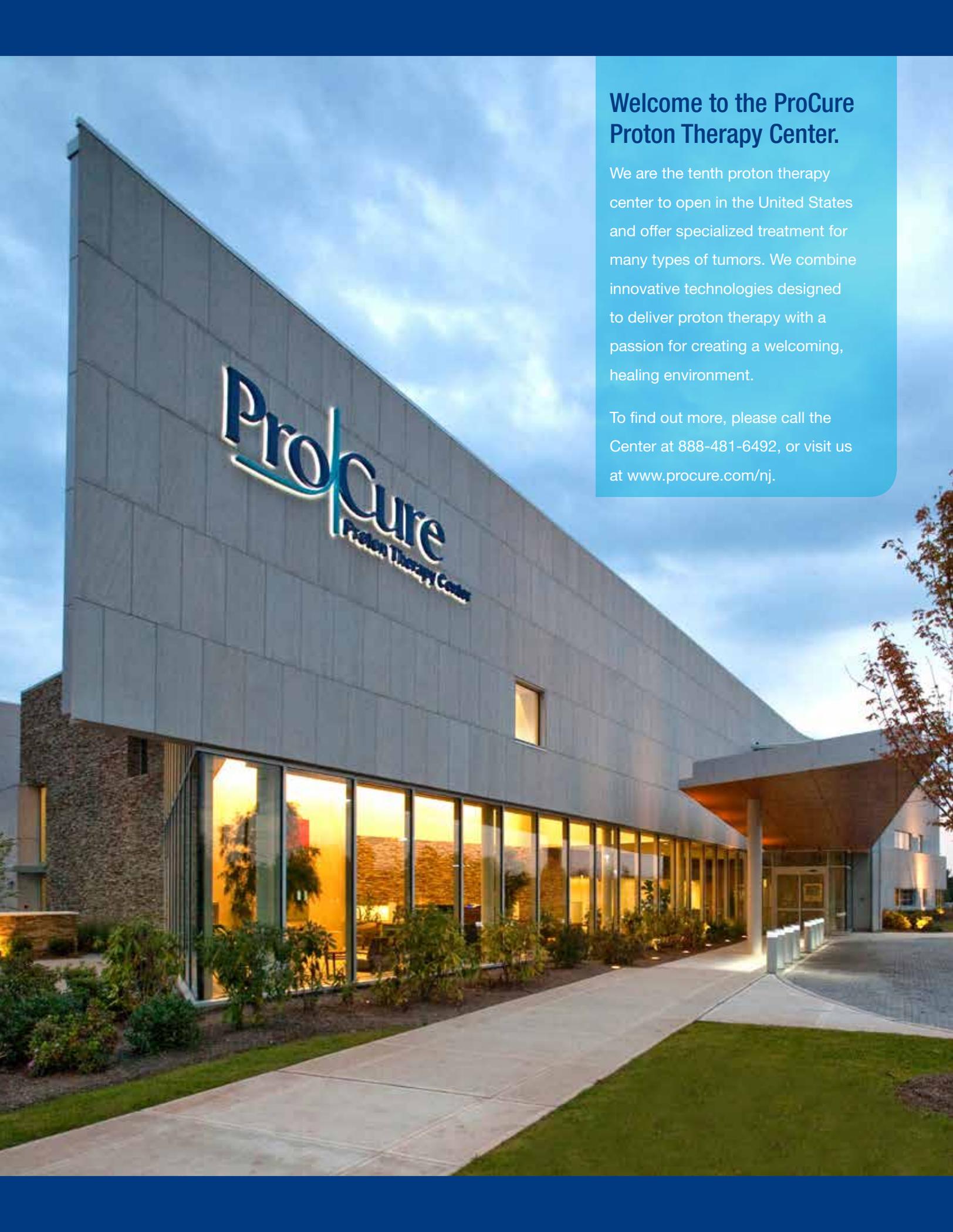




**The Precision of Protons.  
The Power of Caring.**

A guide to proton therapy for  
patients with cancer.



## Welcome to the ProCure Proton Therapy Center.

We are the tenth proton therapy center to open in the United States and offer specialized treatment for many types of tumors. We combine innovative technologies designed to deliver proton therapy with a passion for creating a welcoming, healing environment.

To find out more, please call the Center at 888-481-6492, or visit us at [www.procure.com/nj](http://www.procure.com/nj).

## An introduction to the benefits of proton therapy.

When you or a family member is diagnosed with cancer, you'll probably have a lot of questions and difficult decisions to make about your treatment.

