



**RheinMain Radiotherapy
Radiotherapy practice in Mainz**

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**RheinMain Radiotherapy
Radiotherapy practice in Rüsselsheim**

at the health and care centre
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www.strahlentherapie-rheinmain.de



*RheinMain Radiotherapy
MAINZ | RÜSSELSHEIM*



Radiation enables healing

OUR PHILOSOPHY

RheinMain Radiotherapy

Radiation enables healing: This slogan is at the centre of our work. Optimal care is not only the provision of state-of-the-art medical procedures, but it also includes keeping in continuous contact with patients and their families. Our patients will be given a named consultant who will be responsible for their treatment during the therapy, and they will receive extensive information on the treatment.

Latest-generation linear accelerators are employed to deliver effective radiotherapy treatment. These machines enable the radiation doses to be accurately focussed on the target region while causing minimal damage to surrounding healthy tissue. Radiotherapy planning is carried out with the help of computed tomography. At our clinics, highly qualified staff, who regularly attend tumour and interdisciplinary medical conferences, ensure that our patients are given the best possible treatment.

Close cooperation with an experienced psycho-oncologist is part of our holistic approach to patient care. We also cooperate with a dietitian specialising in diets for cancer patients - another important support option we offer. If required, we will be pleased to take the necessary steps to initiate rehabilitation treatment. Should you have any questions, requests or suggestions in the course of your therapy, do not hesitate to talk to us. We will be pleased to help you!



Pictures: Project Floors



Radiation enables healing

Competence and Empathy for our Patients

Picture: practice Mainz

OUR SPECIALISTS

Dr. med. Ute Metzmann

Specialist in radiotherapy and radiology

- Since 1993* Specialist in radiotherapy
- Since 1996* Specialist in radiology
- 1996 – 2009* Senior physician in the Department of Radiotherapy at Mainz University Medical Center
- 2010* Founding of a group practice for radiotherapy in Mainz together with Dr. med. Gabriele Lochhas
- 2012* Expansion of the practice: opening of a second location in the Rüsselsheim Health and Care Centre

Dr. med. Hans-Georg Vogt

Specialist in radiotherapy and internal medicine/haematology-oncology; palliative medicine

- Since 1991* Specialist in internal medicine, recognition of the sub-specialisation area of haematology-oncology in 1993
- Since 2003* Specialist in radiotherapy
- Since 2009* Additional qualification in palliative medicine
- 1993 – 2012* Senior physician in the department of radiotherapy at Offenbach Hospital
- Since July 2012* Specialist employed at Strahlentherapie RheinMain (RheinMain Radiotherapy)

Dr. med. Dina Poliak

Specialist in radiotherapy

- Since 2010* Specialist in radiotherapy
- 2002-2005* Physician in the Department of Radiotherapy at Mainz University Medical Center
- 2005-2013* Physician in the Department of Radiotherapy at the St. Vincentius Medical Center Karlsruhe
- Since July 2013* Specialist employed at Strahlentherapie RheinMain (RheinMain Radiotherapy)

Dr. med. Gabriele Lochhas

Specialist in radiotherapy

- Since 1999* Specialist in radiotherapy
- 1999 – 2004* Specialist in radiotherapy employed with RNS Group Practice at St. Josefs Hospital in Wiesbaden
- 2004 – 2009* Practicing specialist in radiotherapy as a partner of RNS Group Practice
- 2010* Founding of a group practice for radiotherapy in Mainz together with Dr. med. Ute Metzmann
- 2012* Expansion of the practice: opening of a second location in the Rüsselsheim Health and Care Centre

Ineza Wozakowski-Filipowicz

Specialist in radiotherapy; palliative medicine

- Since 2004* Specialist in radiotherapy
- Since 2009* Additional qualification in palliative medicine
- 2005 – 2012* Senior physician in the department of radiotherapy at Offenbach Hospital
- Since April 2012* Specialist in radiotherapy employed with Strahlentherapie RheinMain (RheinMain Radiotherapy)

OUR TEAM

In addition to the attending doctors, our team also includes experienced medical physicists, radiologic technologists with vast experience in radiation therapy and friendly receptionists

RheinMain Radiotherapy – mission statement

-  Medical expertise and a high technical standard
-  Therapy standards in line with up-to-date guidelines
-  Flexibility with regard to our patients' needs
-  Named contact persons
-  Respect and empathy for our patients



More than just a warm welcome: Our receptionists also provide competent assistance to our patients.



Competence

To us, this term refers to the combination of state-of-the-art medicine, continually updated expertise and an understanding of patients' needs.

MAINZ TEAM

RÜSSELSHEIM TEAM

MALIGNANT CONDITIONS

In modern medicine, the treatment of cancer is essentially based on three pillars: surgery, chemotherapy and radiation therapy. In certain cases, these methods may be supplemented by the use of antihormones or antibodies.

