CONVENTIONAL IMAGING TECHNIQUES FOR TARGET VOLUME DELINEATION IN RADIATION ONCOLOGY

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Target volumes in Radiation Oncology

- Gross Tumor Volume: GTV
- Clinical Target Volume: CTV
- Internal Target Volume: ITV
- Planning Target Volume: PTV
- Organ at Risk: OAR
- Planning Organ at Risk Volume: PRV

ICRU report 62, 1999
Definitions from ICRU 50

- Gross Tumour Volume (GTV) = clinically demonstrated tumour
- Clinical Target Volume (CTV) = GTV + area at risk (e.g. potentially involved lymph nodes)
- Treated Volume = volume that receives dose considered adequate for clinical objective
- Irradiated volume = non negligible dose for normal tissues
Margins and ICRU 62

- The concept of margins was expanded on by ICRU report 62
  - Internal margin = due to organ motion
  - Set-up margin
- The two are often combined as independent uncertainties.
- Definition of target volumes could be subjective, and a number of studies have reported inter-observer and intra-observer variability
ULTRASOUND

ADVANTAGES
- Wide availability
- Cheap
- No radiation
- Cystic vs solid
- Real time
- Color Doppler Vascularity defined
- ? Role of USG contrast agents

DISADVANTAGES
- Air & acoustic window interference
- Body habitus
- Inter-observer variability
- Lack of reproducibility
- ? Incorporation into TPS
Magnetic Resonance Imaging

ADVANTAGES

- Exquisite soft tissue contrast
- Better tissue discrimination between tumor & adjacent normal structures
- Better delineation of organs at risk
- Multiplanar capability and increased imaging functionality
- May differentiate between recurrent tumor & post-treatment fibrosis & radiation necrosis.
- Avoid bony and metal artefacts seen with CT

LIMITATIONS

- No electron density information
- Contraindicated in patients with pacemakers & ferromagnetic implants
- Poor visualisation of bone
- Geometric distortion
- No Digital reconstruction registration
T1 W= provides anatomical details. Fluid black, Fat bright. Used also with IV contrast
T2 W=provides pathological details. Fluid bright. Fat Bright/black.
T2 FLAIR = T2 IMAGE WITH BLACK CSF
T2 GRE = GOOD FOR HEMORRHAGE. MORE SUSCEPTIBILITY ARTEFACTS
DWI & ADC WEIGHTED SEQUENCES

DWI=ABSCESS, ACUTE INFARCT, CELLULAR NEOPLASM BRIGHT, CYSTS=BLACK
PITFALL T2 SHINE THROUGH ARTEFACT. ADC=DWI RESTRICTED LESIONS =BLACK
MultiPlanar Imaging: Coronal & Sagittal
Normal marrow fat is suppressed.
On T2 edema and infective granulation/ neoplastic infiltrations = bright
On T1 contrast enhancement better seen
Magnetic Resonance Spectroscopy

- 1H-MRS yields metabolic information.
- Tumor shows increased choline and reduced NAA.

**MONITORING TREATMENT**

- A decrease in the abnormal Cho/Cr and Cho/NAA ratios and decline in the Cho peak indicates successful treatment.

**RADIATION NECROSIS VS RECURRENCE**

- Increased Cho/Cr & Cho/NAA ratios is seen in areas of recurrent tumor. Cho/Cr ratio over 1.79 or lipid-lactate/Cho ratio less than 0.75 has a sevenfold increased odds of indicating tumor compared to pure necrosis.
RADIATION NECROSIS VS RECURRENCE

- Post RT new contrast-enhancing brainstem lesion in a 60 year male shows tenfold elevated signal intensity of the choline & decrease of NAA consistent with recurrence
Perfusion weighted MRI

- Use fast MR sequences timed to capture the sequential changes in vascular perfusion following injection of contrast agents. Time dependent enhancement curves can be produced.

