Fatigue
- Otherwise depends on treatment site/volume (and chemotherapy) – where the radiation is pointed!
- Stage III lung
 - Acute (short-term)
 - Esophagitis – “sticking” sensation when swallowing, pain with swallowing
 - Chronic (long-term)
 - Radiation pneumonitis – lung inflammation
 - Pericarditis – inflammation of the lining of the heart
 - Cardiovascular disease – due to radiation the heart and coronary arteries
 - Secondary malignancy



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Other radiation side effects – where the beam is aimed!

- Pelvis – diarrhea, dysuria, bowel obstruction, ulceration, menopause, erectile dysfunction
- Brain – nausea, headache, radiation necrosis, memory problems
- Breast – skin irritation, scar tissue, brachial plexus injury
- H&N – dry mouth, irritation inside mouth, skin irritation



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Poll Question 3

Which one of the following statements is True about radiation therapy and its side effects?

- A. Radiation oncologists can concentrate on treating the tumor and ignore a patient's other medical problems.
- B. Setting up a patient and scanning and marking them (tattoo) is always optional.
- C. Preparing a treatment plan always includes multiple quality assurance steps.
- D. The only side effect of radiation therapy is fatigue.



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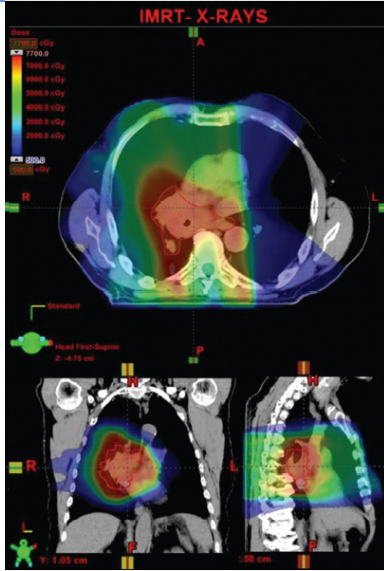
Outline

- What is cancer and its impact?
- How do we treat cancer?
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- **Treatment planning examples**



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Treatment planning - lung



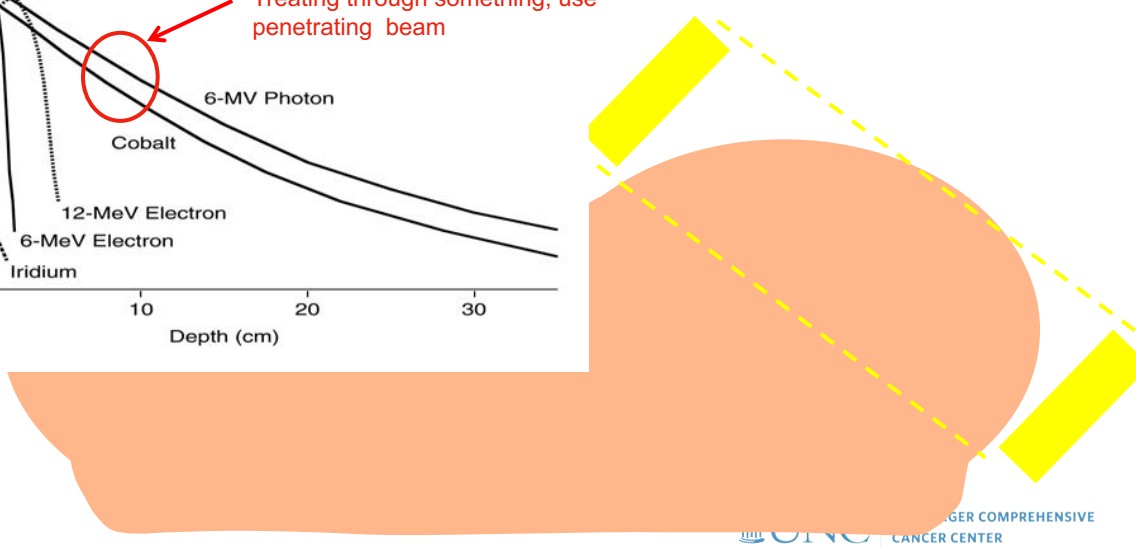
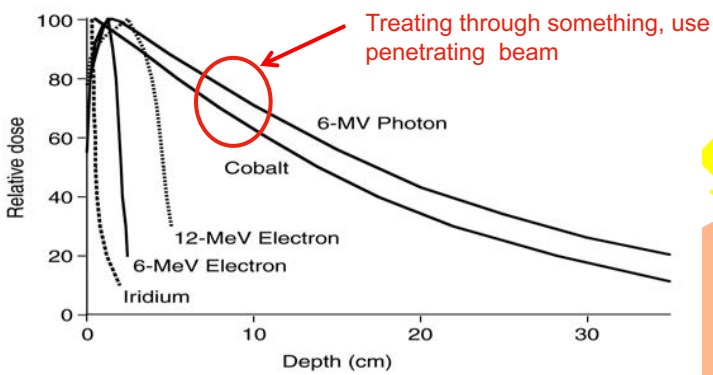
- Cover target (tumor + margin with desired dose)
- Spare organs at risk
 - Spinal cord
 - Esophagus
 - Heart
 - Normal lung

