

RAYOS CONTRA CANCER

Biannual Newsletter

YEAR END REFLECTIONS

Awe, success, and inspiration.

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MASTERING IMRT/VMAT

*Improved treatment planning
and patient-specific QA.*

2

PARTNER & VOLUNTEER SPOTLIGHTS!

We build success together.

3-4

Year End Reflections

To everyone that has supported RCC,

We hope this message finds you well and that you are enjoying the holidays. It has been another adventure of a season with RCC, and I feel that, collectively, we have made yet another big dent in improving cancer treatments for hundreds of radiotherapy clinics around the globe. It is this mission that draws us together and this mission that continues to propel us to new levels!

We are so excited to share some new stories of success in our newsletter, including the completion of two of our largest medical physicist training programs to date: "Mastering IMRT for Medical Physicists" in English and in Spanish. Of note, in Latin America we had over 150 medical physicists send us anonymous feedback with examples of how the course had improved their practice.

I have been left filled with awe and inspiration. **It's amazing that in the blink of an eye, working together, we're able to help elevate the quality of cancer care for all cancer patients in Latin America / Africa / Middle East and other countries. This is what it's all about!**

I always say this, but I will say it again. We are so lucky to get to work with such a motivated and capable group of participants and learners, who truly help extend our mission to improve patient lives. As one colleague in Honduras shared, **"En nombre de los físicos del centro de cáncer Enma Romero, queremos darte las gracias. Acaban de activar el IMRT en nuestro Software, y el curso fue vital en la formación de nuestros muchachos."** This, and many other notable success stories, are in progress all around us.

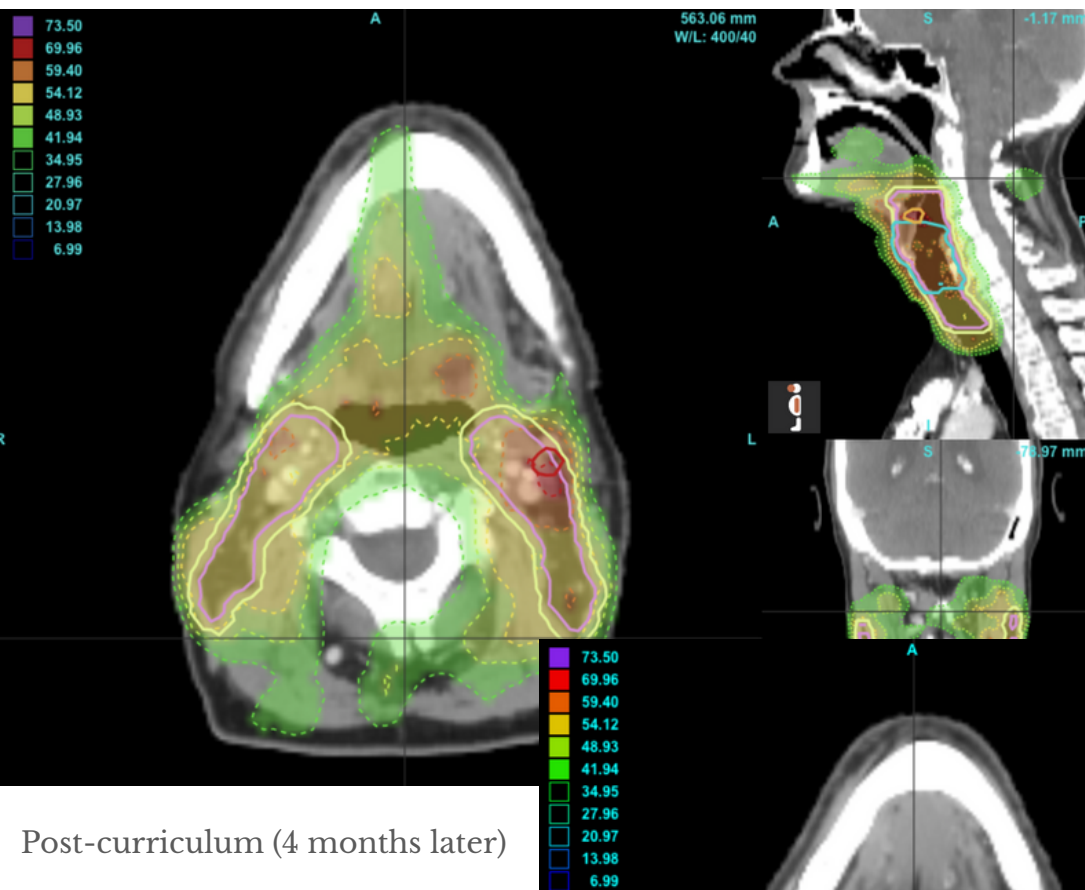
Please get some well-deserved rest, and we will see you in 2023! ⚡