But there is good news. There have been many medical and technological advances and improvements, which means more and better treatment options for you.

One of these advances is proton therapy. It's a very precise and effective form of radiation treatment that reduces the risk of side effects and treats many of the same tumors as standard X-ray radiation. It causes less damage to healthy tissue and can be a highly effective option for many patients whose doctors have recommended radiation treatment.

### **Precision therapy. Passionate care.**

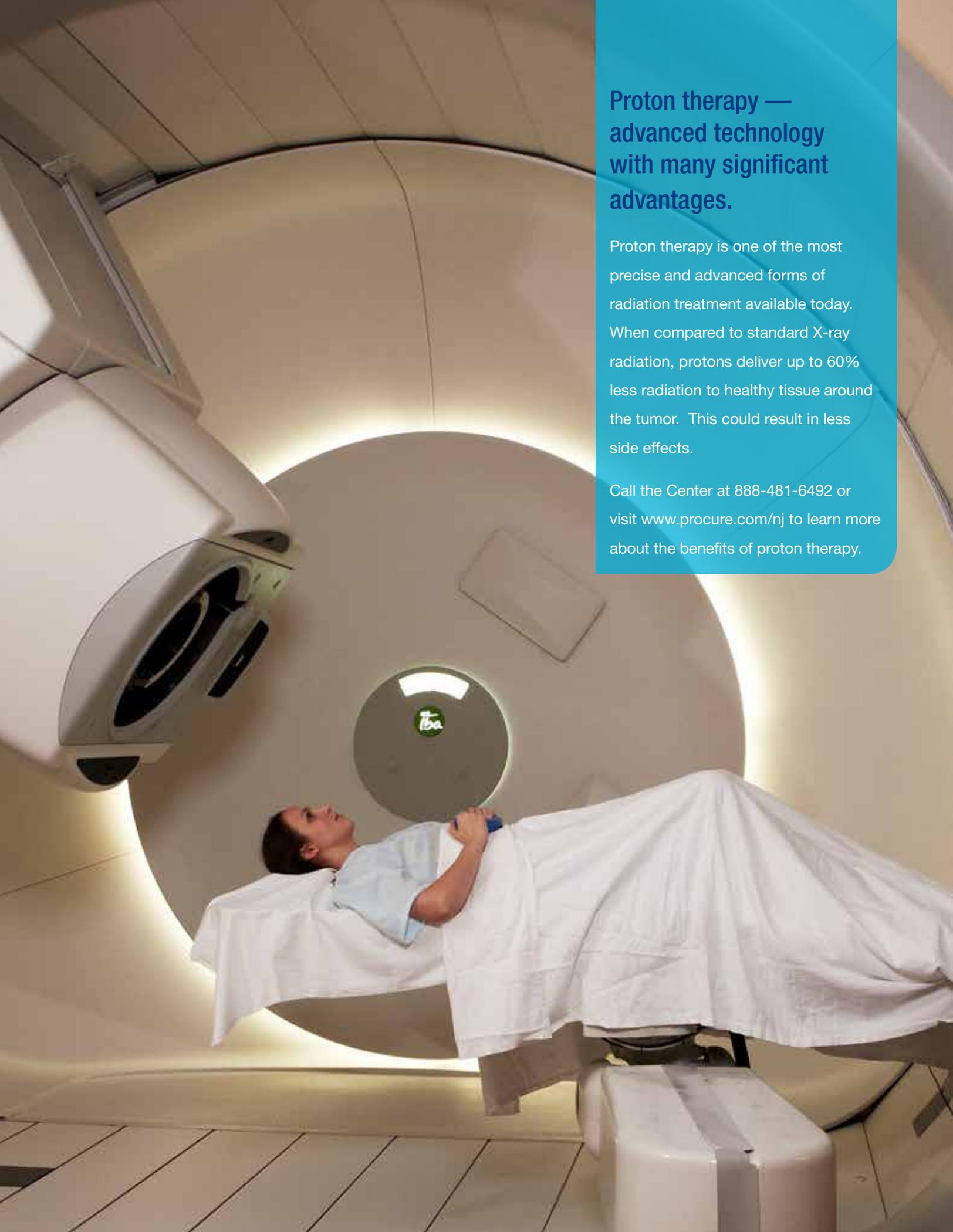
We are committed to providing patients with the best treatment possible to help them live healthy,

fulfilling lives. Our Care Team focuses not only on treatment, but also on patients' overall well-being. The Center provides the most advanced proton therapy technology available. Clinical care is provided by Princeton Radiation Oncology (PRO) physicians – leaders in Radiation Oncology. The Center's experienced doctors and highly skilled medical professionals are dedicated to providing exceptional care for you and your family – every step of the way.

