

Contents

Preface — V

Acknowledgments — VII

Part D: Radiotherapeutical methods

1	Radiobiology basics — 3
1.1	Introduction — 3
1.2	Life cycle of cells — 4
1.3	Tumor cells — 9
1.3.1	General remarks — 9
1.3.2	Cancer cell development — 11
1.3.3	Tumor growth — 12
1.4	Radiation response of cells — 14
1.4.1	LQ model — 14
1.4.2	Dose fractionation — 15
1.4.3	Biological effect of radiation — 16
1.4.4	Reaction distance — 17
1.4.5	Relative biological effectiveness (RBE) — 18
1.4.6	Oxygen enhancement ratio — 19
1.5	Radiation therapies — 20
1.5.1	Dose control — 20
1.5.2	Hypoxia and chemotherapy — 22
1.5.3	Types of radiotherapies — 23
1.5.4	Radiation treatment planning overview — 23
1.5.5	Staging — 25
1.6	Summary — 26
	Exercises — 28
	References — 29
	Further reading — 30
	Useful websites — 30
2	X-ray radiotherapy — 31
2.1	Introduction — 32
2.2	Absorbed dose by high-energy photon beam — 33
2.2.1	Percent depth dose for electrons — 34
2.2.2	Percent depth dose for photons — 36
2.2.3	Reference dosimetry and beam quality correction factor — 37
2.2.4	Monte Carlo simulations — 39

- 2.2.5 Dose to isocenter — **42**
- 2.3 Target volume and collimators — **43**
- 2.3.1 Target volume definition — **43**
- 2.3.2 Multileaf collimator — **45**
- 2.3.3 Intensity-modulated radiotherapy — **48**
- 2.4 Linear accelerators for x-ray generation — **49**
- 2.5 New developments — **52**
- 2.5.1 Cyberknife technology — **52**
- 2.5.2 MR-linac hybrid systems — **54**
- 2.5.3 FLASH-RT — **56**
- 2.6 Gamma knife — **56**
- 2.7 Summary — **57**
- Exercises — **60**
- References — **60**
- Further reading — **62**
- Useful websites on cyberknife technology — **62**

3 Charged particle radiotherapy — 63

- 3.1 Introduction — **63**
- 3.2 Proton beam therapy: overview — **64**
- 3.3 Characteristics of proton beams — **68**
- 3.3.1 Interaction channels — **68**
- 3.3.2 Proton beam range — **68**
- 3.3.3 Beam profile — **72**
- 3.3.4 Formation of SOBP — **74**
- 3.3.5 Beam delivery and scanning — **75**
- 3.3.6 Dose requirements — **76**
- 3.3.7 Charge particle fluence — **77**
- 3.4 Positioning and range monitoring — **78**
- 3.4.1 Treatment plan and positioning — **78**
- 3.4.2 PET monitoring — **80**
- 3.4.3 Prompt gamma monitoring — **84**
- 3.4.4 Patient monitoring — **87**
- 3.5 Examples for proton beam therapy — **87**
- 3.5.1 Posterior fossa tumor — **87**
- 3.5.2 Prostate tumor — **88**
- 3.5.3 Uveal melanoma — **89**
- 3.6 Accelerators and gantries for proton beam therapy — **90**
- 3.7 Carbon ion beam therapy — **93**
- 3.7.1 LET and OER — **93**
- 3.7.2 Implementation — **95**
- 3.7.3 Concluding remarks — **96**

- 3.8 Summary — **96**
- Exercises — **98**
- References — **99**
- Useful websites — **101**
- Further reading — **101**

- 4 Neutron radiotherapy — 103**
- 4.1 Introduction — **103**
- 4.2 Neutron energies and lifetime — **104**
- 4.3 Fast neutron production by fission — **105**
- 4.4 Accelerator-based neutron sources — **106**
- 4.4.1 ${}^9\text{Be}(p,n){}^9\text{B}$ reaction — **107**
- 4.4.2 ${}^9\text{Be}(d,n){}^{10}\text{B}$ reaction — **108**
- 4.4.3 ${}^3\text{H}(d,n){}^4\text{He}$ reaction — **109**
- 4.5 Accelerator facility — **109**
- 4.6 LET, RBE, and OER of fast neutrons — **110**
- 4.7 Boron neutron capture therapy — **113**
- 4.8 Summary — **116**
- Exercises — **117**
- References — **117**
- Further reading — **118**
- Useful website — **118**

- 5 Brachytherapy — 119**
- 5.1 Introduction — **119**
- 5.2 Radioisotope selection for brachytherapy — **120**
- 5.3 Specific radioisotopes for brachytherapy — **124**
- 5.3.1 Radioisotopes ${}^{137}\text{Cs}$ and ${}^{131}\text{Cs}$ — **124**
- 5.3.2 Radioisotope ${}^{60}\text{Co}$ — **125**
- 5.3.3 Radioisotope ${}^{192}\text{Ir}$ — **126**
- 5.3.4 Radioisotope ${}^{125}\text{I}$ — **126**
- 5.3.5 Radioisotope ${}^{103}\text{Pd}$ — **127**
- 5.3.6 Radioisotopes ${}^{198}\text{Au}$ and ${}^{106}\text{Ru}$ — **128**
- 5.3.7 Radioisotope ${}^{90}\text{Sr}$ — **128**
- 5.4 Procedures — **129**
- 5.4.1 Interstitial and contact brachytherapy — **129**
- 5.4.2 Cervical cancer — **131**
- 5.4.3 Prostate cancer — **131**
- 5.4.4 Breast cancer — **132**
- 5.4.5 New developments — **133**
- 5.5 Dosimetry — **133**
- 5.6 Summary — **137**

