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Precision Radiation Therapy at St. Rita's Offers Targeted Treatment

LIMA (Oct. 27, 2014) St. Rita's Regional Cancer Center is now offering Stereotactic Body Radiation Therapy. SBRT is a very precise form of radiation therapy that can deliver higher doses of radiation in fewer treatment sessions. It's part of our mission to ensure all residents of West Central Ohio have access to advanced medical technology and quality care.

SBRT uses precision scanning technology to target tumors, then delivers a focused beam of radiation. It poses less risk to surrounding healthy tissue. Standard radiation therapy typically involves up to 35 treatments over seven weeks. SBRT delivers up to five treatments over two weeks. Stereotactic Body Radiation Therapy is particularly effective against small, well-defined tumors in the lung, liver or spine, in patients who are inoperable or high surgical risk.

"SBRT is an effective and less-invasive option for certain patients with lung tumors, especially if the patient has other medical conditions," said Sandra Herrington, PhD, M.D., Lead Radiation Oncologist for the SBRT Program at St. Rita's. "A patient with emphysema is likely to have the condition worsened with standard radiation therapy treatment, and those patients with cardiac problems would likely not be eligible for surgery."

Additionally, both the short term and long term outcomes are at least as good, or better, for patients having SBRT as compared to surgery for lung cancer.

"Stereotactic Body Radiation Therapy is certainly a wonderful treatment option for select patients with lung cancer, and it's now available right here at St. Rita's," Dr. Herrington said. "We've completed SBRT treatment for three patients so far, all with good results, and we are excited about having this state-of-the-art cancer treatment for our community, in a convenient and close-to-home setting."

For more information, potential patients can call the St. Rita's Regional Cancer Center at 419-996-5611. All eligible patients should be evaluated in a multidisciplinary setting and afforded an informed decision of the risks and benefits of both surgery and SBRT.

Editor's Note: Dr. Herrington and a recent SBRT patient are available for interviews. Contact J.D. Bruewer at 419-996-2692, or jdbrewer@mercy.com to arrange interviews.

About St. Rita's

St. Rita's Medical Center, a 425-bed acute care not-for-profit facility, delivers quality health care to more people in West Central Ohio than any other hospital in a 10-12 county region. St. Rita's is part of Mercy Health, formerly Catholic Health Partners. Founded by the Sisters of Mercy in 1918, St. Rita's serves in ways that reflect our Core Values of Compassion, Excellence, Human Dignity, Justice, Sacredness of Life and Service. Our mission is to extend the healing ministry of Jesus by improving the health of our communities with emphasis on people who are poor and under-served. Medical services include The Henry & Beverly Hawk Heart & Vascular Center at St. Rita's, St. Rita's Orthopedic Care Center, St. Rita's Regional Cancer Center, St. Rita's Robotic Surgery Program, St. Rita's Weight Management Program, trauma and emergency services, women's health, mother/baby, pediatrics, sports medicine and rehabilitation, and addiction and behavioral services.