This brochure will walk you through the benefits of proton therapy and help you make important decisions about your treatment options.

Each person's experience is unique. So as you begin your own fight against cancer, we hope you find this brochure helpful and encouraging.



A patient is lying on a treatment table inside a large, circular proton therapy gantry. The patient is covered with a white sheet and is holding a blue object. The gantry is illuminated with a warm, yellow light. The patient is looking towards the right side of the frame. The gantry has a circular opening in the center with a logo that says "Iba".

**Proton therapy —  
advanced technology  
with many significant  
advantages.**

Proton therapy is one of the most precise and advanced forms of radiation treatment available today. When compared to standard X-ray radiation, protons deliver up to 60% less radiation to healthy tissue around the tumor. This could result in less side effects.

Call the Center at 888-481-6492 or visit [www.procure.com/nj](http://www.procure.com/nj) to learn more about the benefits of proton therapy.

## Proton therapy. More precise. More benefits.

### X-ray vs. proton therapy.

X-rays and protons can be equally effective at destroying cancer cells, but there are some important benefits of proton therapy. Unlike X-rays, protons (heavily, positively charged atomic particles) can be precisely controlled so that most of their radiation ends up directly in the tumor.

This is an especially important benefit when the tumor is located near critical organs or structures such as the brain, heart or spinal cord. With standard X-ray radiation, more energy is released as X-rays travel through the patient's body, both before and after they reach the tumor site, damaging healthy tissue along the path.

The ProCure Proton Therapy Center in Somerset is proud to be the only cancer treatment center in the tri-state area to offer pencil beam scanning. Pencil beam scanning delivers a more precise dose of proton therapy, further reducing the risk of side effects and damage to the surrounding healthy tissue. It is the most advanced tool available to radiation oncologists today.

With proton therapy, there is also a low occurrence of secondary tumors which may appear many years after receiving radiation treatment.

### Effective therapy. Less damage.

The proton radiation dose is designed to peak at the back of the tumor so that when it leaves the tumor, the dose falls almost to zero. This means there is less damage to healthy tissue and few potential side effects and complications.

### Particularly effective for children.

Proton therapy can be especially beneficial for children, who can experience more serious short- and long-term side effects from X-ray radiation than adults. Since their bodies are still growing, children are more sensitive to healthy tissue damage caused by X-rays. Clinical studies suggest that proton therapy reduces the risk of growth and developmental problems, as well as secondary tumors.



## Is proton therapy right for you?

Proton therapy is effective in treating certain types of cancers as well as some non-cancerous tumors. The tumors listed below are the ones that often benefit from proton therapy. Additional tumors may also be treated with proton therapy. Only a doctor can help you determine the best treatment approach for you.

- Prostate cancer
- Brain tumors
- Pediatric cancers
- Head and neck tumors
- Base-of-skull tumors
- Tumors near the spine
- Lung tumors
- Esophageal cancers
- Breast cancers
- Lymphomas
- Testicular cancers

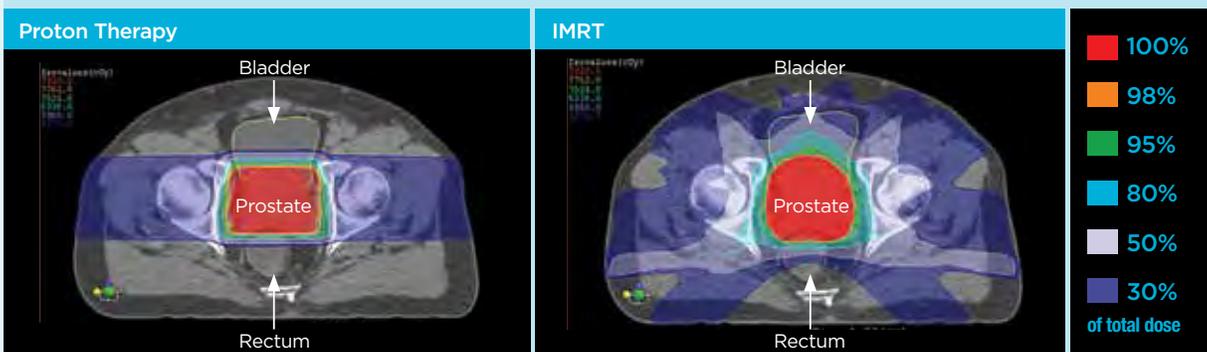
### Who benefits most from proton therapy?