- Exercises — **138**
- References — **138**
- Further reading — **139**
- Useful websites — **139**

Part E: Diagnostics and therapeutics beyond radiology

- 6 Laser applications in medicine — 143**
 - 6.1 Introduction — **143**
 - 6.2 Laser basics — **146**
 - 6.2.1 Two-level system — **146**
 - 6.2.2 Three-level system — **147**
 - 6.2.3 Basic laser components — **148**
 - 6.2.4 YAG laser — **149**
 - 6.2.5 Laser types, wavelengths, and units — **150**
 - 6.2.6 Laser specifications — **152**
 - 6.3 Laser pulsation — **153**
 - 6.3.1 Mechanical switching — **154**
 - 6.3.2 Q-switch — **154**
 - 6.3.3 Mode locking — **156**
 - 6.4 Laser interaction with tissue — **159**
 - 6.4.1 Laser beam penetration depth — **159**
 - 6.4.2 Laser-tissue interaction — **161**
 - 6.4.3 Photothermal interaction — **162**
 - 6.4.4 Photoablation — **165**
 - 6.4.5 Plasma-induced ablation — **166**
 - 6.4.6 Photomechanical interaction — **167**
 - 6.4.7 Photochemical interaction — **168**
 - 6.5 Laser applications in ophthalmology — **170**
 - 6.5.1 Photorefractive keratectomy — **170**
 - 6.5.2 Diabetic retinopathy — **173**
 - 6.5.3 Cataract and glaucoma — **175**
 - 6.6 Summary — **176**
 - Exercises — **178**
 - References — **179**
 - Further reading — **180**

- 7 Nanoparticles for nanomedical applications — 181**
 - 7.1 Introduction — **181**
 - 7.2 Pathway of nanoparticles through the body — **183**
 - 7.2.1 Reticuloendothelial system (RES) — **183**

- 7.2.2 Clearance — **184**
- 7.2.3 Enhanced permeation and retention effect (EPR) — **185**
- 7.2.4 Coatings — **185**
- 7.2.5 Antigen-Antibody — **187**
- 7.2.6 Targeting — **188**
- 7.2.7 Size — **188**
- 7.2.8 Biocompatibility — **188**
- 7.3 Magnetic nanoparticles for diagnostics and therapeutics — **189**
- 7.3.1 Magnetic properties of gadolinium — **189**
- 7.3.2 Magnetic properties of magnetite — **191**
- 7.3.3 Superparamagnetism — **192**
- 7.3.4 Blocking temperature — **194**
- 7.4 MR imaging contrast — **196**
- 7.4.1 Basics of MRI contrast — **196**
- 7.4.2 Gd^{3+} chelates as positive contrast agent for MRI — **198**
- 7.4.3 Fe_3O_4 as negative contrast agent for MRI — **198**
- 7.4.4 Size of magnetic nanoparticles — **199**
- 7.4.5 Coating of magnetic nanoparticles — **200**
- 7.4.6 Alternative magnetic nanoparticles — **200**
- 7.5 Magnetic hyperthermia — **201**
- 7.5.1 Relaxation mechanisms — **201**
- 7.5.2 Relaxation in an AC magnetic field — **202**
- 7.5.3 Power loss density — **204**
- 7.5.4 Magneto-mechanical cell destruction — **206**
- 7.6 Metal nanoparticles for diagnostics and therapeutics — **207**
- 7.6.1 X-ray radiography contrast — **207**
- 7.6.2 K-edge contrast — **209**
- 7.6.3 Bimodal contrast — **209**
- 7.6.4 Alternative concepts — **209**
- 7.7 Plasmon resonance — **210**
- 7.7.1 Mie scattering — **210**
- 7.7.2 Surface plasma resonance — **212**
- 7.7.3 Photothermal therapy — **215**
- 7.8 Imaging and spectroscopy — **217**
- 7.8.1 Dark field imaging — **217**
- 7.8.2 Surface enhanced Raman scattering — **219**
- 7.9 Multimodality of theranostic nanoparticles — **221**
- 7.10 Summary — **223**
- Exercises — **225**
- References — **225**
- Further reading — **227**

Part F: Measuring and statistics

- 8 Elements of medical statistics: measurements, population, distribution, reliability — 231**
 - 8.1 Introduction — 231
 - 8.2 Precision and accuracy — 232
 - 8.3 Random errors and systematic errors — 233
 - 8.4 Mean, variance, and confidence interval — 234
 - 8.5 Absolute and relative errors — 236
 - 8.6 Error propagation — 237
 - 8.7 Error of measuring devices and sensitivity — 238
 - 8.8 Population and sampling — 239
 - 8.9 Frequency, histogram, and distribution — 240
 - 8.10 Standard distribution — 242
 - 8.11 Assessing histograms by standard distribution — 243
 - 8.12 Normal probabilities — 246
 - 8.13 Linear regression and correlation — 248
 - 8.14 Risk and odds — 251
 - 8.15 Sensitivity, specificity, predictive values of diagnosis — 252
 - 8.16 Summary — 255
 - Exercises — 257
 - References — 258
 - Further reading — 258
 - Useful website — 258

Appendix

- 9 Answers to questions — 261**
- 10 Solutions to exercises — 269**
- 11 List of acronyms (used in all three volumes) — 283**
- 12 Selection of fundamental physical constants, conversions, and relationships — 286**
- 13 List of scientists named in this volume — 287**
- 14 Glossary — 288**
- 15 Index of terms — 291**