Image from: Translational Oncology Research, Vol 1, No 4, Dec 2012.

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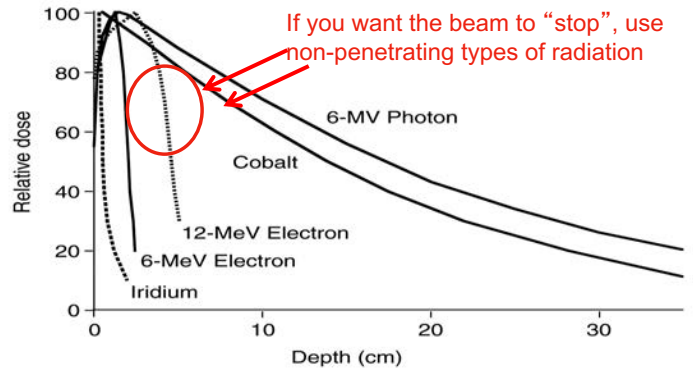
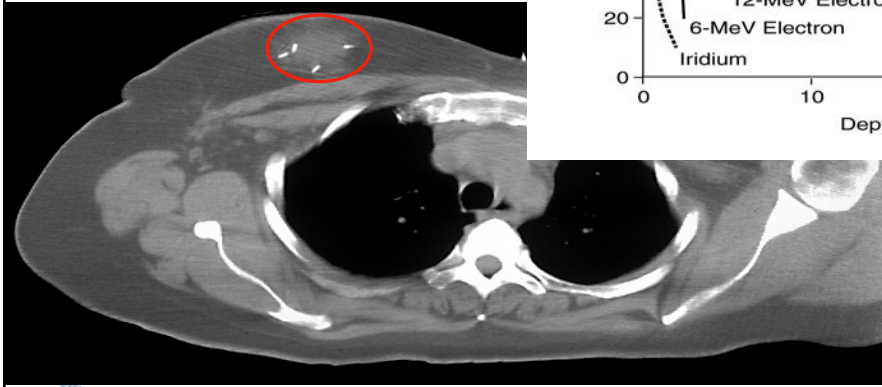
Tangents Photons

Treatment planning - breast



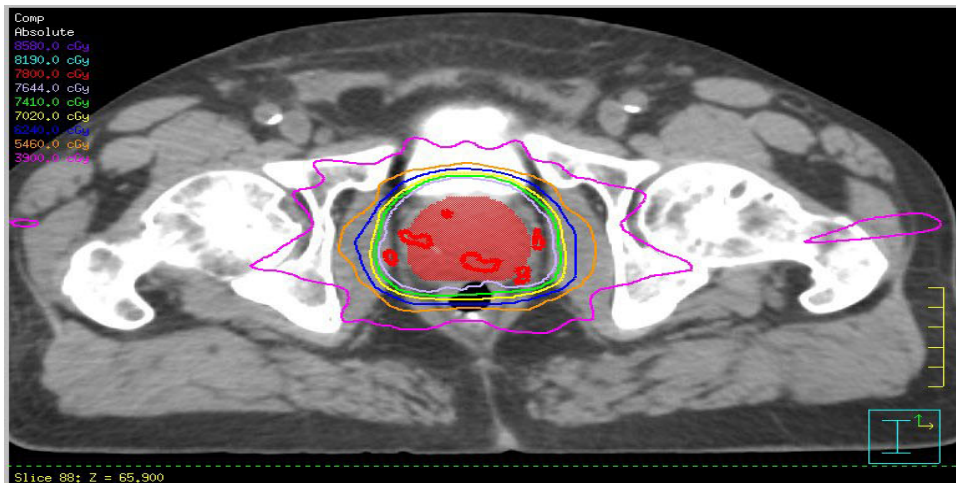
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Treatment planning – breast boost



