Volumetric Modulated Arc Therapy-based Total Body Irradiation (VMAT-TBI): 3-year Experience

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2018 AAMD Meeting

Disclosure
Nothing to Disclose
UTSW Radiation Oncology – Most Advanced Technologies
Resources at UTSW
Radiation Oncology Department

- Varian Linacs (8, 6 with IGRT and OBI)
- Elekta Linacs (3) all with IGRT and OBI
- Two Philips 4D Large Bore 16 Slice CT Scanners
- Brainlab’s Airo Mobile CT
- Three VisionRT systems
- Brainlab’s Exactrac system
- ICON Gamma Knife
- M6 Cyberknife
- Calypso
- Xcision’s Gamma Pod
- Two Varian Varisource iX HDR afterloaders

Resources at UTSW
Radiation Oncology Department

- 20 Radiation Oncologists
- 20 Medical Physicists
- 11 Dosimetrists
- 45 Therapists
Patient Spectrum

- **Breast**: 14%
- **Prostate/GU**: 6%
- **Lung**: 12%
- **H & N**: 4%
- **Sarcoma**: 9%
- **Skin**: 8%
- **GI**: 10%
- **Gyn**: 9%
- **Brain**: 9%
- **Metastatic-Brain**: 2%
- **Metastatic-Bone**: 3%
- **Metastatic-Other**: 5%
- **Lymphoma/Leukemia**: 6%
- **Other**: 1%
- **Pediatrics**: 1%

Outline

- **Rationale of TBI**
- **Conventional TBI**
- **VMAT-TBI**
  - VMAT-TBI immobilization device
  - VMAT-TBI treatment workflow
    - Simulation
    - **Treatment planning**
    - Treatment QA
    - Treatment delivery
- **Conclusion**
Clinical Use of TBI

- Total body irradiation (TBI) has become an integral part of hematologic stem cell transplant or bone marrow transplant preparative regimens.
- Treating disease: leukemia, aplastic anemia, lymphoma, multiple myeloma, autoimmune diseases, etc.
- Purpose of TBI
  - Cytotoxicity: to contribute to the eradication of any residual tumor cells and recipient’s bone marrow.
  - Immuno-suppression: prevent host from rejecting donor stem cells.

Typical Treatment Regimen

- Low-dose TBI
  - A single fraction low-dose TBI (2 Gy) combined with various chemotherapy regimens has emerged as an effective form of immunosuppression prior to allogenic stem cell transplantation in non-myeloablative approaches.
  - Prescription: 200 cGy x 1

- High-dose TBI
  - Prepare for bone marrow transplantation in myeloablative approach.
  - High-dose TBI is potentially lethal without intensive medical support and stem cell backup. Also it is toxic if incorrect delivery.
  - Prescription: 150 cGy x 8 BID or 200 cGy x 6 BID
    - Homogenous dose distribution within +10%, skin dose 90% Rx*
    - Lower lung dose ~8-9 Gy to minimize pneumonitis
    - Lower dose rate 10 cGy/min to minimize pneumonitis

Conventional TBI Techniques

AAPM Report 17 (TG 29), Figure 1.

- Four sources
- Two horizontal beams
- Source moves horizontally
- Patient moves horizontally
- Two vertical beams
- Head rotation
- Half body, direct and oblique fields
- Half body, adjacent direct fields

Conventional TBI Techniques

AAPM Report 17 (TG 29), Figure 1.

- Single source, extended SSD
**Physics side bar**

Dose Homogeneity AAPM Report 17 Figure 2

![Graph showing Beam Energy & SSD effect and Tissue Lateral Effect](image)

**Conventional TBI (UTSW)**

![Diagram of Conventional TBI (UTSW)](image)

- **Compensator**
- **Several meters**
Conventional TBI: Standing (UTSW)

Conventional TBI: Floor (UTSW)
Conventional TBI

- Large dosmetric uncertainty;
- Treatment may not be comfortable
- Time consuming:
  - Treatment simulation time ~1 hr
  - Treatment delivery time: > 1 hr (mainly setup)

Modern Radiotherapy

IMRT  VMAT
Modulated ARC TBI (MATBI)

Dosimetric aspects of inverse-planned modulated-arc total-body irradiation

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Inverse-planned modulated-arc total-body irradiation

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(Received 22 November 2011; revised 22 March 2012; accepted for publication 7 April 2012; published 23 April 2012)

Total Bone Marrow Irradiation (TMI)


Total Marrow Irradiation: A New Ablative Regimen as Part of Tandem Autologous Stem Cell Transplantation for Patients with Multiple Myeloma