Proton therapy is recommended for many patients, including children. The precision of protons can be particularly beneficial for patients whose tumors are near critical organs or structures (such as the brain, bladder, rectum, heart or spinal cord), patients whose cancers have reoccurred and patients who cannot tolerate any more X-ray radiation.

In addition, since proton therapy is so precise, it can often be used in combination with chemotherapy, as a follow-up treatment to surgery and in combination with standard X-ray radiation. You should discuss combination therapy with a radiation and a medical oncologist to decide the best treatment option.

**Images comparing the amount of radiation to the tumor and healthy tissue.** Below are examples of prostate tumors treated with proton therapy (below left) and standard X-rays (below right). In both therapies, the tumor is treated with radiation. However, with proton therapy, most of the healthy tissue surrounding the tumor is spared any additional radiation. With standard X-rays, the healthy tissue surrounding the tumor and the nearby critical organs receive significantly more radiation than with proton therapy.

### Proton therapy delivers lower doses of radiation to the bladder and rectum than IMRT



IMRT = intensity modulated radiation therapy.

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## Proton therapy. What to expect.

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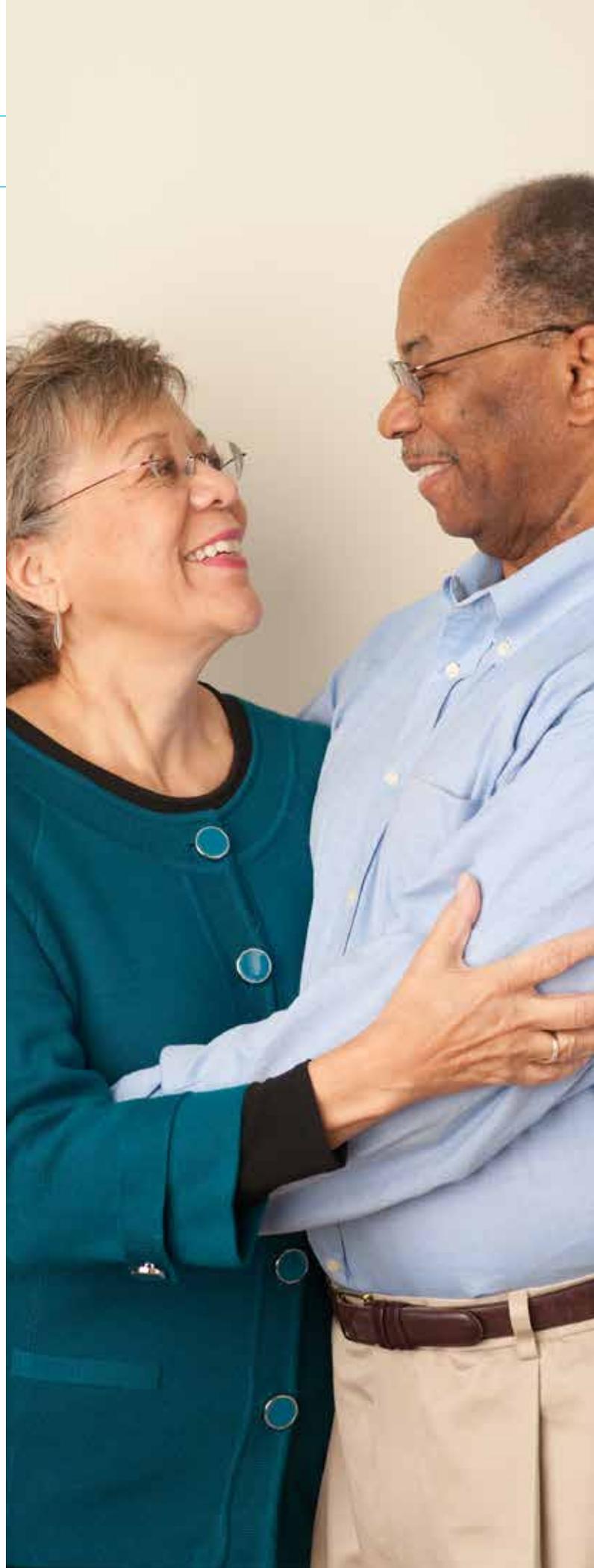
Proton therapy is given in proton centers which feature specialized, state-of-the-art medical equipment. The treatment and care is provided by doctors, medical physicists, nurses and radiation therapists who are specially trained experts. The doctor who prescribes proton therapy and manages your medical care is a radiation oncologist.