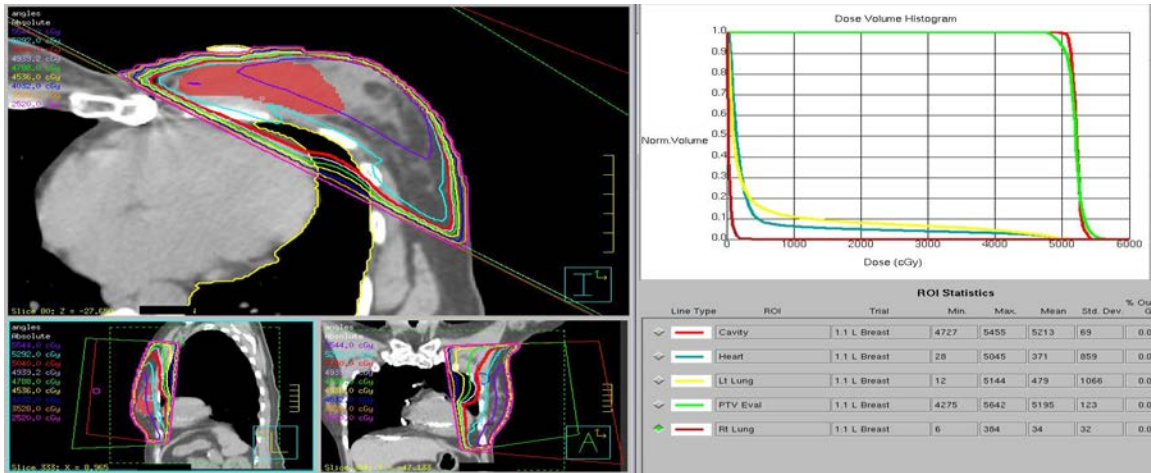
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Treatment planning - prostate



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Treatment planning - breast

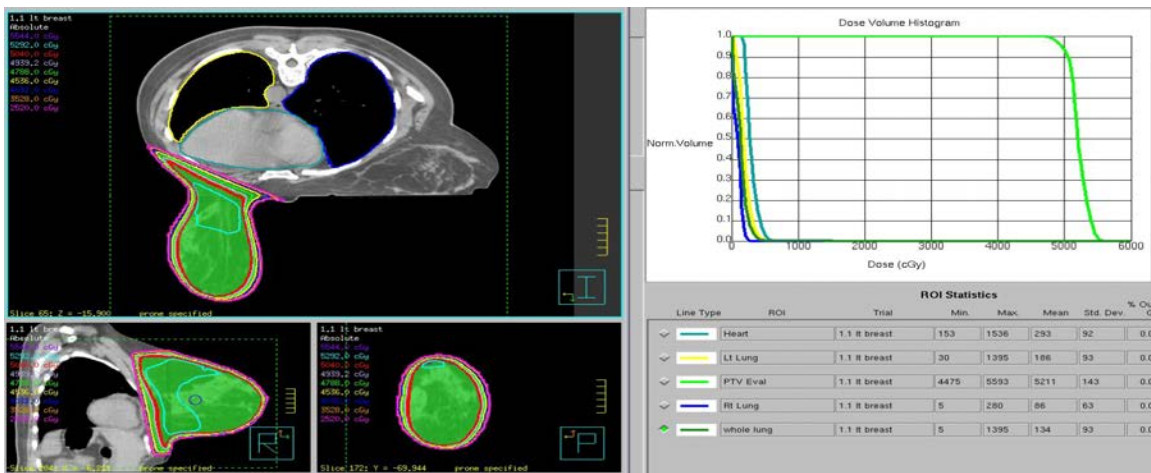


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Treatment planning – prone breast

