



Scripps Proton Therapy Center  
Advanced Cancer Treatment  
Compassionate, Personal Care





## Scripps Proton Therapy Center

### Advanced Cancer Treatment. Compassionate, Personal Care.

When you or someone you love is diagnosed with cancer, you want the best possible treatment option available — one that will not only target your cancer quickly and effectively, but will also preserve your healthy cells, minimize side effects and focus on your entire well-being.

Welcome to Scripps Proton Therapy Center. Proton therapy is one of the safest and most effective options available for treating tumors. The most precise form of radiation treatment available, this innovative, technologically advanced therapy is used to treat cancer throughout the world.

Scripps Proton Therapy Center is the first proton therapy treatment center in San Diego, and only the fourth on the West Coast. We combine this leading-edge technology with personalized, patient-centered care from our experienced, compassionate health care team. Your Scripps team will work closely with you to create an individualized plan that addresses all aspects of your experience with cancer — physical, emotional and spiritual.

Proton therapy has been proven effective in treating many different types of cancer, as well as some non-cancerous tumors. Some of the many cancers that may benefit from proton therapy include:

- Prostate cancer
- Chest and lung cancer
- Breast cancer
- Pediatric cancers
- Central nervous system (brain and spine) tumors
- Head and neck tumors
- Lymphoma
- Gastrointestinal cancers
- Sarcomas

**Here's what our patients are saying about us:**

*"In February 2014, I was the first patient to be treated at Scripps Proton Therapy Center. I received five treatments a week for eight weeks, and experienced no negative side effects. The group of people at Scripps is outstanding. When people ask me about proton for prostate cancer, I highly recommend it."*

— Larry Tritschler

Larry Tritschler, 80, was first diagnosed with prostate cancer in 2001. By 2013, his condition had progressed to the point where he knew he needed to take action. After researching several treatment options, including conventional radiation therapy, he decided to come to Scripps Proton Therapy Center. He has successfully completed his proton therapy course and today continues to live life to the fullest.



*"We chose proton therapy because of its ability to safely penetrate into the brain stem to reach a part of the tumor that couldn't be touched before. And since the technology at the Scripps center is the newest and most advanced in the country, we thought 'why go anywhere else?'"*

— John Wright

John Wright's daughter, Natalie, 17, was the first pediatric patient at Scripps Proton Therapy Center. Natalie successfully completed proton therapy for an inoperable brain tumor.

*"A lot of breast cancer patients may not realize that we have a great new treatment option right in our own backyard. Proton therapy is so precise, they could kill the cancer without damaging my heart."*

—Anastasia Custis Berkheimer

Cancer survivor Anastasia Custis Berkheimer chose proton therapy at Scripps because of its ability to kill the tumor on her left breast while protecting her heart and lung.

# Why Choose Proton Therapy?

The precision of proton therapy allows for a more potent and effective dose of radiation to target tumors while sparing the surrounding healthy tissues and organs.

Like traditional X-ray radiation, proton therapy destroys tumors. But it also offers important benefits.

Conventional radiation uses X-rays, which emit a high dose of radiation as they enter the body, and continue to penetrate the body after they reach the tumor.

Protons are subatomic particles with a positive charge. Proton therapy uses powerful technology to generate a proton beam that penetrates the body from the outside. Protons have a lower entrance dose of radiation than X-rays, and can be manipulated to stop and deliver radiation directly at a tumor — and travel no further. The radiation does not travel through and around the tumor to nearby tissues, organs or structures, such as the heart, liver or brain.

## Advanced Scanning Technology

Scripps Proton Therapy Center uses the state-of-the-art, Varian ProBeam proton system and the most advanced pencil-beam scanning technology. This technology, known as advanced intensity modulated proton therapy (IMPT), provides significantly greater control over the dose and placement of radiation. Through IMPT, we can shape and manipulate the proton beam to deliver multiple layers of high-dose radiation specifically to cancerous areas throughout the treatment region.