Most patients do not feel pain or discomfort during treatment sessions. That's because proton therapy is a non-invasive and painless treatment that can be performed in a proton therapy center without an overnight stay in the hospital. The time spent actually delivering the protons to the tumor is about one minute, but a treatment session can range from 15 to 60 minutes due to time spent making sure you're in just the right position for this precise treatment. After your treatment session, you can leave and go on with your normal, daily routine.

Treatments are generally given five days a week for five to nine weeks, depending on the tumor and its location.

### Minimal side effects.

As with all radiation therapy, there is the potential for side effects. However, with proton therapy patients report mild to no side effects. If they do occur, side effects are generally minor and can vary depending on the tumor location, your general health, other medical conditions, age and medical history. Some people experience tiredness or skin irritation. Before treatment begins, your doctor will talk with you about the potential side effects you may experience based on your tumor's location and your treatment plan.



## Answers to your questions.

### Q: Is proton therapy experimental?

No, proton therapy is not experimental. Proton therapy was approved by the U.S. Food and Drug Administration (FDA) to treat patients in 1988. To date, more than 90,000 people worldwide have received proton therapy at centers in Europe, Asia and the United States.

### Q: What clinical studies have been/are being done to prove the effectiveness of proton therapy?

The effectiveness of proton therapy has been studied by researchers around the world. More and more studies show excellent results treating tumors with protons compared with alternative treatments. The amount of research being conducted on proton therapy is rapidly increasing as more centers open and more patient experiences become available.

### Q: Will my insurance cover the cost of proton therapy?

In most cases, yes. Proton therapy is covered by many private insurance carriers, Medicare and many state Medicaid programs. Specific levels

of reimbursement depend on the state and site of service and health insurer. Our experienced financial counselors provide personalized help in navigating coverage and payment.

### Q: How can I find out if proton therapy is an option for me?

You or your doctor can contact the ProCure Proton Therapy Center in Somerset, NJ to determine if it's right for you.

Only a specialist in radiation therapy—a radiation oncologist—can decide if proton therapy could be the best option for you. The medical team will assist you in collecting the information needed for a proton therapy evaluation at the Center, including:

- Your cancer diagnosis
- Imaging records
- Family medical history
- A referral for radiation therapy

**To find out more, please visit us at [www.procure.com/nj](http://www.procure.com/nj) or contact the ProCure Proton Therapy Center at 888-481-6492.**



## Explore your treatment options. Talk to your doctor.

It is important to consider all your options before you decide on a treatment. Since many of the tumors that can be treated with proton therapy also can be treated with X-ray radiation, these questions will help you discuss options with your doctor.

### Doctor discussion guide.

Please write down a description of my cancer or my type of tumor—what it's called, where it's located, its stage and other facts that may be important in deciding treatment options.

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What are my treatment choices?

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What do you recommend and why?

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Is proton therapy an option for me? What are the pros and cons?

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How does proton therapy compare with my other options?

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How long would my treatment last—at each appointment and the entire course?

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What is the treatment like? Is it safe?

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Will the treatment affect my daily routine? (e.g. going to work, exercising)

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What short-term and long-term side effects or complications can I expect with each treatment option?

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How will we know if it worked?

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If my cancer came back some day, could I have treatments again?

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Where do I need to go for therapy?

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How much will it cost? How much will my insurance/Medicare/Medicaid pay?

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Once we have decided a course of treatment, what are the next steps?

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## Getting started.

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At the ProCure Proton Therapy Center, you'll benefit from the precision of proton therapy and the power of passionate care. We are committed to addressing your needs and we respect your time and dignity. To get started, please contact us at 888-481-6492 to request a consultation. Our Intake Nurse will coordinate medical record exchanges and collect information needed to evaluate your individual treatment needs. Our Physician Review Board will evaluate your case to determine whether proton therapy is right for you.

### **Great care is taken. And given.**

If it's determined that you are a good candidate for proton therapy, we'll contact you to schedule a consultation with one of the radiation oncologists at the Center. Next, we'll develop a personalized and comprehensive treatment plan for you. Once the plan is finalized, we'll work with you to begin scheduling

your treatment. If you are not a candidate for proton therapy, we will work with you and your doctor to determine other treatment options.

