Outcome and Follow-Up

- Three months after treatment, the patient reported no evidence of local regional recurrence or treatment-related toxicity.
- She had a radiographically complete response to her Synchrony™ based CyberKnife® radiosurgery treatment for NSCLC in less than 15 weeks. The radiologist interpreted the lesion to have been surgically removed as noted in the radiology report of the patient’s 3-month follow-up CT scan, “interval reaction of the left upper lobe mass lesion with multiple surgical clips seen at the region. There is a nodular component with some streaky opacities that extend from the area of the clips to the pleural space and likely represents areas of postoperative scarring.”
- A follow-up PET/CT scan at ten months was negative at the site of the primary tumor and showed no evidence of disease.

Conclusion and CyberKnife Advantages

- This patient had an excellent initial outcome including a radiographically complete response with CyberKnife robotic radiosurgery using Synchrony motion compensation in the treatment of NSCLC.
- CyberKnife radiosurgery treatment for lung has been used successfully and safely (no serious short-term toxicity) in non-Synchrony and Synchrony cases. CyberKnife robotic radiosurgery has been demonstrated to be a feasible and safe alternative to surgery with excellent short-term local control in this case of NSCLC.
- CyberKnife has the potential to be an excellent treatment alternative for those lung tumor patients who are poor surgical candidates or who refuse surgery.

References

A screening chest X-ray demonstrated a 1.5 x 2.0 cm pulmonary nodule in the left upper lobe. Diagnostic images two years earlier demonstrated no evidence of a pulmonary nodule. A PET/CT scan identified a left upper pulmonary nodule with a maximum SUV of 22.7, suspicious for pulmonary lung malignancy. There was no evidence of distant disease. A CT-guided needle biopsy obtained a 0.1 x 1.2 cm sample of tissue; pathologic review of the biopsy specimen was consistent with poorly differentiated non-small cell lung cancer (NSCLC).

Treatment Planning Process
The patient was treated with CyberKnife® robotic radiosurgery, which precisely targeted multiple non-isocentric, non-coplanar beams at the tumor. This delivered a large dose of radiation to a small field while sparing surrounding normal tissues and other critical structures. Prior to the procedure, the patient had permanent fiducial markers placed near the treatment site, then was immobilized in an Alpha cradle. MRI and CT were performed and data were transferred to the CyberKnife treatment planning computer where an optimal treatment plan was produced.

On each of the axial slices the gross tumor volume (GTV) was outlined to digitally reconstruct a 3-dimensional planning tumor volume (PTV) that measured 13.85 cc. The PTV had a 5-mm margin with respect to the GTV. A treatment plan was developed using 154 separately targeted beams from 72 unique robotic positions with the 15.0-mm collimator. The treatment plan was to deliver 48 Gy in 3 fractions of 16 Gy each. This dose was prescribed to the margin of the target volume at the 71% isodose line. This resulted in a homogeneity index of 1.41, a maximum tumor dose of 67.61 Gy, and a conformality score of 1.37, with 99.6% coverage of the target volume.

CyberKnife Treatment Rationale
The patient refused surgery because she was concerned about a prolonged recovery. Her other treatment option in a non-surgical setting was radiation therapy. It was determined that the patient would be best treated with a stereotactic body radiosurgery approach. Recent studies had shown that stereotactic body radiation therapy had achieved therapeutic outcomes in the short run that approximated those achieved with surgical resection. Other studies revealed the feasibility of CyberKnife treatment of lung lesions.

Demographics
Sex: F
Age: 65
Histology: Poorly differentiated non-small cell lung carcinoma with focal squamous features as T1 N0 M0 stage grouping I

Clinical History
Referred by: Pulmonologist
Previous Treatment: None

Treatment Details
Tumor Volume: 13.85 cc
Imaging Technique(s): CT, MRI
Rx Dose & Isodose: 48 Gy to 71%
Conformality Index: 1.37
Tumor Coverage: 99.6%
Number of Beams: 154

Fractions / Treatment Time: 3 / 78 minutes per fraction
Path Template: 3 paths 900, 1000 mm
Tracking Method: Synchrony™ Tracking System
Collimator(s): 15 mm

Case History
A screening chest X-ray demonstrated a 1.5 x 2.0 cm pulmonary nodule in the left upper lobe. Diagnostic images two years earlier demonstrated no evidence of a pulmonary nodule. A PET/CT scan identified a left upper pulmonary nodule with a maximum SUV of 22.7, suspicious for pulmonary lung malignancy. There was no evidence of distant disease. A CT-guided needle biopsy obtained a 0.1 x 1.2 cm sample of tissue; pathologic review of the biopsy specimen was consistent with poorly differentiated non-small cell lung cancer (NSCLC).

Treatment Delivery
The patient was immobilized in an Alpha cradle. The treatments were delivered on 3 consecutive days using the Synchrony treatment module to compensate for patient movement and respiration during treatment. The patient tolerated the treatment well, experiencing no ill effects or changes in her pulmonary status during the therapy.