Pencil-beam scanning sweeps a narrow proton beam across the tumor in fine strokes, building up the dose layer by layer. The result is a dose of cancer-killing radiation that conforms precisely to the unique shape of the tumor, delivering radiation directly to the tumor — usually with minimal or no side effects.

## Effective, Safer and More Accurate Cancer Treatment

Proton therapy is not an experimental or investigational treatment. By far the most accurate form of external beam radiation treatment available today, proton therapy has been approved by the U.S. Food and Drug Administration since 1990 and has been used in the United States for more than 50 years.

Hundreds of peer-reviewed journal articles have been published in medical literature showing that proton beam therapy is highly effective in treating many tumor types. In the United States, there are currently more than 100 active proton therapy studies — research in which Scripps will take part.

## Expanded Options, Fewer Risks

Proton therapy is particularly effective for pediatric and young adult patients, who face greater risks from radiation exposure because they are still growing and face higher risks from long-term side effects than adults. Proton therapy also is extremely effective for those with tumors near critical organs or structures, such as the brain and spinal cord. Even patients who have already had conventional radiation and cannot receive more may be able to have proton therapy.





# What to Expect from Proton Therapy

Proton therapy is fast, painless and may have fewer side effects than conventional radiation therapy.

Proton therapy is an outpatient treatment performed in the Scripps Proton Therapy Center, so there is no need to stay overnight in the hospital.

Proton therapy treatment itself is painless. Most people feel no physical sensation from the proton beam, hear very little noise and experience minimal discomfort.

## Shorter Treatment Courses

Because proton therapy targets the tumor with a high dose of radiation, treatment time is generally shorter than with X-ray radiation. While actual treatment time ranges from one to three minutes, patients can expect to be in the treatment room for up to 30 minutes per treatment, depending on the tumor type, size, location and related factors. The proton beam can be delivered with accuracy of up to 1 millimeter, so precise positioning is important. Full two-way video and audio are always on during treatments, allowing the medical team members and patients to communicate throughout the process.

Most patients receive daily treatments (Monday through Friday) for four to eight consecutive weeks.

## Minimal Side Effects

Proton therapy spares significantly more healthy tissue than X-ray therapy. As a result, in many cases the side effects associated with external beam radiation therapy, such as diarrhea, headache and loss of appetite are less likely with proton therapy.

After treatment, most patients may resume their daily routines.



# Your Personalized Care Plan

Your needs, lifestyle, expectations and goals are unlike anyone else. That's why the team at Scripps Proton Therapy Center creates an individualized care plan for you.

If proton therapy is an appropriate treatment option for your condition, your medical team will take scans of the treatment area and use computer modeling to formulate a treatment plan specifically for your care. Your plan will be designed to deliver maximal radiation doses to the tumor, while minimizing the radiation exposure to healthy surrounding tissues.

Scripps Proton Therapy Center offers the advanced technology needed for accurate tumor targeting, including CT and PET-CT scanners and an MRI machine. Having this equipment on site enables doctors to quickly and easily order scans to verify patient anatomy, evaluate tumor regression during treatment, and rapidly adapt the radiation fields to changes.

Proton therapy may be used alone or in combination with chemotherapy, or it may be prescribed prior to or following cancer surgery. Your individual treatment will depend on the type, stage and location of your tumor.

## Your Expert Care Team

Your health care team will consist of professionals from a range of disciplines. Your team will be individualized to your needs and may include medical, surgical and radiation oncologists, radiologists, physicists, nurses, social workers, genetic counselors, nutritionists, and others. Integrative physicians and therapists are also available.

## Support for You and Your Family

Scripps Proton Therapy Center offers more than the most leading-edge technology and clinical expertise. From the moment you walk through our doors into a light-filled space that creates a comfortable and

inspiring environment for healing, we provide a supportive, compassionate environment.

With our integrated approach, we are committed to helping you address the many challenges of a cancer diagnosis—body, mind and spirit. We provide guidance on spiritual resources in the area and help direct you to support groups, educational classes and counseling. Our workshops promote healing and wellness through topics such as nutrition, exercise and emotional journaling.

