



DEEP INSPIRATION BREATH HOLD (DIBH) Using Surface Guided Radiation Therapy (SGRT)

Smarter Radiation. Better Protection. Improved Outcomes.

DIBH with SGRT is an advanced radiation therapy technique that helps protect your heart, lung or liver and improves the accuracy of your treatment. DIBH is a technique used if you need radiation therapy to your breast or chest.

What is DIBH with SGRT?

DIBH (Deep Inspiration Breath Hold)

This means taking a big, deep breath in and holding it while the radiation is delivered. Taking a deep breath inflates your lungs, moving your heart and liver away from the radiation area.

Minimising side effects to those organs.

DIBH also helps to keep structures in your chest from moving. Areas in the chest like the lungs move during breathing. Holding your breath can help reduce this movement.



SGRT (Surface Guided Radiation Therapy)

Special cameras track the surface of your body in real time with sub millimeter accuracy. They confirm that you are in the correct position and deep breath before and during treatment.

They also eliminate the need for any skin markings or tattoos.



Your radiotherapy team will guide you through the breathing technique and treatment process.

HOW DOES TREATMENT WORK WITH DIBH AND SGRT?

1 PREPARATION

Our team explains the process and guides you through a practice breath hold.



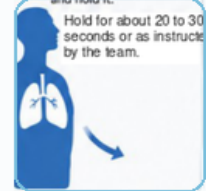
2 TREATMENT POSITIONING

You lie on the treatment table in a comfortable position. No tattoos or markers are needed. SGRT cameras monitor your position.



3 TAKE A DEEP BREATH AND HOLD

You take a deep breath in and hold it. Hold for about 20 to 30 seconds or as instructed by the team.



4 SGRT VERIFICATION

The SGRT cameras track your body surface and confirm you are in the correct position.



5 RADIATION DELIVERY

Once confirmed, the radiation is delivered while you hold your breath.



6 RELAX AND BREATHE NORMALLY

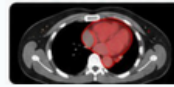
After each breath hold, you relax and breathe normally. The process is repeated as per the treatment plan.



WHY DO WE USE DIBH WITH SGRT?

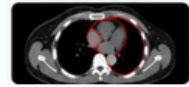
- ✓ Reduces radiation dose to the heart and lungs.
- ✓ Reduces potential long-term side effects.
- ✓ Improves accuracy and treatment precision.
- ✓ No need for tattoos or skin marks.
- ✓ Real-time monitoring for greater safety.
- ✓ Non-invasive, comfortable and safe.

COMPARISON OF TREATMENT APPROACHES



WITHOUT DIBH

Heart is closer to the radiation area and receives more dose.



WITH DIBH USING SGRT

Heart moves away from the radiation area and receives less dose.

FREQUENTLY ASKED QUESTIONS

Is this technique safe?

Yes. DIBH with SGRT is safe and widely used in radiation therapy.

Do I need any special training?

Yes. Our team will coach you to take a deep breath and hold it comfortably before your treatment.

How long is each breath hold?

Each breath hold usually lasts 20-30 seconds. The team will guide you based on what is right for you.

What if I cannot hold my breath?

That's okay. We will work with you and find the best approach for your treatment.



WE ARE HERE FOR YOU

Your comfort and safety are our top priority.



OUR TEAM IS COMMITTED TO PROVIDING YOU WITH THE HIGHEST QUALITY CARE

with compassion, precision and advanced technology.



Have questions?

Talk to your care team. We are happy to help!