

Radiation

Ká manáskisikáték kiminiwin

In order to treat your cancer your doctor has decided you need radiation. It is normal to have questions and concerns about your treatment. Learning what radiation therapy is and what to expect during your visits can help you get through your treatments.

Inikok ta natawitániwak anima ká mancósiwáspinéyan piko ta moci manáskisikáték. Piko kékwána wí kakwécikémoyani óma oci ki tákosiwin éko tánisi ké ati ispanik óma káwí natawíhikawiyani oci. Táti nisitotaman kékwána anima káwí moci manáskisikáték kiminiwin éko tánisi ké ati itócikátéki kékwána óma káwí natawíhikawiyani éko kékwána ké ati mositáyan.

What is radiation therapy?

Radiation, also called radiotherapy, uses high energy x-rays to destroy cancer cells. It can be used as the only form of treatment or combined with other treatments, for example with chemotherapy or surgery.

Radiation can be given to:

- cure cancer
- control the growth of cancer
- relieve symptoms, such as pain
- reduce the risk of the cancer returning

Kékwán anima ká manáskisikáték ki miníwin natawíwéwin?

Anima manáskisikéwin ápacitaw anima pinésihi iskotéw ta manáskisa anima kiminiwin ká mancósiwáspinéyan. Ékwanima wésám piko takí itócikániwan ispík énatawicikáték anima mancósiwáspinéwin éko átit anihi ákosiwina ká matisokawiyani.

Ékwaniw ókik ká ápacitácik anima miníwi manáskisikéwin:

- mancósiwáspinéwin
- ta nipatát mancósiwáspinéwin éká awasimé tati átotémakak pakán ité isi ki míyak
- ta nipayáskisak ánihi kékwána ká wísakáspinéskákoyan
- ta nakáskak éká kítwán ta móskipanik anima mancósiwáspinéwin

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Radiation Treatment

External Beam Radiation Therapy (outside the body)

- One or more beams of radiation are directed at the area on your body where your cancer is or was removed from.
- The radiation beam comes from a treatment machine which moves around you, but does not touch you.
- The radiation beam is “on” for a short time, a few seconds to a couple of minutes at a time.
- Each appointment is about 15 minutes.
- Most patients receiving external radiation therapy will have a “simulation” appointment.
 - ~ This planning appointment takes 20-60 minutes.
 - ~ You are placed in the treatment position and scans or X-rays are taken of the area to be treated.
 - ~ Felt pen markings or small permanent tattoos are placed on your skin to outline the treatment area. These marks are necessary for the radiation therapists to accurately position you for treatment.

Kámanáskisikátéki kiminiwina

Tákóc ki míyak ká manáskisot kiminiwin (ká nókoki ki míyak)

- Péyak wéká awasimé itáskonamwak anihi manáskisikana anta ana kákí oci maninit anima kákí mancósiwáspinéyan.
- Anima ká manáskisikémakak anta ocipaniw misi ápacitáwin ká kispákoték kiyámpiko énocihikoyan éko mwác péyakwá ki tákinikon.
- Anima ká manáskisikémakak ya acinaw piko pimakotéw.
- 15 minutes piko nócicikémakan tantwá é itotéyan.
- Wésám piko kakinaw ókik óma ká isi natawihicik, pitamá kawáciyawak mwés mácitániwaki kékwána oma káwí manáskisot ana miníwin.
 - Nántaw ápitaw isko péyak tipahikan nócitániwan óma ta wawénínániwak.
 - Kipimáskosimikawin ita káwí isi sápwápmikawiyán ta wápatákkik tánta itéké ta nócihikawiyán.
 - Ta niskinawácitáwak anta ki sakák nántaw isi ita anima tékok káwí manáskisikáték. Natawénitákon óma ta niskinawácicikániwak ki sakák tánta tékok anima ká mancósiwáspinéyan mitoni kwayask ta itótákkik ispík máci manáskisakwáki ékwéniw.

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Ká manáskisikáték kiminiwin

Internal Radiation Therapy (inside the body)

- Also called Brachytherapy.
- A tube is inserted into the area of the body affected by cancer.
- A radiation source is placed inside the tube and stays in place for 10-20 minutes.
- Appointment times are usually two to three hours long.
- Only some patients receive internal radiation therapy.

Píci ki míyak ká manáskisot kiminiwin (mwác ká nókoki ki míyak)

- Ayíw mina icikátéw kitástapihi manáskisikéwin.
- Ta pitáskonikátéw anta píci ki míyaw ékinwásik kékwán ta mwésci manáskisikáték anima anta ká mancosiwáspinéyan.
- Anima manáskisikan ita pítahikátéw éko ékota péyakwanok étaskonikáték é manáskisak anima ki miníwin nántaw 10-20 micicísa é ispaniki.
- Nántaw níso wéka nisto tipahikana nócitámakana mána tantwá ta wápamikawiyán.
- Átit ókik piko ká wápamicik óma ká isi natawihicik.

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Side Effects of Radiation Therapy

Except for feeling tired, side effects occur only in the area of your body that is being treated with radiation. Everyone can experience side effects differently. Eating well and getting proper rest is important to help you manage them.