- Advantages
  Determine degree of malignancy of gliomas and in biopsy planning.
  Controversial role in target delineation
Diffusion Tensor Imaging (DTI)

- DTI shows white matter abnormalities based on cerebral tissue anisotropy.
- DTI may be useful for assessing white matter infiltration by occult tumor.
- DTI can also be used in RTP to limit doses to relevant functional regions to reduce specific radiation-induced injury.
MRI IN Radiotherapy Planning

- On MRI, the hyperintense region on T2W or T2 FLAIR images can delineate CTV. For posttreatment, the contrast-enhanced regions depicting a mass effect can delineate GTV.
- All the target volumes delineated in MRI are significantly larger than on CT.
- Post RT changes in peritumoral brain tissue may result in pathological uptake of contrast that cannot be reliably distinguished from recurrent glioma. MRS may be useful.
CT Scan For Radiotherapy Planning

ADVANTAGES
- Widely available
- Relatively inexpensive
- Fast imaging
- Good bony details
- Electron density information available

LIMITATIONS
- Soft tissue contrast less
- Difficult to delineate tumor, peritumoral edema, and adjacent normal brain parenchyma
CT Scan For Radiotherapy Planning

Diagnostic vs RT Planning

- Supine or Prone
- Respiratory breathhold
- IV contrast useful
- Additional scan plane
- Variable pitch and scan time

RT Planning

- Supine position
- Free respiration scan
- IV contrast complicates dose calculations
- Axial plane
- If pitch > 1, z axis distortion
Hounsfield Unit

- HU = 1000 \( \mu \)-\( \mu \)_{water}/ \( \mu \)_{water}
- \( \mu \) = x ray linear attenuation coefficient
- WATER = 0 HU defined
- AIR = -1000 HU defined
- LUNG = -200 TO -500 HU
- SOFT TISSUE = 20-50 HU
- BLOOD = 70-90 HU
- IODINATED CONTRAST = 130 HU
- BONE = 100-1000 HU
ISSUES WITH CT SCAN FOR TARGET SIZE DETERMINATION

- Motion-dependent volume aliasing during CT simulation causes target volume overestimation.
- More overestimation error with increased target motion amplitude and decreased target diameter.
Regional considerations: Lung

- Cardiac and respiration related movement, which are often >1 cm & are important since the diameter of lung lesions treated with this method is typically < 4 cm.
- Conventionally lung tumors involves the use of CT and, if required, fluoroscopy to visualize the respiration-related movement of the lesion. The degree of tumor movement is added IM to the GTV.
- Cine MRI can evaluate intrathoracic tumour mobility.
Regional Considerations: CNS

- MRI shows improvements of up to 80% of cases in target volume definition with the addition of MRI to 3D CT based treatment planning.
- However, CT is able to provide information on the extent of bony erosion from tumour not available with MRI.
Regional Considerations: Head & neck

Complex anatomy makes infiltrations difficult to define. MRI assists in delineation of 1) longitudinal tumor infiltration along aero-digestive tract & fascial planes 2) infiltration of tissue planes such as the pterygoids & tongue 3) perineural infiltration & intracranial extension, eg nasopharyngeal ca(4) nodal mets.
Regional considerations: Pelvis

- In the pelvis, MRI has provided improved target delineation for urological, gynaecological and gastrointestinal cancers.
- MRI more informative in post-operative patients
- It also aids in delineation of adjacent normal tissue structures such as rectal wall, recto-vesicle fascia of Denonvillier, urogenital diaphragm, penile bulb, periprostatic venous plexus, neurovascular bundle, levator ani and anal sphincters.
Regional Considerations: Pelvis
Regional Considerations: Lymph Nodes

- Signal intensity and degree of contrast enhancement cannot reliably differentiate neoplastic & nonneoplastic.
- Up to 20% of normal size lymph nodes can be positive for microscopic disease whilst up to 30% of enlarged lymph nodes may be nonneoplastic.
- USPIO particles appear to differentiate neoplastic and nonneoplastic.
4 D RADIATION THERAPY

- 3D imaging often produces images with motion artifacts.
- 4D radiation therapy – the inclusion of temporal changes to patient anatomy in order to remove such motion artifacts.
NOW CAN YOU SEE THE TARGET READY FOR SOME ACTION!