Very often, a combination of different treatment methods leads to the greatest possible success. For many diseases, radiotherapy is an integral part of the combination therapy. The individual procedures are carried out either simultaneously or in succession.

Radiotherapy may be used, e. g. for the following conditions:

- ☺ Breast cancer, bowel cancer, prostate and lung cancer
- ☺ Head and neck tumours, brain tumours and lymphoma
- ☺ Metastases

Radiotherapy is also an integral part of a palliative therapy concept for tumour patients. If a cure is not possible, radiotherapy can often prolong a patient's life and restore body functions, thus improving patients' overall quality of life.

Radiotherapy is a highly effective way of easing the pain caused by bone metastases. Patients with inoperable lung tumours may benefit from radiotherapy since it can improve their breathing situation. Radiotherapy may also cause brain metastases to regress.



An appropriate combination

Technology to fight the disease – compassion for the person.



Empathy

In our centres, respect and appreciation for patients are held in high esteem, and our entire practice team acts on these values.

TECHNIQUES AND TECHNOLOGY

Cutting-edge technology and optimal techniques for gentle treatment

Modern radiotherapy procedures enable effective radiation doses to be directed to the target area while delivering as little radiation as possible to surrounding, healthy tissue:

- ☺ Conformal radiotherapy
- ☺ Intensity-modulated radiotherapy (IMRT)
- ☺ Image-guided radiotherapy (IGRT)
- ☺ Breathing-adapted radiotherapy (respiratory gating)
- ☺ Stereotactic radiotherapy

For accurate radiotherapy planning, a computed tomography scan of the region to be treated is carried out. Based on these images, we mark the

target area for radiotherapy, but also those regions or organs which are to be protected from damage by radiation.

For precise adjustment to the target region, the linear accelerator is equipped with a special image recording system (lateral arms on the radiation machine). This enables accurate positioning of the radiation fields, either with the help of X-ray images (radiographs) taken by an on-board imaging system, or with the help of a so-called "Cone Beam CT".

We keep things under control

During the therapy session, our radiologic technologists at the control desk will be watching the patient and the procedure on the screens. They will keep in touch with the patient in the treatment room all the time and can intervene in the delivery of the treatment, e. g. interrupt it if this should become necessary.



Patient safety

Both our linear accelerators and our CT scanners are subject to continuous quality control.

Highly specialised

All staff members who work with our modern machines have not only undergone special training, but they also have several years of experience in handling radiotherapy equipment.



BENIGN DISEASES

In body regions that are subjected to heavy strain, such as joints or tendon attachments, chronic inflammatory irritation may arise. Examples of such painful conditions are the heel spur (calcaneal spur), activated arthroses, degenerative changes in the shoulder region, chronic inflammation of bursae near joints (juxta-articular bursitis) or the tennis elbow.

These diseases may be treated with low-dose radiation. In this application, radiotherapy is employed as an anti-inflammatory treatment, with the aim of easing the pain, which often has already become chronic. Since this pain, in the majority of cases, has been present for a prolonged period of time, the therapy effect will frequently occur with a time lag, after the therapy has finished.

Patients with Graves' ophthalmopathy (endocrine orbitopathy) or benign tumours of the meninges (meningiomas) or the nerve sheaths (neurinomas) may also benefit from radiation treatment.



Radiation of Nonmalignant Diseases

For the above conditions, the response rate to Radiation treatment is up to 80 percent.

ALL-ROUND CARE

Living with cancer – coping with radiotherapy

A cancer diagnosis is always a big change in a person's life. This situation not only leads to medical problems - it also involves emotional strains and anxieties. „How can I cope with the disease and its consequences? How can I talk to my family about the disease? How can I arrange my future life?“ are just some of the questions patients will ask themselves.

Also in this regard, it is our endeavour to provide you with as much support as possible.

In cooperation with psycho-oncologists, we offer complementary consultations in our practice rooms.

The concept of radiotherapy also embraces nutritional therapy, since many cancer patients, due to their underlying primary disease, have various diet-related problems, which may be aggravated by surgery, adjuvant chemotherapy and/or radiotherapy, and leave them at risk of malnutrition.

Nutrition counselling makes a valuable contribution to healing. For this purpose, in a first step your nutritional status will be assessed. In close cooperation with your attending doctors, you will then be given suggestions for your individual nutritional therapy that can be easily applied in everyday life, as a preventive or a supportive measure that helps you to achieve a better quality of life.



Graduate psychologist Alf von Kries
Psycho-Oncology Service at HSK,
Dr. Horst Schmidt Kliniken GmbH



Dr. Melanie Ferschke
Nutritionist specialising in diets for
cancer patients

A holistic approach to care

Relief for patients and their families thanks to complementary therapy options.