

19th Global Ophthalmology Summit

February 26-27, 2018 | Berlin, Germany

Radiotherapy and ocular side effects: myths, beliefs and scientific evidences

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Statement of the Problem: Radiotherapy a curative treatment for majority of head and neck and base skull tumors. It's either postoperative or radical. The typical challenge in base skull or nasopharyngeal malignancies is the proximity of ocular structures (eye, optic nerve, optic chiasm). There have been numerous reports about dreaded and morbid side effects of incidental radiation dosage to these structures. Radiotherapy has improved enormously in previous decade and with modern technology any vision compromising side effects are rare. We will look at the techniques, known side effects, incidences and how we radiation oncologists perceive them.

Methodology & Theoretical Orientation: Literature reported incidences of ocular side effects while treating tumors in and around optic apparatus (base skull/nasopharynx/optic pathway gliomas/pituitary tumors) and their relevance in modern day radiotherapy.

Conclusion & Significance: With modern radiotherapy and improvement in imaging and treatment delivery these side effects are myth only. We hardly witness people becoming blind due to radiotherapy and it's a pure myth.

Recent Publications

1. Basu T, Kataria T, Goyal S, Gupta D. Is There a Hint Towards Clinico-Dosimetric Correlation of Fatigue Among Head and Neck Cancer (HNC) Patients Treated by Modulated Radiotherapy? BAOJ Pall Medicine 2017, 3: 43: 042.
2. Kataria T, Basu T, Goyal S, Gupta D. Need of collaborative radiology-radiation oncology workshops in decision making for head and neck cancer (HNC) management in India: Perspectives of the radiation oncologists. J Can Res Ther 2016;12:1080-3.
3. Kataria T, Gupta D, Basu T, Gupta S, Goyal S, Banerjee S et.al. Simple diagrammatic approach to delineate duodenum on a radiotherapy planning CT scan. Br J Radiol 2016; 89: 20150661.
4. Basu T, Laskar SG, Gupta T, Budrukkar A, Murthy V, Agarwal JP. Toxicity with radiotherapy for oral cancers and its management: a practical approach. J Cancer Res Ther. 2012;8 Suppl 1:S72-84.
5. Basu T, Kataria T, Goyal S, Gupta D, Sharma K. Do we need to spare central nervous system structures during head and neck cancer intensity modulated radiotherapy?. Clin Cancer Investig J 2015;4:216-9.

Biography

Dr Trinanjana Basu is a practicing radiation oncologist from India. He has his training from Kolkata where he was born and then obtained specialized training from Tata Memorial Hospital, Mumbai. Currently he resides in Mumbai and working in a state of the art centre with latest radiation oncology facilities. During his training and early career he has been trained in all latest radiation oncology facilities in Mumbai and Delhi in all latest equipment. He has keen interest in clinical studies and has more than 25 peer reviewed journal publications, authored few books and editorial member of Cambridge Publishing House, UK. He has received grants and trainings from ESTRO and ESMO at Paris and Vienna respectively.

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