



Research Article

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Assessment of Multimodality Imaging Based Treatment Volume Determination for Stereotactic Body Radiation Therapy (SBRT) of Adrenal Metastases



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Abstract

Objective: Adrenal gland constitutes a common site of metastasis from several cancers, and management of oligometastatic disease with sophisticated irradiation strategies such as Stereotactic Body Radiation Therapy (SBRT) has gained utmost attraction in recently. SBRT may serve as an excellent tool for management of oligometastatic adrenal disease. High doses of irradiation may be excellently focused on well-defined targets by use of SBRT under stereotactic localization, immobilization and image guidance. The dose is focused on the target and surrounding critical structures may be spared with SBRT owing to steep dose gradients around the target volume. In this study, we evaluated treatment volume determination for SBRT of adrenal metastases with comparative analysis of Computed Tomography (CT) and Magnetic Resonance Imaging (MRI).

Materials and methods: For this study, the ultimate endpoint was treatment volume determination for SBRT of adrenal metastases by comparative analysis of CT and MRI.

Results: In this study, we found that CT and MRI defined treatment volume determination resulted in differences. Considering this, we made use of fused CT and MRI for ground truth treatment volume determination for SBRT of adrenal metastases.

Conclusion: Results of this study may have implications for increased adoption of multimodality imaging for treatment volume determination for SBRT of adrenal metastases, however, future studies may be required to shed light on this issue.

Keywords: Adrenal metastases; Stereotactic Body Radiation Therapy; Treatment volume determination; Immobilization; Stereotactic localization

Abbreviations: SBRT: Stereotactic Body Radiation Therapy; IGRT: Image Guided RT; ART: Adaptive RT; CT: Computed Tomography; MRI: Magnetic Resonance Imaging; LINAC: Linear Accelerator; AAPM: American Association of Physicists in Medicine; ICRU: International Commission on Radiation Units and Measurements

Introduction

Adrenal gland constitutes a common site of metastasis from several cancers, and management of oligometastatic disease with sophisticated irradiation strategies such as Stereotactic Body Radiation Therapy (SBRT) has gained utmost attraction in recently [1-7]. As a matter of fact, recent years have witnessed unprecedented advances in technology. Automatic segmentation techniques, molecular imaging methods, Image Guided RT (IGRT), Intensity Modulated RT (IMRT), stereotactic RT, and adaptive RT (ART) have been introduced for improved radiotherapeutic

management of patients [8-49]. SBRT may serve as an excellent tool for management of oligometastatic adrenal disease as addressed in several studies [1-7]. High doses of irradiation may be excellently focused on well-defined targets by use of SBRT under stereotactic localization, immobilization and image guidance. The dose is focused on the target and surrounding critical structures may be spared with SBRT owing to steep dose gradients around the target volume. In this study, we evaluated treatment volume determination for SBRT of adrenal metastases with comparative

analysis of Computed Tomography (CT) and Magnetic Resonance Imaging (MRI).

Materials and Methods

We have been treating a high patient population from several places from Turkey and abroad for decades at our Department of Radiation Oncology at University of Health Sciences. With administration of state-of-the-art radiotherapy techniques, several benign and malignant tumors are irradiated. For this study, the ultimate endpoint was treatment volume determination for SBRT of adrenal metastases by comparative analysis of CT and MRI. All included patients have been referred to Department of Radiation Oncology at Gulhane Medical Faculty, University of Health Sciences for SBRT of adrenal metastases. We have performed a comparative analysis of treatment volume determination by CT simulation images for SBRT planning and with MRI. CT simulations of the patients have been performed at CT-simulator (GE Lightspeed RT, GE Healthcare, Chalfont St. Giles, UK) available at our department. Also, MRI of patients have been acquired and used for comparative assessment.

A Linear Accelerator (LINAC) with the capability of sophisticated IGRT techniques was used for SBRT. After rigid patient immobilization, planning CT images have been acquired at CT-simulator for SBRT planning. Afterwards, acquired SBRT planning images were sent to the contouring workstation via the network. Treatment volumes and critical structures were outlined on these images and structure sets have been generated. Also, treatment volume determination was also performed on MRI for comparison purposes. All patients underwent SBRT at Department of Radiation Oncology at Gulhane Medical Faculty, University of Health Sciences.

Results

Our study has selectively focused on assessment of treatment volume determination for SBRT of adrenal metastases with comparative analysis of CT and MRI. Stereotactic irradiation procedures were carried out at our Radiation Oncology Department of Gulhane Medical Faculty at University of Health Sciences, Ankara. Before SBRT, all included patients were individually assessed by a multidisciplinary team of experts from surgical oncology, radiation oncology, and medical oncology.

We considered the reports by American Association of Physicists in Medicine (AAPM) and International Commission on Radiation Units and Measurements (ICRU) for optimal SBRT planning. Radiation physicists took part in generation of SBRT treatment plans by considering relevant normal tissue dose constraints. Tissue heterogeneity, electron density, CT number and HU values in CT images have also been considered by radiation physicists for precise SBRT planning. Main goal of SBRT planning was to achieve optimal treatment volume coverage without violation of normal tissue dose constraints. IGRT techniques including kilovoltage cone beam CT has been utilized, and SBRT

was delivered by Synergy (Elekta, UK) LINAC. We found that CT and MRI defined target volume definition resulted in differences as an important result of this current study. Considering this, we made use of fused CT and MRI for ground truth treatment volume determination for SBRT of adrenal metastases.

Discussion

Adrenal gland constitutes a common site of metastasis from several cancers, and management of oligometastatic disease with sophisticated irradiation strategies such as SBRT has gained utmost attraction in recently [1-7]. As a matter of fact, recent years have witnessed unprecedented advances in technology. Automatic segmentation techniques, molecular imaging methods, IGRT, IMRT, stereotactic RT, ART have been introduced for improved radiotherapeutic management of patients [8-49]. SBRT may serve as an excellent tool for management of oligometastatic adrenal disease as addressed in several studies [1-7]. High doses of irradiation may be excellently focused on well-defined targets by use of SBRT under stereotactic localization, immobilization and image guidance. The dose is focused on the target and surrounding critical structures may be spared with SBRT owing to steep dose gradients around the target volume. In this study, we evaluated treatment volume determination for SBRT of adrenal metastases with comparative analysis of CT and MRI.

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From the perspective of radiation oncology, optimal treatment volume determination and normal tissue sparing may be considered among the pertinent aspects of improved stereotactic irradiation. While definition of larger target volumes may result in un-towards toxicity, definition of smaller than actual target volumes may lead to consequent treatment failures. Adaptive RT strategies and multimodality imaging-based target determination has been suggested for addressing this critical issue [50-106].

In this study, we found that CT and MRI defined treatment volume determination resulted in differences. Considering this, we made use of fused CT and MRI for ground truth treatment volume determination for SBRT of adrenal metastases. Results of this study may have implications for increased adoption of multimodality imaging for treatment volume determination for SBRT of adrenal metastases, however, future studies may be required to shed light on this issue.

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