- Ben Li
President and Founder, Rayos Contra Cancer

Mastering IMRT/VMAT for Medical Physicists

This fall we wrapped up our two Mastering IMRT/VMAT for Medical Physicists curriculums in both English and Spanish. Over 900 total medical physicists signed up to participate in the training programs. One major highlight included teaching the "Shulman Method" for VMAT optimization, which participants had the chance to learn and practice via treatment planning homework assignments with feedback.

Comparing pre- vs. post-curriculum plans, we found objective improvements in performance across the board, including target coverage, normal tissue sparing, and the increased use of treatment planning structures for plan optimization.



Pre-curriculum plan

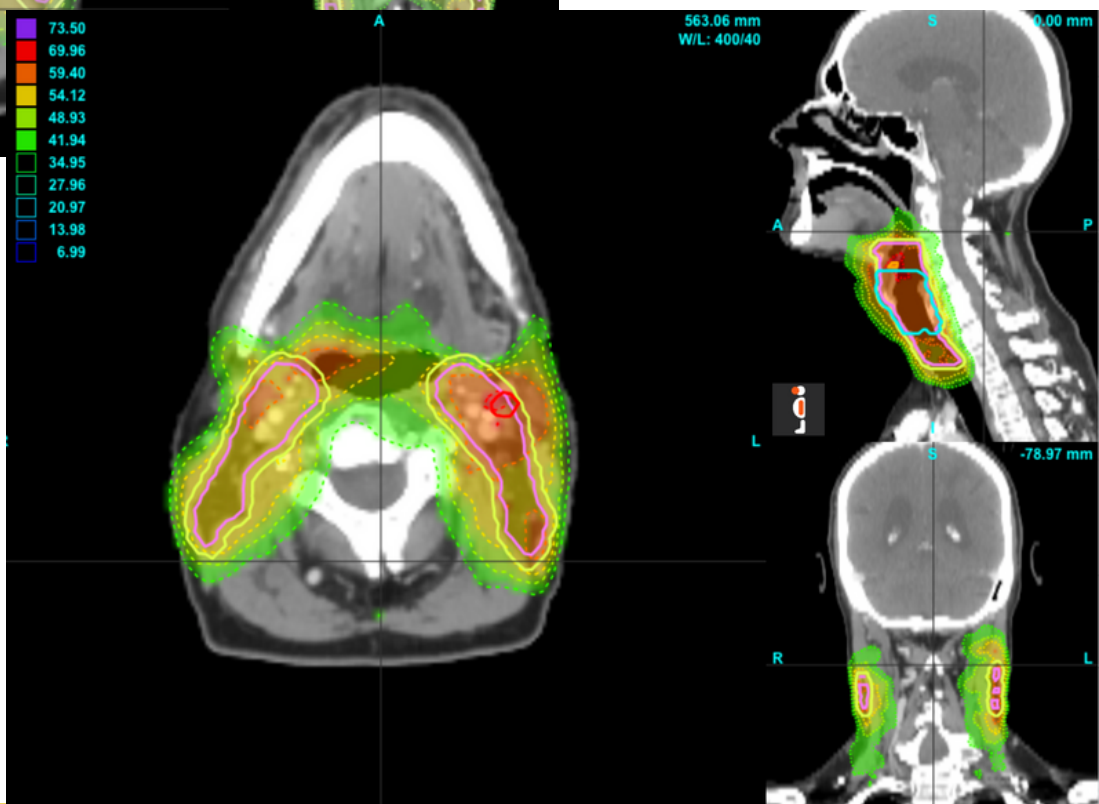
We analyzed over 50 plans submitted before training began. Participants began with varying skill levels and areas for improvement. One example plan for a center new to IMRT is shown to the left.

We wanted to improve treatment planning and patient-specific QA so that participants could employ these skills to help hundreds of patients at their centers receive better treatments on a daily basis.

Post-curriculum (4 months later)

The same participant's work is shown to the right. There is better dose conformity around the targets, less dose to the oral cavity, salivary glands, and spinal cord. This plan will lead to higher cure rates, less side effects, a greater chance of completing treatment without interruptions and the ability to live a healthy, functional life after treatment.

