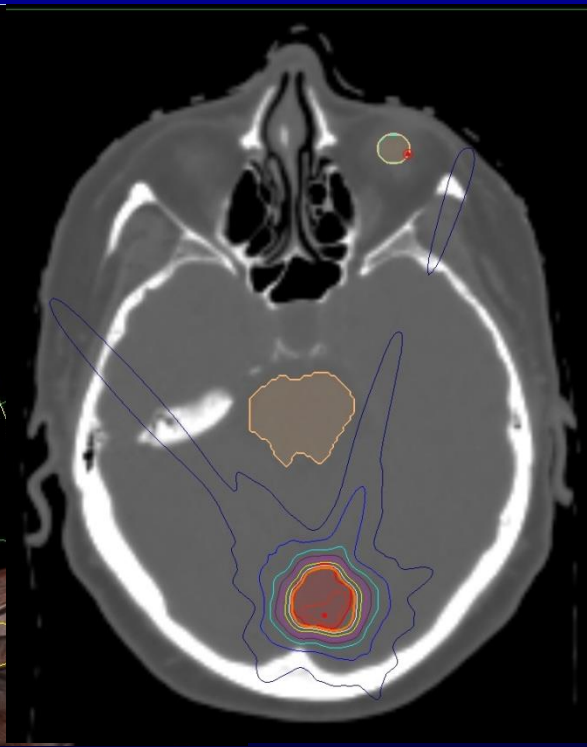
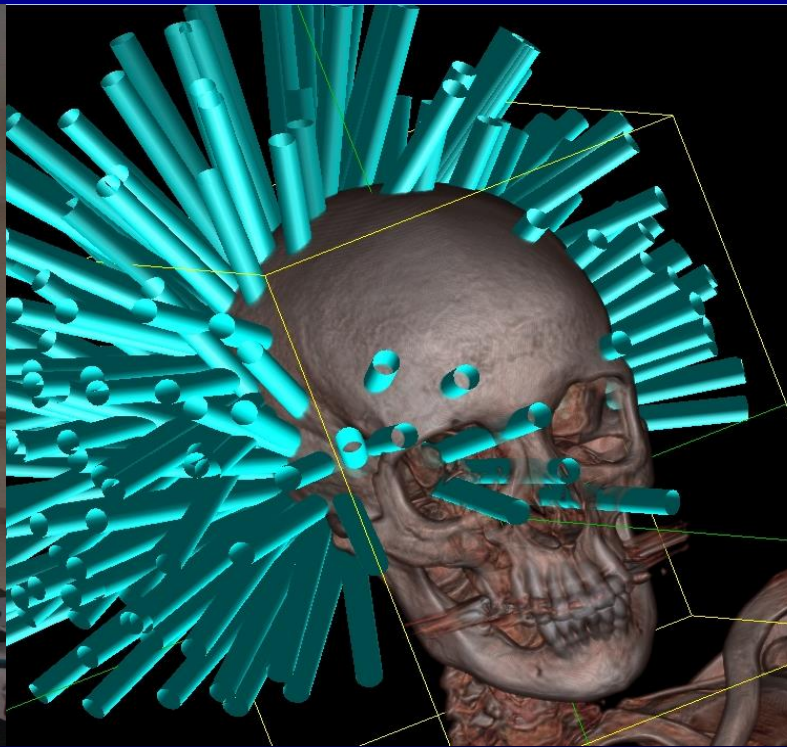