### **Treatment. What to expect.**

As a patient at ProCure, you can expect exceptional patient care at our Center. Our dedicated team will look after the needs and concerns of you and your loved ones from first contact with the Center through follow-up care after your treatments are done. We are available to you, your loved ones, and your doctors when you need us.

You may have met with your doctor and nurse during your first consultation at the Center. They are members of your personal Care Team, which also includes the radiation therapists you will meet at the first treatment.

## Before Treatment Begins.

During your consultation, your doctor may decide additional tests are necessary to plan your treatment, such as blood work, magnetic resonance imaging (MRI), or positron emission tomography (PET) scans. Your Care Team nurse will help you coordinate and schedule any tests. If you do not have a local primary doctor, your nurse will make sure you get all the additional services and therapies you need.

**Before your treatment begins, you will be given a photo name tag that should be worn each time you visit the Center. When you arrive for treatment, your name tag will be scanned to notify your treatment team that you are at the Center and ready for the appointment.**

## Treatment Planning.

After your consultation and any additional tests, we will schedule you for a computed tomography (CT) scan at the Center. This will take up to 1.5 hours, including preparation time. Your nurse also will use this time to help you understand the treatment process.

You may have had a CT scan in the past to diagnose your tumor or for another medical reason, but this particular CT scan is necessary to gather images of your tumor and normal tissue from many angles so your doctor can “see” the tumor and pinpoint its exact location, size, and shape. Depending on the location of your tumor, you may receive a contrast agent, or dye, during your CT scan so the tumor is easier to see. The dye may be injected through an intravenous (IV) line, taken orally (by mouth), or administered through a catheter.

A radiation therapist will be with you during the scan. Molds may be made to position you accurately for treatment.

Using your CT images, a team of proton therapy experts will develop an individual treatment plan for you, determining the number of treatments you need

and creating customized devices for your treatment. For most patients, it takes about one to two weeks for treatment planning to be completed.

## Scheduling Your Treatment Sessions.

In approximately two weeks, once planning for treatment is completed, the therapy supervisor from your Care Team will follow up with you on how many treatments are prescribed and schedule your first appointment. Most patients have therapy five days a week (excluding weekends and holidays) for four to eight weeks, depending on the total number of treatments needed. Occasionally, your doctor may order additional treatments or breaks in your regular treatment schedule. **Please note that scheduling is subject to change and you will always be informed of any changes.**

**It is very important to follow the treatment schedule prescribed by your doctor. If you must cancel or reschedule a treatment, we will work to accommodate your medical needs. Please be on time for all appointments to avoid disrupting other patients' schedules.**

## Arriving for Your Treatment Sessions.

When you arrive for your treatment, please scan your name tag at the front desk and have a seat in the lobby. A member of your Care Team will come out to meet you and accompany you to the treatment area for preparation. You may be asked to change into a robe provided by the Center. There are secure lockers for you to store your clothing or other personal belongings.

## During Your Treatment Sessions.

The entire session takes from 15 to 60 minutes, depending on your treatment plan. Most patients do not feel pain or discomfort during treatment. The majority of the time you spend in the treatment room is setting up for treatment. Since proton therapy is precise, you must be in a specific, predetermined position to ensure the proton beam directly hits its target. Members of your personal Care Team will

assist you throughout the process. Your radiation therapists will have everything ready for you before the treatment begins. You will be automatically moved into position before each treatment using an FDA-approved robotic positioning system. You will be asked to lie still on a treatment bed while your therapists make adjustments. After you are in position, the proton beam is delivered and is on for about one minute. You will not feel or see the proton beam. You may hear some clicking from the equipment around you, but, generally, after a few treatment sessions, the sounds go unnoticed. No recovery time is needed, and you may immediately return to your normal daily activities. There is no need to stay overnight in a hospital or remain at the Center after your treatment.

During the actual treatment, your therapists will leave the room and monitor your treatment from a control room just outside the treatment room. Although they are not in the same room as you, they can see and hear you through a video monitor. They remain close by and you can easily talk to them if you need anything.

### **Side Effects.**

Typically, there are no or few side effects from proton therapy. If there are side effects during or after treatment, they are generally minor and occur after a number of treatments. Before treatment begins, your doctor will discuss with you any possible side effects. Your Care Team nurse will help you manage any side effects you may have.