This was a great team success.
Thank you to the team involved!



IMRT/VMAT Course Participant Feedback

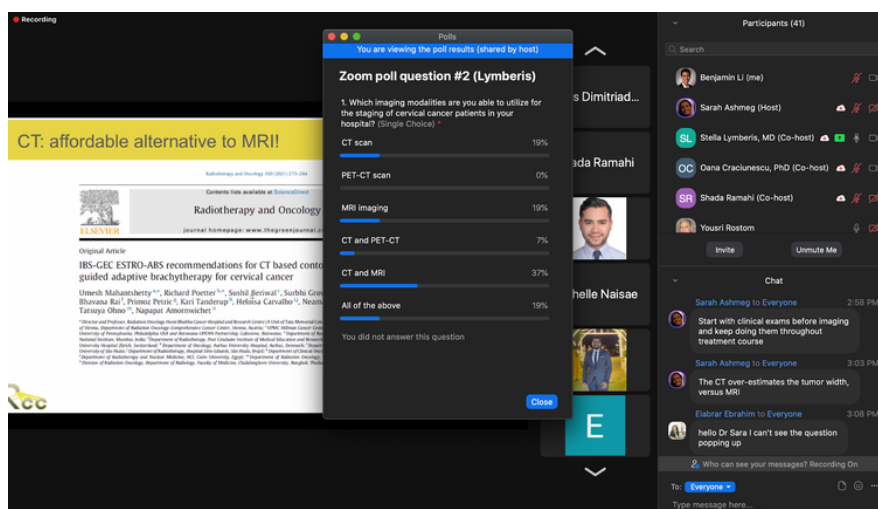
"This is by far the most in-depth training I have received on IMRT/VMAT. I am convinced that I will return to watch all the videos several times. I was also blessed to have willing lecturers, ready to answer questions before, during and after the lectures. My IMRT/VMAT plans have now been better and faster.....Thank you RCC. A masterpiece. This was the most robust training on VMAT/IMRT ever given. I will definitely be back to regurgitate all its contents." -Victor Ekpo, Nigeria

"It was the best time for our clinic, we were struggling to start IMRT And VMAT, now we can do it we have all the informations we needed, also it was a great chance to know a lot of Physicist all over the world. Thanks to all the presenters and to RCC." -Abdelkarim Boudjemaa, Algeria

PARTNER SPOTLIGHT



This past fall, RCC supported the American Association of Physicists in Medicine (AAPM) International Council (Education and Training Subcommittee) in leading a virtual training curriculum on HDR Brachytherapy for colleagues at Alexandria University. The course consisted of 7 total sessions lead by a volunteer team of medical physicists and radiation oncologists. We would like to give a huge shoutout to Julie Raffie, Shada Wadi-Ramahi, Stella Lymberis, and Oana Craciunescu for helping coordinate this course with us!



VOLUNTEER SPOTLIGHT

Cesar Della Bianca, PhD

Cesar is a senior medical physicist at Memorial Sloan Kettering Center whose expert knowledge and experience was a tremendous help for this year's programs. During the planning stages of our IMRT/VMAT curriculum, Cesar helped design a treatment planning homework assignment and rubric that allowed us to track student learning throughout the course. In addition, Cesar is a strong advocate for improving radiotherapy training in his home country of Argentina as well as across Latin America. As an educator for our IMRT/VMAT course, he taught sessions on contouring, treatment planning (demonstrating the "Shulman method"), and tips for building good plans across different disease sites.

We cannot thank Cesar enough for his constant positive energy and dedication to RCC!



"I'm so happy and honored to be part of RCC. Education and training is my passion, and RCC has giving me the opportunity to flourish this passion.

The impact that RCC has made is inspiring and wonderful outcomes have been achieved in every course. Everyone in RCC is amazing, professional and welcoming. I'm thrilled to continue participating in this beautiful journey and see what RCC can accomplish next to help clinics around the world."

Sneak Peak



We are currently halfway through the first iteration of our inaugural multi-site contouring curriculum. The first course, "Avoiding common errors in contouring - Pelvic malignancies," is currently underway for radiation oncologists in 10 different countries in Southeast Asia in collaboration with SEAROG. We are excited to see this course continue to progress in the new year!

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First time as an educator with RCC?

Click on your respective role's link and we will notify you of any future opportunities!

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