

정밀 방사선치료 3D High Precision Radiotherapy

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Abstract

The technical advances that have been achieved over the last decade in the area of 3 - dimensional radiotherapy treatment planning capabilities and new and more flexible hardware capabilities, such as computer - controlled treatments, multi-leaf collimators, and real - time portal imaging devices, have brought about 3 - dimensional conformal radiation therapy. For the purpose of highly conformal radiation therapy, a variety of radiation treatment techniques and treatment machines such as stereotactic radiosurgery(SRS) using gamma - knife, stereotactic radiotherapy(SRT) using linear accelerator, and stereotactic whole body radiotherapy have been invented. Intensity - modulated radiation therapy(IMRT) is a new and evolving technological advance in high - precision radiation therapy. It is an extension of 3 - dimensional conformal radiotherapy(3 - DCRT) that allows the delivery of highly complex isodose profiles to the target, while minimizing radiation exposure to surrounding normal tissues. Image - guided adaptive radiotherapy(IGRT) combines scanning and radiation equipment, to provide images of the patient's organs in the treatment position, at the time of the treatment, optimizing the accuracy and precision of the radiotherapy. Respiratory - gated radiotherapy was developed to overcome the motion of organs. Most high precision radiation therapy approaches increase the time and efforts required by physicians and physicists, because optimization systems are not yet robust enough to provide automated solutions for all disease sites, and routine QA testing is still quite time - consuming. Preliminary clinical experiences of high precision radiation therapy have been encouraging by high rates of local control and decrease of toxicity. This article provides an overview of high precision radiotherapy such as 3 - DCRT, SRS, SRT, Cyberknife, IMRT, and IGRT.

Keywords : Radiotherapy; 3 - dimensional conformal RT; IMRT; Stereotactic radiosurgery

3 (3 - dimensional conformal RT)

가

3 (IMRT)

3

가

. 3

가

3

2

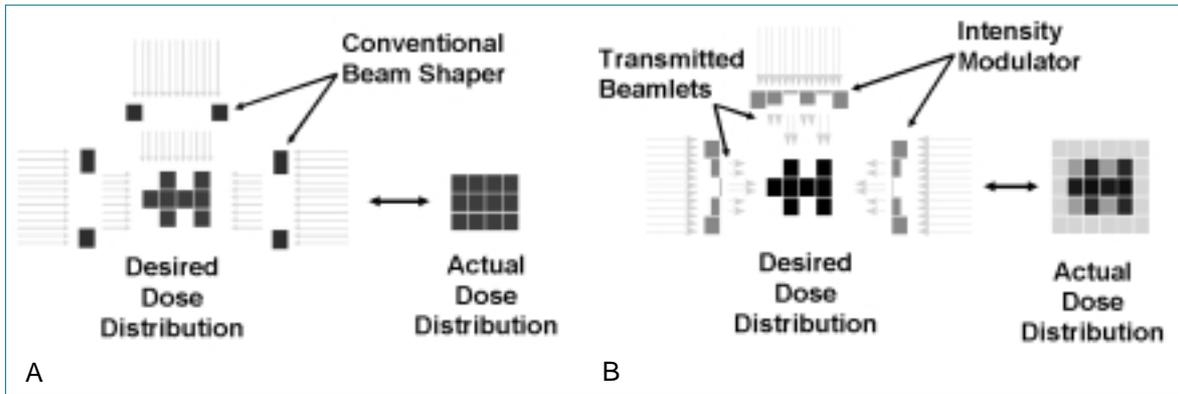
가

3
가 (LINAC)
X
X - knife
arc
가
가 (5).
2
가
, 1 가
가 가 (fractionated
stereotactic radiotherapy) . FSRT
가 SRS가
1
FSRT가 (4, 5).



6 가 LINAC
1. Cyberknife
가
가
가 (fractionated
stereotactic radiotherapy) . FSRT 가 . SRS
가 , , SRS
37% 87%
1~3 (4~6).
(CyberKnife)
6
가 가 가 (LINAC)
가 (pencil beam)
(1).

(Extracranial SRS)



2. A)
B)

1~3

3

IMRT가

80%

gold marker
gold marker

CT

가
(8).

X - knife

가
가

(Intensity - modulated Radiation Therapy)

가가

가

(IMRT)

가

(7).