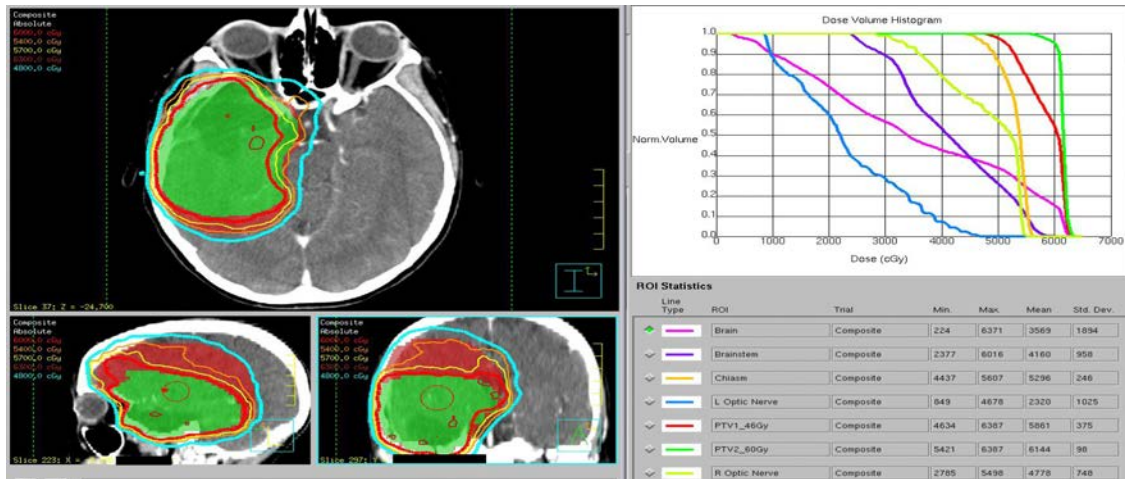


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Treatment planning - brain



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radiosurgery/Stereotactic Body Radiotherapy

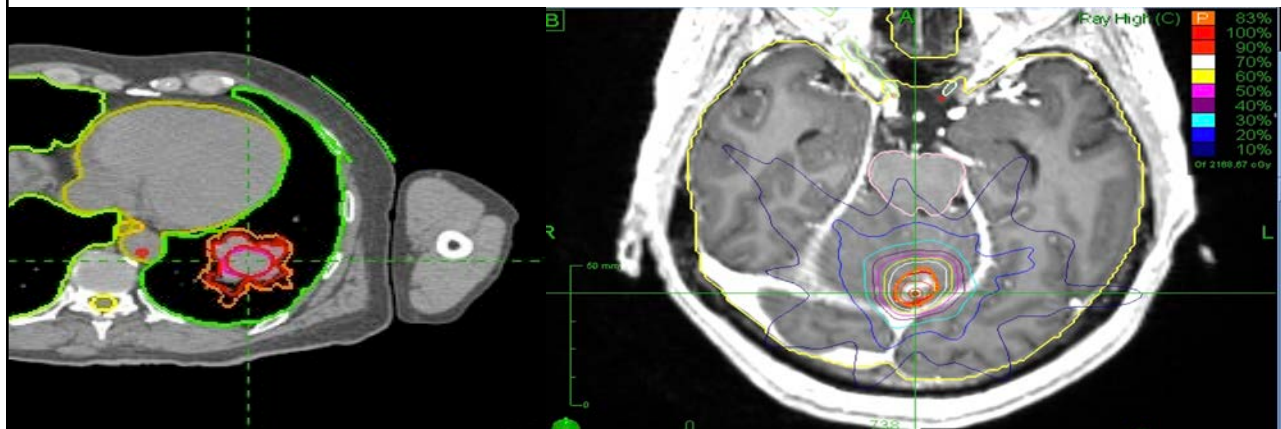
- Specialized technique
 - High RT dose per fraction
 - Tight margin
 - Image guidance
 - Localization at time of treatment



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Radiosurgery



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Summary

- Oncologic care is complicated and requires a team
- Radiation can be used alone to cure cancer, or with other modalities
- The use of Radiation/Surgery/Chemo depends on:
 - The cancer's behavior; i.e. its likelihood to spread locally vs distantly, and
 - The functional impact of surgery vs RT as the local therapy
- Radiation works by causing damage to the DNA.
- There are many types of radiation techniques
 - External beam radiation (x-rays or electrons)
 - Radiosurgery
 - Brachytherapy
 - Intraoperative radiotherapy
- The job of the radiation oncologist includes working with a multidisciplinary team, selecting and designing RT treatments (ANATOMY!), managing treatment toxicities.



