

## **MEDIA RELEASE**

**4<sup>th</sup> February 2019**

### **Local breast cancer patients can now benefit from innovative heart protecting technique this World Cancer Day**

*Icon introduces cutting-edge radiation therapy technique previously unavailable in the region*

A new treatment technique at Icon Cancer Centre in Rockingham is protecting patient's hearts from radiation doses during left-sided breast cancer treatment.

Icon Cancer Centre is the first in Perth's Southern Corridor currently using the Deep Inspiration Breath Hold (DIBH) technique, complementing the centres existing treatments and services.

DIBH is a technique that reduces the potential impact on the heart from radiation during treatment for left-sided breast cancers. The process involves the patient holding their breath for short bursts during radiation treatments, which allows the heart to move further away from the radiation.

Baldivis resident, Karen Derrick was diagnosed with breast cancer in December of last year and was grateful to be able to receive her radiation treatment close to home.

"It was a shock to me and everyone in my family when I was diagnosed. You try not to think about the worst, but there's always that question of 'am I going to die?' But you realise you have to get on with it," Karen said.

"My husband had to go through radiation therapy for his throat cancer a few years back in Wembley which was an hour drive each way. I remember having to drive him every day ... it was tiring. Icon is only a 15 minute drive from home, which makes the journey much easier."

The technology installed at the Icon centre is the latest of its kind. The technology integrates with the treatment machine (known as a linear accelerator) and provides the patient with an easy to follow visual aid (VCD – visual coaching device) that helps them see where their breath needs to be throughout their treatment.

"I practiced my breathing at home a lot. Then on my first day of treatment, being able to see the monitor really helped and made it so much easier to know when to breathe and when to hold. Knowing it would help protect my heart was reassuring."

DIBH via the visual coaching device places the patient's comfort and safety first. The machine does not turn on unless the patient is in the correct breathing zone that indicates their heart is away from the radiation.

"It's our firm belief that people should have access to quality cancer care as close to home as possible. Icon Rockingham is equipped with the latest, most cutting-edge technology available to better target and treat cancer in the most effective and safe way," Icon Group CEO, Mark Middleton said.

Patients do not require private health insurance for radiation oncology services. The centre is also equipped with a 15 chair day hospital – offering medical oncology and haematology services for patients with private health insurance. Icon Group has experienced rapid growth in the past eighteen months, with 28 cancer centres now established across Australia, bringing comprehensive, state-of-the-art cancer care services to previously underserved locations, including outer-metropolitan and regional areas.

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## About Icon Group

Icon Group - Australia's largest dedicated cancer care provider. The Group has expanded globally into Singapore, China and New Zealand and is among the top ten healthcare companies in Australia.

The Group's cancer services include 28 cancer centres in Australia, including day oncology hospitals, radiation oncology facilities and comprehensive centres that bring both oncology disciplines together.

The Group also encompasses Epic Pharmacy: provider of medication management and pharmacy services to the hospital, oncology and aged care sectors; and Slade Health: one of Australia's largest chemotherapy compounders with three TGA-approved manufacturing sites across the eastern seaboard. For more information visit [www.icongroup.global](http://www.icongroup.global) and follow us on social media @IconGroupAU

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## References:

1. Australian Institute of Health and Welfare. Cancer Incidence and Mortality Across Regions (CIMAR) books. <http://www.aihw.gov.au/cancer-data/cimar-books/>