### **Meeting with Your Doctor or Staff at the Center.**

Once a week (every five treatments) you will meet with your doctor (radiation oncologist) to discuss how your therapy is progressing. This is a good time to ask any questions you may have. In some cases, your doctor may order additional tests such as blood tests, CTs, MRIs, or other scans during your

treatment. Your weekly meetings with your doctor are scheduled around treatment sessions, so there is no need to make an extra trip to the Center. Follow-up appointments will be scheduled at the conclusion of your treatment. Additional scans or blood tests may be ordered for these visits. Your first follow-up appointment will be scheduled within six months after your treatment is complete.

Of course, if you have questions or concerns between your weekly doctor meetings, your nurse and a physician are always available to see you while you are at the Center.

### **Comprehensive cancer care.**

While you are receiving proton therapy or if you are not a candidate for proton therapy, you may need additional medical care. The proton center is affiliated with CentraState Healthcare System to provide these medical services, especially for patients who do not have a local doctor or hospital. CentraState Healthcare System offers the full spectrum of cancer care services, including cancer screenings, diagnostic services, chemotherapy, surgery, radiation therapy, and clinical trials. At CentraState's Cancer Center, patients are in the good hands of world-class cancer specialists who trained at renowned cancer centers.

The center's multidisciplinary, compassionate approach to cancer treatment ensures that patients receive continuous, integrated care and support. CentraState also provides innovative, post-treatment wellness programs to guide patients and their families through the recovery journey.

## Patient Services. We care for and about you.

We take care of the day-to-day needs for you and your family. We know how stressful it can be to manage life while you undergo treatment. During your treatment at the Center, our Patient Services Team is available to assist with your personal needs. They are available Monday through Friday during treatment hours.

The Team will provide services to make your stay as stress-free and pleasant as possible, while providing comfort to you and your loved ones during your treatment. These services include:

- Providing information on accommodations, transportation, directions, and activities.
- A list of patients who have undergone proton therapy at a ProCure Center.
- Social opportunities for patients and their families at the Center and in the community.
- A play area for children who are patients and for children who accompany patients to the Center.
- Additional education materials on proton therapy, health and wellness, as well as information on local activities.

- A cuddly stuffed animal and a special coloring book for children undergoing treatment that explains the treatment process.
- A financial counselor who is available to help with any questions regarding your insurance or other financial needs.
- A free beverage bar for patients and their families.

Other amenities designed to enhance your treatment at the Center include:

- Easy check-in using a key card that verifies your identity.
- Comfortable patient gowns and robes.
- Spacious and comfortable lobby features large windows for lots of natural light, and a cozy fireplace.
- Relaxing healing garden with patio tables.
- Recommendations on activities, outings, and restaurants.

**If you need further information,  
please contact Patient Services at  
888-481-6496 or [conciierge@nj.procure.com](mailto:conciierge@nj.procure.com)**



## Connect with Others.

During your treatment at the Center, you may wish to connect with others who are going through proton therapy or have completed treatment. Our Patient Services Team can make these arrangements for you.

## Dine Around.

Dine Around is a group lunch or dinner for patients and their families to get acquainted with others who are undergoing treatment. The Patient Services Managers will provide you a time and location for the upcoming Dine Around.

## Patient Graduation.

We celebrate each patient's treatment completion with a graduation ceremony. At graduation, you will receive a diploma and a coin with a number that is unique to you. Your physicians and Care Team will be there whenever possible to celebrate your strength. You are welcome to invite your family and loved ones to your graduation, and you are welcome to speak a few words at the graduation if you would like.

## Key contacts at the Center.

We understand how important it is to have a professional – and personal – relationship with us as you go through treatment. Your Care Team will be there to support and guide you every step of the way.

During your treatment at ProCure, you will meet many people. Below is key contact information for easy reference:

**Clinic Nurse/Physician: 732-357-2623**

**Treatment Scheduling: 732-357-2654**

**Intake: 732-357-2639**

**Patient Services Team: 888-481-6496**

**If you are experiencing a true medical emergency, please dial 911.**



To find out more,  
please call 888-481-6492 or  
visit us at [www.procure.com/nj](http://www.procure.com/nj).

## Leaders in radiation oncology.

The radiation oncologists who provide clinical care at the ProCure Proton Therapy Center are members of Princeton Radiation Oncology (PRO). They will plan your course of therapy, manage your clinical care and conduct weekly check-ups to ensure that your treatment is on track.