The value of smoking cessation for pts receiving Radiotherapy for lung cancer

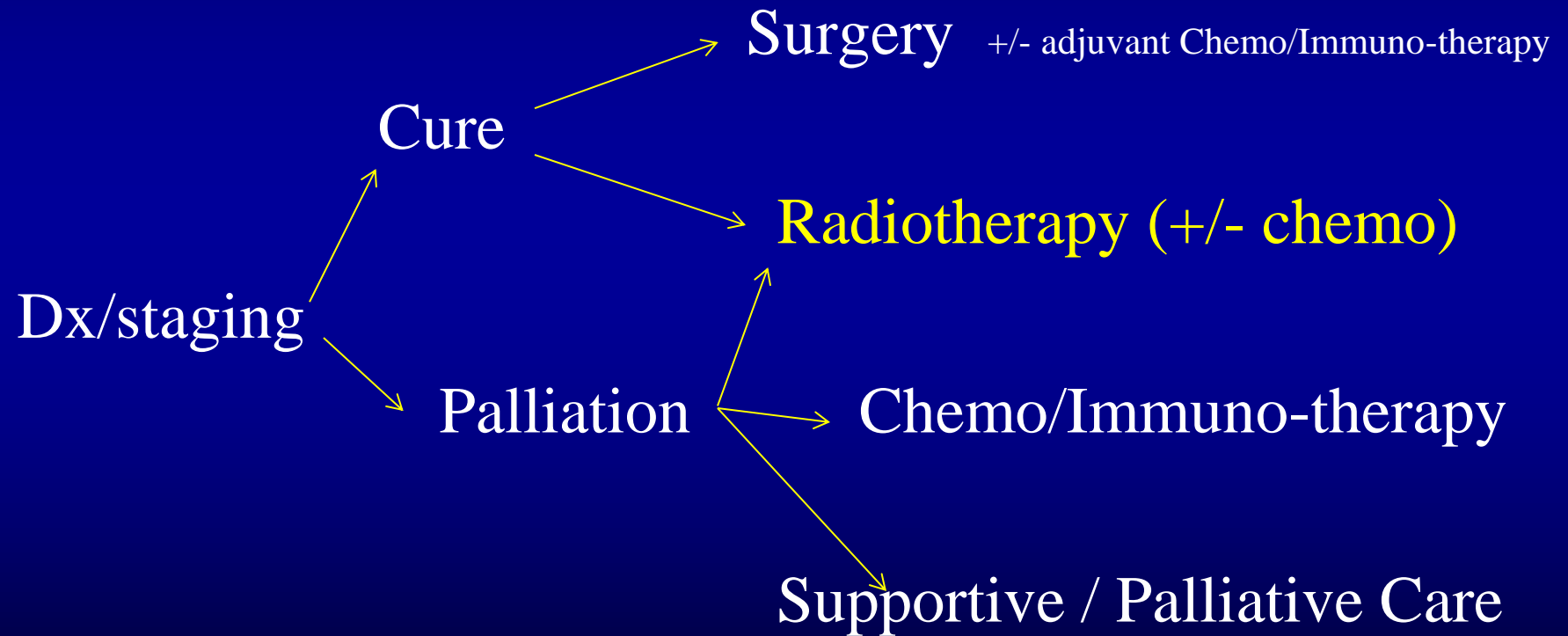


What is Radiotherapy ?

RT for lung cancers

- Used for NSCLC and SCLC
- May be combined with chemotherapy
- Patients (NSCLC) often older and sicker than surgical patients
- May be palliative or radical (“curative”)
- Can be used for local, regional or metastatic disease (e.g. brain / bone metastases)

Where does RT fit ?



RT for lung cancers

- Traditional radical courses 6-7 weeks of Mon-Fri treatment (palliative may be as short as 1 day)
- **Stereotactic Body RT (SBRT) revolution**
 - Highly accurate treatment (to target tumour and avoid normal tissues)
 - For selected cases radical SBRT treatments can be given in 3-5 doses (“fractions”)

Cyberknife Robotic Radiosurgery System



CyberKnife

The value of smoking cessation for pts receiving radiotherapy for lung cancer

“Its too late to worry about stopping smoking
...I’ve already got lung cancer”

Is this true ?

After lung cancer dx, contd. smoking depresses patients' Quality of Life

QoL Survey with 1028 respondents

Never smokers 18%, Former 58%, Persistent smokers 24%

Appetite, fatigue, cough, dyspnoea, cancer symptoms, effects on activities & overall QoL were worse for persistent smokers compared to former (and never) smokers

Garces et al, 2004 *Chest*

In Ltd SCLC treated with chemo-RT, continued smoking decreases survival

215 pt with Ltd SCL, treated with chemoRT

| | <u>Median Survival</u> |
|-----------------------------|------------------------|
| 186 pts continued smoking | 13 mo |
| 79 pts stopped (during CRT) | 18 mo |

Videtic et al, 2003 *J Clin Oncol*

Its never too late to stop smoking

Stereotactic Body
RT for NSCLC

32 pt. stopped smoked
87 pt. continued

Roach et al, 2016

Pract Radiat Oncol

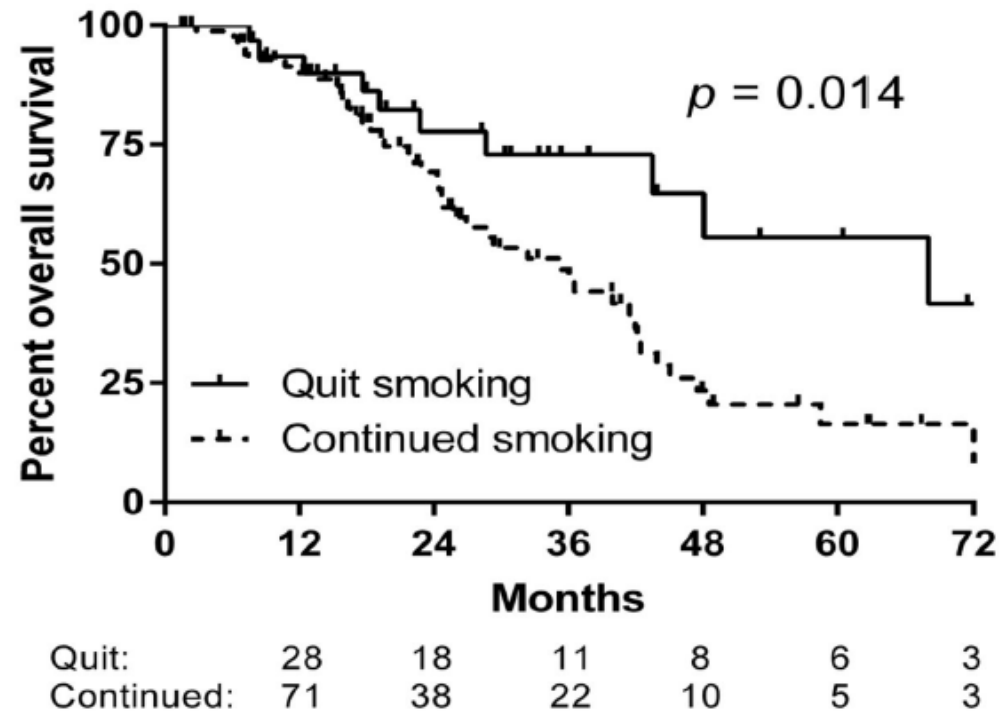


Figure 2.

Smoking cessation is associated with a significant improvement in overall survival at two years after SBRT, 78% vs. 69% ($p=0.014$).

Conclusion

Survey of ANZ (Rad- & Med -) Oncologists; 43% of 682 responded (TROG and MOGA)

> 90% ask pts about smoking,

70% advised smoking cessation

Majority believed they require more training in cessation interventions (67% MO, 57% RO)

and noted multiple barriers to providing cessation care

Day et al, 2018 *Asia Pac J Clin Oncol*