Our concierge staff will help you and your family manage day-to-day concerns during your treatment. If you are not a San Diego County resident, we can assist in arranging accommodations, transportation and more.

## Insurance Coverage for Proton Therapy

Proton beam therapy is approved by the FDA and is covered by Medicare and many private health care payers. Specific coverage guidelines vary. No matter who your insurer may be, the team at Scripps Proton Therapy Center will work with them on your behalf to facilitate reimbursement for care. For those whose insurance does not cover proton therapy, or foreign nationals without American insurance, self-pay options are available.



# The Expertise and Experience of Scripps

With 90 years of combined experience delivering cancer care, the Scripps Proton Therapy Center physician leadership team has helped more than 13,000 patients with proton therapy.

Medical director Carl Rossi, MD, has 20-plus years of experience with proton therapy and leads a team of similarly experienced radiation oncologists, oncology nurses, proton therapists, medical physicists and others. Your proton therapy team will be with you every step of the way.

## First Accredited Multi-hospital Cancer Program in California

Proton therapy further compliments the comprehensive cancer care available at Scripps. One of only two accredited network cancer programs in California, Scripps combines the most advanced, comprehensive cancer treatments with expert, personalized care in a collaborative and supportive healing environment. We offer a variety of therapies and healing disciplines to address the whole person, including surgery, chemotherapy, traditional radiation therapy, hormone therapy, integrative medicine and access to clinical trials. In San Diego, Scripps Health is the only accredited Integrated Network Cancer Program by the American College of Surgeons' Commission on Cancer. The accreditation is a reflection of our providers' emphasis on and dedication to providing top-notch, coordinated treatment.

## A Leader in Research and Innovation

As a member of the Proton Collaborative Group (PCG), Scripps Health is participating in multi-institutional research studies to help optimize proton therapy. Currently, Scripps is part of a PCG registry trial to gather clinical outcomes data from all of its



*From left to right: Carl Rossi, MD; Huan Giap, MD; Andrew Chang, MD; Ryan Grover, MD*

patients, regardless of diagnosis, and expects to expand into tumor-specific studies. Scripps also plans to be involved in prospective randomized research trials comparing proton and X-ray radiation therapy though its involvement with NRG Oncology, a collaborative research organization of the National Cancer Institute.

## Getting Started

We understand that when you receive a diagnosis of cancer, you have to make many important decisions and may have a lot of questions. Scripps Proton Therapy Center is committed to making your experience as positive and healing as possible. Call us at **888-292-4306** to request a consultation.

For more information, visit us at [scripps.org/protontherapyinfo](https://scripps.org/protontherapyinfo).

# Scripps Health: A Leader in Cancer Care

Founded in 1924 by philanthropist Ellen Browning Scripps, Scripps Health is a nonprofit integrated health system based in San Diego, California. Scripps treats a half-million patients annually through the dedication of 2,600 affiliated physicians and 13,750 employees among its five acute-care hospital campuses, hospice and home health care services, and an ambulatory care network of physician offices and 25 outpatient centers and clinics.

With more than 300 affiliated physicians who provide care to people with cancer, Scripps offers the best possible treatment and leading-edge research trials for individuals by coordinating medical expertise in the areas of clinical cancer care, community outreach and clinical, translational and basic research.

Scripps has long been a leader in providing cancer care in San Diego. We opened the county's first blood and marrow transplantation program in 1980, and during the past 30 years, the program's patient survival rate has doubled. Scripps offers the most comprehensive robotic surgery program in San Diego. We are the only cancer care provider in San Diego to earn network accreditation from the American College of Surgeons' Commission on Cancer.

Our nationally renowned physicians are here for you. For more information about our cancer care services, go to [scripps.org/cancer](https://scripps.org/cancer).

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## Contact Us

It's easy to take the next step. Call Scripps Proton Therapy Center at **888-292-4306** to request a consultation.

### **Scripps Proton Therapy Center**

9730 Summers Ridge Road

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888-292-4306

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