Affiliated with hospitals throughout the New Jersey/metro New York area, the radiation oncologists of PRO are leaders in the field and are known for clinical excellence as well as pioneering new technologies for treating cancer. They are experienced in the delivery of 3-Dimensional Conformal Radiation Therapy (3DCRT), Intensity Modulated Radiation Therapy (IMRT), Gamma Knife Radiosurgery (Stereotactic Radiosurgery), Stereotactic Radiotherapy, Tomotherapy, High Dose Rate Brachytherapy (HDR), Low Dose Rate (LDR) Brachytherapy and proton therapy. With specializations in brain, head and neck, breast, lung, gastrointestinal, genitourinary, prostate and pediatric cancers, PRO has the expertise to provide the highest level of medical care to patients.



The ProCure Proton Therapy Center is a joint venture between CentraState Healthcare System and Princeton Radiation Oncology (PRO). Both organizations are dedicated to bringing proton therapy to the New Jersey/metro New York area. The physicians that practice at the Center are neither agents nor employees of ProCure.

## Directions.



**ProCure Proton Therapy Center**  
103 Cedar Grove Lane  
Somerset, NJ 08873

### From the West:

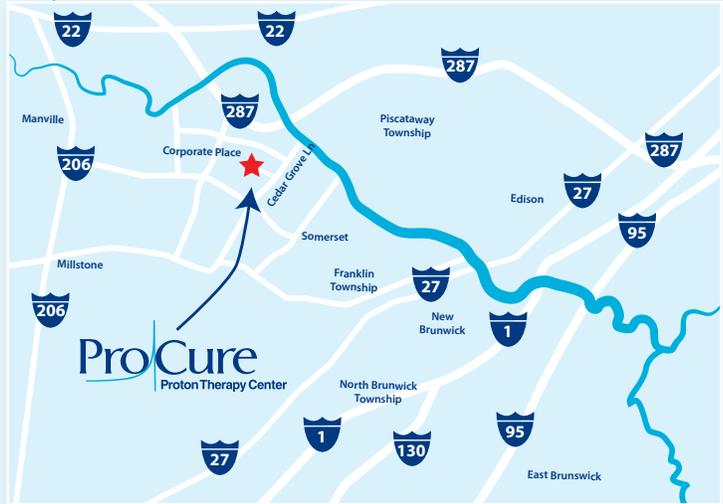
Follow signs for Route 78 East. Take Exit 29 for 287 toward Route 202/Route 206/Route 80/Morristown/Somerville. Follow 287 South to Exit 10. Take Exit 10 to CR-527 S/Easton Avenue toward New Brunswick. Take slight right onto CR-527S/Easton Avenue. Turn right onto Cedar Grove Lane. Continue on Cedar Grove Lane for approximately 1 mile. ProCure Proton Therapy Center will be on your right (#103).

### From the North:

Take 95 South/NJ Turnpike to Exit 10 for 440 East towards 287North/Perth Amboy/Metuchen. Follow signs for 287 North. Take 287 to Exit 10 (Easton Avenue/CR-527S toward New Brunswick). Bear left onto Easton Avenue/CR-527S. Continue on Easton Avenue to first traffic light. Make a right turn onto Cedar Grove Lane. Continue on Cedar Grove Lane for approximately 1 mile. ProCure Proton Therapy Center will be on your right (#103).

### From the South:

Take 95 North/NJ Turnpike to Exit 10 for 440 East towards 287North/Perth Amboy/Metuchen. Follow signs for 287 North. Take 287 to Exit 10 (Easton Avenue/CR-527S toward New Brunswick). Bear left onto Easton Avenue/CR-527S. Continue on Easton Avenue to first traffic light. Make a right turn onto Cedar Grove Lane. Continue on Cedar Grove Lane for approximately 1 mile. ProCure Proton Therapy Center will be on your right (#103).



### From the East:

Take the Garden State Parkway to Exit 130. Merge onto US Route 1 South towards Trenton. Take the ramp for 287North/Morristown/Mahwah. Merge onto 287 North. Take 287 to Exit 10 (CR-527S/Easton Avenue toward New Brunswick). Continue on Easton Avenue to the first traffic light. Make a right turn onto Cedar Grove Lane. Continue on Cedar Grove Lane for approximately 1 mile. ProCure Proton Therapy Center will be on your right (#103).

To learn more about the advantages of proton therapy, please call 888-481-6492 or visit [www.procure.com/nj](http://www.procure.com/nj).