가

(2)

가

가

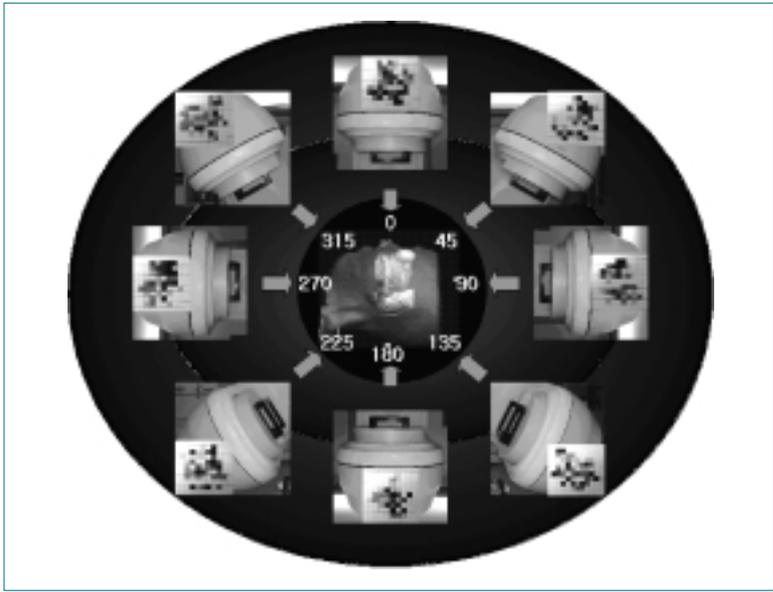
가

가

가

(3).

3



intensity map IMRT conformality

3.

(inverse treatment planning)

(gross target volume), (clinical target volume)

(, ,) IMRT

가 (1.8 Gy or 2.0 Gy)

(9). IMRT

IMRT

IMRT 가 .
 가 가 .
 가
 , 가

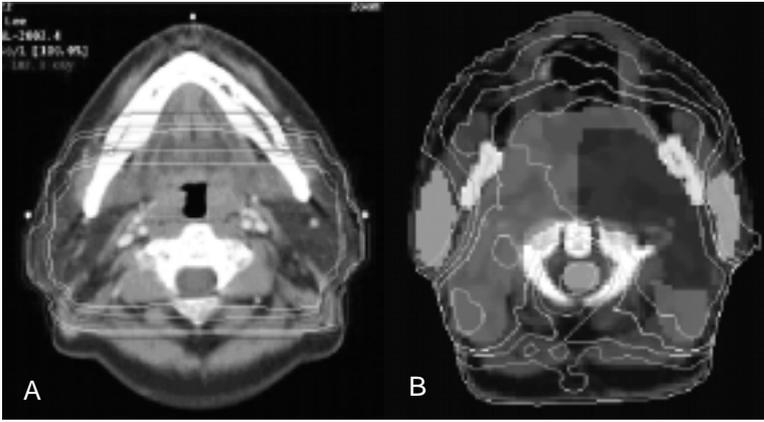
IMRT

(10, 11)(4).

가 . IMRT

(1.8 Gy or

가 가
 가 가
 SMART(simultaneously modulated



A) 70 Gy가
 B) IMRT 25 Gy

accelerated radiation therapy)
 accelerated repopulation)

target volume)
 volume)

PET, MRS

IMRT가

(gross
 (clinical target

conformality

conformality

(3, 9).

가

IMRT

tion)

(active breathing control)

ry - gating)

(9).

. IMRT

가

.

가

IMRT

, IMRT 7~9

가

가

IMRT

10

monitor unit

10%

가

, IMRT

가 10

20~30

가

가

QA

(9, 11).

Lee
90%

IMRT 98%

1

(10). Chao

IMRT

(12), Zelefsky

80 Gy

(13).

IGRT

(Image - guided Adaptive Radiotherapy)

IGRT CT

IMRT

CT

가

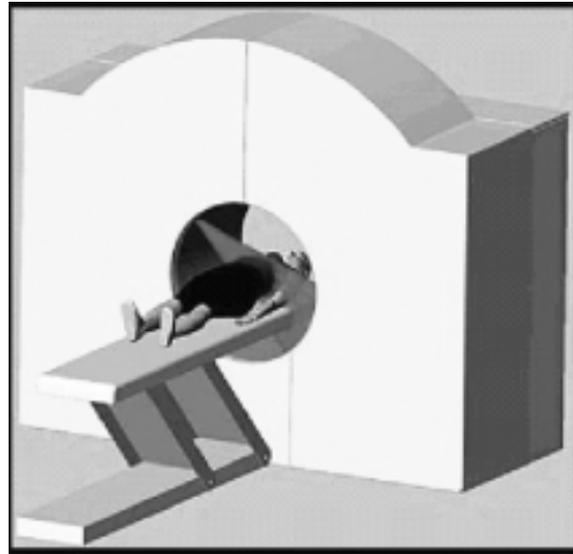
. IGRT

(helical tomotherapy)

. LINAC

CT
detector

CT gantry 6 MV LINAC
megavoltage(MV) beam CT



CT Gantry 6 MV LINAC

360
IMRT가

5. Helical tomotherapy

. MV CT kilovoltage

CT

MV CT

artifact가

MV CT

360

(fan - beam)

5). 가

가가

(14, 15).

가
가

가
(physi-
cal conformal therapy)

formal therapy)

(biological con-

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6. (가 16).