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VMAT-TBI at UTSW

- **Goal:** Achieving a high-quality comfortable treatment in standard treatment room:
  - A high quality treatment plan
    Planning at the current advanced TPS system
  - A patient-comfortable treatment
    Treatment at supine position
  - A treatment without requiring special vault
    Treatment at standard distance on couch

VMAT-TBI

- A multi-iso VMAT treatment with the aid of home-developed body frame
A Lazy-susan body Frame

A Lazy-susan body frame
VMAT-TBI Treatment Workflow

A. Treatment Simulation  
B. Treatment Planning  
C. Treatment QA  
D. Treatment Delivery

A. Treatment Simulation

HFS
Upper-Body

FFS
Lower-Body
Simulation Protocol

- **Field of view (FOV):**
  - Consistent between HFS and FFS
  - FOV should include entire TBI body frame

- **CT Slice thickness**
  - Using 5mm to reduce total CT image size

- **kVp and mAs**
  - Using Pelvic protocol (120kVp and 80mAs) to generate image with good quality in both H&N and Pelvic region.

- **CT marker placement**
  - One BB is placed on the patient sternum aligned with BBs on TBI frame, which generate a reference point for patient setup
  - Additional two BBs are placed on the abdomen and pelvis to ensure the body straightness along Z axis

B. Treatment Planning

1. Image concatenation
2. Beam placement
3. Contour
4. Plan optimization
B.1. Treatment Planning – Image Concatenation

- **HFS Upper-Body**
- **FFS Lower-Body**

Image Concat. Engine

**Whole body**

Calculate Mean HU for each CT cross section in overlap region

Slice #

Mean HU (HU)

- **HFS Upper-body**
- **FFS Lower-body**

Mean HU (HU)

Slice #
B.1. Treatment Planning – Image Concatenation

Best match

RMSE = $\sqrt{\frac{1}{n} \sum_{j=1}^{n} (y_j - \bar{y}_j)^2}$

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B.2. Treatment Planning – Beam Placement

- Generally the whole body is divided into 6-7 sections
  - 3-4 in upper body using VMAT (Head, Chest, Abdomen, and Pelvic)
  - 2-3 in legs using AP-PA fields (Upper, Middle and Lower Legs)

- Balancing dose coverage and treatment delivery time
  - Shorten treatment delivery --- fewer arcs
  - Minimizing cold/hot spots --- optimal field overlap

Beam Setup from Pinnacle to Eclipse

- One right Chest ISO/Arc
- One left Chest ISO/Arc to cover the arms for larger patient
- Same beam arrangement applied to the pelvis
- Chest/Pelvic isos < 4cm away from center to avoid couch collision
Beam Setup Steps

- Place AP beams to check coverage
- Rotate upper body beams to Lt-Lat to check coverage
- Rotate upper body beams to Rt-Lat to check coverage
- Change Upper body beams to Arcs
- Leg beams remain AP/PA with collimators 90° to prepare for FIF

B.2. Treatment Planning – Beam placement

Automatic beam placement engine
- All isos are set along patient middle line
- Set head arc beam (first)
  - Make sure beam covers the head but no lung
- Set chest arc beams (second)
  - Three arcs, with one arc 90° collimator rotation
  - Simultaneously rotating head & lung arcs to make sure head & lung arcs have at least 2 cm overlapping at skin in 360 rotation
- Set abdomen arc beam (third) and pelvic arc beams (fourth)
  - 1-2 arcs per sections depending on pt. size
  - following the same overlapping rule at skin in 360 rotation
- Set Legs AP-PA beams
  - 1 large open beam with junction at skin
  - 1-2 sub fields mimicking the FIF concept to block the hot spot
B.3. Treatment Planning - Contouring

- **Normal structure:**
  - Body+TBI Frame
  - Body
  - Body-0.5cm

- **PTVs - based on (Body-0.5cm):**
  - PTVbody=(Body-0.5cm) excluding lungs
  - PTVarc
    - pPTVhead
    - pPTVchest excluding lungs
    - pPTVabdomen
    - pPTVpelvis
  - PTVleg
  - PTVlung (lung-1cm)

- **OARs:**
  - Brain
  - OralCavity
  - BowelSpace
  - Kidneys
  - SpinalCanal
B.3. Treatment Planning – Auto-Contouring

Auto-Contour Engine

B.4. Treatment Planning – Plan Optimization

- Pinnacle: 2D + Smart Arc/VMAT
- Multiple prescriptions under one plan
  - VMAT for the arc
  - Upper leg
  - Middle leg
  - Lower leg
B.4. Treatment Planning – Plan Optimization

**Eclipse: 2D + RapidArc/VMAT**
- Plan upper leg first
- Use upper leg plan as the base dose plan for VMAT planning
- Plan the rest of leg plans
- Create a plan sum with all the plans
- Use the plan sum to create FIF to block hot spots in the junction area as much as you can.