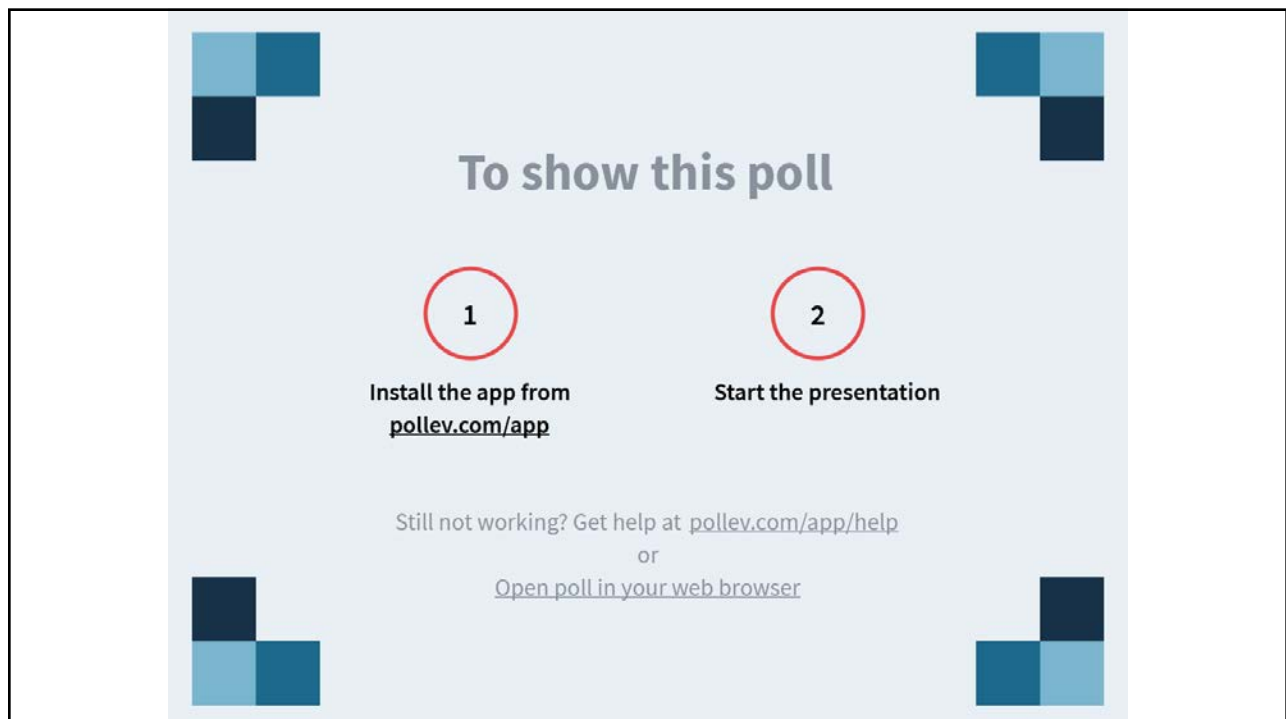
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References

- Some slides courtesy of
 - Dr. Larry Marks
 - Dr. Jessica Wilson
 - ROECSSG (Radiation Oncology Education Collaborative Study Group)
- Other references:
 - ASCO.org – Oncology 101
 - ASTRO.org – Overview of RT for Healthcare Professionals
 - ASTRO.org – Radiation Oncology for Medical Students
 - Gunderson and Tepper, Clinical Radiation Oncology, 4th ed



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UNC Cancer Network Team

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Tim Poe, *Director of Telehealth*

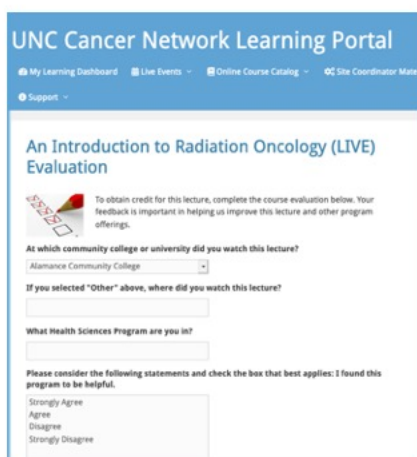
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An Introduction to Radiation Oncology (LIVE) Evaluation

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Alamance Community College

If you selected "Other" above, where did you watch this lecture?
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What Health Sciences Program are you in?
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Please consider the following statements and check the box that best applies: I found this program to be helpful.

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**Your feedback
is greatly appreciated:**

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Upcoming North Carolina Community College Lectures



October 16, 2019 at 12:00 PM

Caring for the Patient with Breast Cancer

Amy DePue, BSN RN OCN CBCN

Betsy Blanton, BSN RN OCN

Lea McDonnell, BSN RN

Emily Riddle, BSN RN

Betsy Wehe, BSN RN

February 19, 2020 at 12:00 PM

Caring for the Patient with Lung Cancer

Marjory Charlot, MD, MPH, MSc

For a complete listing and details on coming events visit:

www.unccn.org/events

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Self-Paced, Online Courses

This lecture will be available in October 2019
as a **FREE**, Self-Paced, Online Course.

Recent additions to the Learning Portal include:



Caring for the Patient
with Head and Neck Cancer

Hazel Hampton, RN, BSN, CMSRN, OCN

Stephanie Shea, RN, BSN, OCN

Caring for the Patient
with a GI Cancer

Julienne S. Harris, RN, MSN, FNP-C

For this and more courses: **learn.unccn.org**

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