Possible short term side effects:

- | | |
|---------------------------|------------------------|
| -headaches | -hair loss |
| -skin irritation | -feeling tired |
| -sore mouth and/or throat | -difficulty swallowing |
| -loss of appetite | -nausea |
| -vomiting | -swelling |
| -productive cough | -diarrhea |
| -bladder irritation | |

When you start radiation your therapist will tell you how to take care of the treatment area and how to manage any side effects. It is important to tell your therapists, nurse and doctor about all side effects.

Nántaw ké isi manáskisikáték anima manáskisikéwi natawíwéwin

Anima piko káwí tápitawi cákiyan, anta piko kika mósitán kotaka kékwána ita kákí isi nocikawíyan. Kakinaw awiyak pá pakán ta isi móskiskáko anima isi nanatawihíwéwin. Kwayask ka mícisoyan éko kwayask ká anwépiyan kika wícihikon éká ta nócihikoyan oki.

Acinaw áskaw óma kika ispanihikon:

- | | |
|--|-------------------------|
| - ká téhistikwánéyan | - ká pinániskwéyan |
| - ká kinakastéyan | - ká cákiyan tápitaw |
| - ká pikotónépaniyan wéká ká wísákénitaman ki kotwaskwíy | - ká animitáyan kékwána |
| - éká ká kaskitáyan ta mícisoyan | - pákamocéwáspinéwin |
| - ká pákamoyan | - ká pákipaniyan nántaw |
| - ostostotamowin | - sásáposiwin |
| - ki sikiníwat ká wísakiskákoyan | |

Ispik máci manáskisikátéki anima kiminiwin kika wítamák ana ká paminisk tánisi ta isi nákcitáyan anima kákí natawihikawíyan éko kékwána ta oci aswénitaman ké ati pici itiskákoyan óma ki natawihíkowin. Nátawénitákon ta wítaman tánisi mwéci étiskákoyan kékwána óma oci kinánátawihon.

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Radiation Therapy Facts

- All radiation treatments are given between Monday and Friday at CancerCare Manitoba, 675 McDermot Avenue in Winnipeg.
- Some patients may only receive one treatment; others receive as many as 35 or more treatments. This will be decided by your doctor.
- Sometimes a shell or cast may be needed for your treatment. This will be placed over the part of your body that is receiving radiation. It will help you to stay in position during your treatment.
- Radiation therapists can be male or female. All are trained professionals who care about your well being.
- It is necessary to expose the area where you will be treated so that the therapists can see the marks or tattoos that help them place you in the treatment position each day. Every effort will be made to keep you comfortable and maintain your privacy.
- During the radiation treatment you are alone in the treatment room. The therapists can see and hear you. You are safe.
- You can breathe normally when you are being treated.
- You can not feel or see radiation.
- Radiation Therapy contact phone number: 787-2585 or toll free at 1-866-561-1026.

Mancósiwáspinéwin miníwin ká manáskisikáték kiskénitamowina

- Kakinaw óki itóci kátéwa tato kísikáw Monday isko Friday nété CancerCare Manitoba, 675 McDermot Avenue, Winnipeg.
- Átit piko péyakwa ta wá pamáwak éko átit áskaw nistano niyánanósáp ta itotéwak ta natawihicik. Maskikiwininiw ana ká pamihisk piko ta wítak tánikok ké nóci ciké makak óma isi natawiwéwin.
- Áskaw ta natawénicikátéw nántaw ta isi micomáskonikawiyán óma káwí isi natawihikawiyán. Ékota ké isi takótasték ita ki míyak anima kiminiwin káwí manáskisikáték. Ta wíci ciké makan anima ta koskoyácisinan mékwác é natawihikawiyán.
- Piko ana nápéw wéká iskwéw óma itatoskéw é paminak óma ákosiwin. Kwayask ókik ésko kiskénicikáték óma ta isi natawitániwak ákosiwin kiskénitamwak éko éspíci kaskitócik kika kákwé natawihikok.
- Piko ta mosénákok anima anta ká niskinawáci masinahikáték ki míyak ita tékok anima ki mancosiwáspinéhi miníwin ta kiskénitakik tanta mwéci ta itinikáték anima manáskisikéwin. Ésko kaskitaniwak papéyatak ka nóci hékawin éká ta picí wí sakáspinatikawiyán éko mina mitoni kika péyakon ita éká awiyak ta wá pamit.
- Éskwá manáskisikáték anima kiminiwin mitoni kika péyakon anta pítakwamik ká tasí ká kawiyán. Kikakí moci péták éko kinawápatam anima ká tasí ká ana maskikiwininiw ká tasí kás. Móna nántaw kika maci ispanihikon.
- Papéyatak piko kika papakitátamon óma mékwác ká natawihikawiyán.
- Mwác kika wápatón wéká kika mósitán anima ká manáskisikáték kiminiwin.
- Radiation Therapy ókik kikaki isi ayamiyáwak: 787-2585 wéka éká kékwan ta tipahikéyan 1-866-561-1026.