The Precision of Protons.
The Power of Caring.
A guide to proton therapy for patients with cancer.
Welcome. 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 those advances is proton therapy. It’s a very precise and effective kind 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 an effective option for many patients whose doctors have recommended radiation treatment.

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.

About the ProCure Proton Therapy Center

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 state-of-the-art proton therapy technology available. Clinical care is provided by leading local radiation oncologists in a welcoming, healing environment.

We invite you to call the Center at 888-481-6492 or visit www.procure.com/nj for more information and resources.
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.

With proton therapy, there is also a lower 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 fewer 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.

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Proton therapy. What to expect.

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 30 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 less 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. Your doctor will talk with you about the specific side effects you may experience based on your tumor’s location and your treatment plan.

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.

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

Brain images comparing the amount of radiation to the tumor and healthy tissue. Below are examples of brain 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 brain tissue surrounding the tumor and the nearby critical structures are spared any additional radiation. With standard X-rays, the healthy brain tissue surrounding the tumor and the nearby critical organs receive significantly more radiation than with proton therapy. In some cases, the added radiation exposure can be equivalent to receiving 75,000-450,000 dental X-rays. Source of treatment plans: ProCure Training and Development Center and Dr. Sameer Keole.
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.

__________________________________________________________________________________________________________

**What are my treatment choices?**

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

**How does proton therapy compare with my other options?**

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

**What is the treatment like? Is it safe?**

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

**How will we know if it worked?**

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

**Where do I go for therapy?**

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

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

__________________________________________________________________________________________________________

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**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 67,000 people worldwide have received proton therapy at centers in Europe, Asia and the United States.

**Q: What kinds of studies have been 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.

**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

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- How does proton therapy compare with my other options?
- How long would my treatment last—at each appointment and the entire course?
- What is the treatment like? Is it safe?
- Will the treatment affect my daily routine? (e.g. going to work, exercising)
- What short-term and long-term side effects or complications can I expect with each treatment option?
- How will we know if it worked?
- If my cancer came back some day, could I have treatments again?
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**Explore your treatment options. Talk to your doctor.**

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- How will we know if it worked?
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- Where do I go for therapy?
- How much will it cost? How much will my insurance/Medicare/Medicaid pay?
- Once we have decided a course of treatment, what are the next steps?
Getting started.

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 team will help you gather the medical information needed and a 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.

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.

To find out more, please call 888-481-6492 or visit us at www.procure.com/nj.
We understand how important it is to have a professional—and personal—relationship with us as you go through treatment. Your Care Team, which includes a radiation oncologist, nurse and radiation therapists, is dedicated to managing your therapy and will be there to support and guide you every step of the way. The Care Team nurse will help coordinate any additional medical services you may need and make sure your personal physician is updated regularly about your progress.

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. Our Patient Services Team has extensive knowledge on local restaurants, recreational activities and spiritual places to help make Somerset feel like home for you and your family. Our team also hosts activities at the Center for patients and their families to share stories and offer each other support. If you are traveling from out of town, our team will help you arrange lodging and transportation during your treatment.

We follow through. And follow up.

Our Intake Nurse will coordinate medical record exchanges and collect information needed to evaluate your individual treatment needs. Your Care Team nurse will schedule consultations, appointments and follow-up care.

Our financial counselors help too.

Our experienced counselors provide personalized help in navigating insurance coverage and payment.

We also offer:
- Support groups
- A knowledge center and resource library
- Convenient and flexible treatment scheduling
- Help with meal planning
- A play room for children and families

Learn more about your cancer and proton therapy.

GENERAL RESOURCES
- OncoLink: www.oncolink.com
- National Cancer Institute: www.cancer.gov

PATIENT SUPPORT AND ADVOCACY GROUPS
- ProCure Cancer Foundation: www.procurcancerfoundation.org
- National Association For Proton Therapy: www.proton-therapy.org
- Proton Bob (Brotherhood of the Balloon): www.protonbob.com
- Pediatric Proton Foundation: www.pedprotonfoundation.org
- Women Against Prostate Cancer: www.womenagainstprostatecancer.org
- American Society for Radiation Oncology: www.astro.org
- Particle Therapy Co-Operative Group: http://ptcog.web.psi.ch
- Pediatric Radiation Oncology Society: www.piro.org

NATIONAL CANCER ORGANIZATIONS
- American Cancer Society: www.cancer.org
- American Brain Tumor Association: www.abta.org
- Children’s Brain Tumor Foundation: www.cbtf.org
- Prostate Cancer Foundation: www.prostatecancerfoundation.org
- American Breast Cancer Foundation: www.abcf.org

PATIENT SUPPORT AND ADVOCACY GROUPS
- ProCure Proton Therapy Center
- 103 Cedar Grove Lane
- Somerset, NJ 08873

RADIATION ONCOLOGY ORGANIZATIONS
- American Society for Radiation Oncology: www.astro.org
- Particle Therapy Co-Operative Group: http://ptcog.web.psi.ch
- Pediatric Radiation Oncology Society: www.piro.org

NATIONAL CANCER ORGANIZATIONS
- American Cancer Society: www.cancer.org
- American Brain Tumor Association: www.abta.org
- Children’s Brain Tumor Foundation: www.cbtf.org
- Prostate Cancer Foundation: www.prostatecancerfoundation.org
- American Breast Cancer Foundation: www.abcf.org

Directions.

From the West:
Follow signs for Route 79 East. Take Exit 29 for 287 toward Route 202/Route 206/Route 80/Morristown/ Somerset. Bear left onto Easton Avenue toward New Brunswick. Follow signs for 287 North. Take 287 to Exit 10 (Easton Avenue/CR-527S/Easton Avenue toward New Brunswick). Take slight right onto CR-527 S/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 North towards Millstone. Merge onto US Route 202 toward Route 206/Route 80/Morristown/ Somerset. Follow signs for 287 North. Take 287 to Exit 10 (Easton Avenue/CR-527S toward New Brunswick). Bear left 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/Interstate 195-Tunnel to Exit 10 for 440 East towards 29/Route 20. Follow signs for 29/Route 20. Take 29/Route 20 to Exit 10 (Easton Avenue/CR-527S toward New Brunswick). Bear left 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 287 North/Morristown/Millstone. 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).
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, gynecovulinary, prostate and pediatric cancers, ROC has the expertise to provide the highest level of medical care to patients.

About the ProCure Proton Therapy Center
The ProCure Proton Therapy Center in Somerset, NJ is the first proton therapy center in the New Jersey/metro New York area to provide this advanced radiation therapy to patients. The Center is the tenth center in the nation to treat multiple tumor sites. It is equipped with the most advanced proton therapy technology available and clinical care is provided by a dedicated team of experienced radiation oncologists and medical professionals.

To find out more, please call the Center at 888-481-6492 or visit us at www.procure.com/nj.