---

**Target Coverage:**

<table>
<thead>
<tr>
<th>Target Volume</th>
<th>Dosimetric Parameter</th>
<th>Limit</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTVbody</td>
<td>D90%</td>
<td>100%</td>
<td>100% of prescribed dose</td>
</tr>
<tr>
<td>PTVlung</td>
<td>Dmax</td>
<td>16Gy</td>
<td>Must be as homogenous as possible</td>
</tr>
<tr>
<td>PTVmean</td>
<td>Dmean</td>
<td>90Gy</td>
<td></td>
</tr>
</tbody>
</table>

**OARs Dose Constrain:**

<table>
<thead>
<tr>
<th>Name of Structure</th>
<th>Dose Volume Metric</th>
<th>Objective</th>
<th>Updated Objective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinal Cord</td>
<td>Dmax</td>
<td>15Gy (As homogenous as possible)</td>
<td>0.125cc</td>
</tr>
<tr>
<td>Oral Cavity</td>
<td>Dmax</td>
<td>15Gy</td>
<td>0.125cc</td>
</tr>
<tr>
<td>Bowel</td>
<td>Dmax</td>
<td>15Gy</td>
<td>0.125cc</td>
</tr>
<tr>
<td>Kidney</td>
<td>Mean</td>
<td>&lt; 13Gy</td>
<td></td>
</tr>
<tr>
<td>Whole Brain</td>
<td>Dmax</td>
<td>15Gy</td>
<td>0.125cc</td>
</tr>
</tbody>
</table>
B.4. Treatment Planning - Plan optimization

Manual towards automatic

**Script**

```java
public void Compute(Scanner scanner)
{
    if (scanner.hasNext())
    {
        content = scanner.nextLine();
        System.out.println("hi");
    }
    else
    {
        System.out.println("Hi")
    }
}
```

**API**

```
Eclipse Script
```

**Eclipse**

Eclipse API

ScriptContext

.Patient Setup

.Patient <and more...>

**Sample Patient Plan Quality**

- **PTV Body**: 12Gy, 90%
- **PTV Lung**: 12Gy, 90%

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C. Treatment QA

1. QA with solid water phantom
   • Point dose measurement (<5%)
   • Film measurement (r>90%, 5%/3mm)

2. Each Arc ISO has a QA plan of its own.

D. Treatment Delivery

1. Position verification: kV imaging or CBCT
D. Treatment Delivery

1. Position verification: CBCT or kV imaging
2. Beam delivery with low dose rate

<table>
<thead>
<tr>
<th>Body Region</th>
<th>Adult Pedi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head iso</td>
<td>40MU/min</td>
</tr>
<tr>
<td>Abdomen iso</td>
<td>40MU/min</td>
</tr>
<tr>
<td>Pelvis iso</td>
<td>600MU/min</td>
</tr>
<tr>
<td>Lower Leg iso</td>
<td>600MU/min</td>
</tr>
</tbody>
</table>

Setup: 15-35 mins + Beam-on: ~35-55mins = Total treatment time: ~50-90mins

2. Beam delivery with low dose rate
**VMAT-TBI Conclusions**

- Treatment at standard-size room
- Accurate treatment planning
- Accurate patient positioning
- We have treated **20 patients** since 2015.
  - Follow-up data show no outcome difference compared to conventional TBI
  - Achieving high patient satisfaction

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**Acknowledgement**

**Physicians:**
- Ramzi Abdulrahman, MD
- Dan Tu, MD
- Desai Neil, MD
- Robert Timmerman,MD

**Physicists:**
- Robert Reynolds, PhD
- Ouyang Luo, PhD
- Brian Hrycushko, PhD
- You Zhang, PhD
- Tsuicheng Chiu, PhD
- Jun Tan, PhD
- Sarah McGuire, PhD
- Steve Jiang, PhD

**Dosimetrists:**
- Ezequiel Ramirez, CMD
- Romona Duncan, CMD

**Engineers:**
- Trung Nguyen
- Richard Lamphier, BA

**Therapists:**
- Eric Chambers, BA
- Jennifer Gillespie
- Amanda Elgin
- Jay Dwyer
- Kara Tomas
Questions?