

Institute of radiation physics, Switzerland

Introduction to FLASH-RT

C. Bailat, PhD

Radiometrology group leader



FLASH-RT in short: Irradiation at ultra high dose-rate increases the differential response between normal and tumour tissue

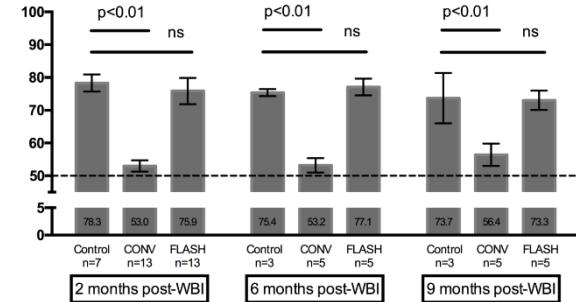


Flash



Conventional

Novel Object Recognition
on 10Gy WBI mice





- one of five university hospitals.
- Connected to the biology and medicine department of UNIL
- Over 11'000 employees
- Over half a million annual hospitalization-days.



Institute of Radiation Physics (IRA)



IRA: ~60 Collaborators

IRA provides expertise in:

- **Medical physics**
- **Radiation protection**
- **Radiochemistry**
- **Radiopharmacy**
- **Radiometrology**

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- Connected to the biology and medicine department of UNIL
- Over 11'000 employees
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My name is Claude and I am a radiometrologist...



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- **Radiometrology**

Metrology is the science of measurement

Measurement requires common knowledge

Need to share a common perception of what is meant by expressions such as meter, kilogram, liter, watt, etc.

Confidence is vital in enabling metrology to link human activities together across geographic and professional boundaries.

Metrology is the science of measurement

→ SI

<https://www.bipm.org/en/measurement-units/>

Bureau
International des
Poids et
Mesures

- the intergovernmental organization through which Member States act together on matters related to measurement science and measurement standards.

Search facility:

ABOUT US WORLDWIDE METROLOGY INTERNATIONAL EQUIVALENCE SI UNITS SERVICES PUBLICATIONS MEETINGS

The International System of Units (SI)

Introduction Definition of the SI SI base units SI prefixes The 2018 revision of the SI How to realize the SI units SI Brochure History

→ The recommended practical system of units of measurement is the International System of Units (*Système International d'Unités*), with the international abbreviation **SI**.

The SI is defined by the **SI Brochure**, which is published by the BIPM.

In a landmark decision, Member States voted on 16 November 2018 to revise the SI, changing the world's definition of the kilogram, the ampere, the kelvin and the mole.

This decision, made at the 26th meeting of the General Conference on Weights and Measures (CGPM), means that from 20 May 2019 all SI units are defined in terms of constants that describe the natural world. This will assure the future stability of the SI and open the opportunity for the use of new technologies, including quantum technologies, to implement the definitions.

The seven defining constants of the SI are:

- the caesium hyperfine frequency $\Delta\nu_{\text{Cs}}$;
- the speed of light in vacuum c ;
- the Planck constant h ;
- the elementary charge e ;
- the Boltzmann constant k ;
- the Avogadro constant N_A ; and
- the luminous efficacy of a defined visible radiation K_{cd} .

The SI was previously defined in terms of seven base units and derived units defined as products of powers of the base units. The seven base units were chosen for historical reasons, and were, by convention, regarded as dimensionally independent: the metre, the kilogram, the second, the ampere, the kelvin, the mole, and the candela. This role for the base units continues in the present SI even though the SI itself is now defined in terms of the defining constants above.

Metrology covers three main tasks:

1. The definition of internationally accepted units of measurement,

The SI base units:



Base quantity		Base unit	
Name	Typical symbol	Name	Symbol
time	t	second	s
length	l, x, r , etc.	metre	m
mass	m	kilogram	kg
electric current	I, i	ampere	A
thermodynamic temperature T		kelvin	K
amount of substance n		mole	mol
luminous intensity I_V		candela	cd

Metrology covers three main tasks:

1. The definition of internationally accepted units of measurement

Derived quantity	SI coherent derived unit ^(a)			Expressed in terms of SI base units
	Name	Symbol	Expressed in terms of other SI units	
plane angle	radian ^(b)	rad	1 ^(b)	m/m
solid angle	steradian ^(b)	sr ^(c)	1 ^(b)	m ² /m ²
frequency	hertz ^(d)	Hz		s ⁻¹
force	newton	N		m kg s ⁻²
pressure, stress	pascal	Pa	N/m ²	m ⁻¹ kg s ⁻²
energy, work, amount of heat	joule	J	N m	m ² kg s ⁻²
power, radiant flux	watt	W	J/s	m ² kg s ⁻³
electric charge, amount of electricity	coulomb	C		s A
electric potential difference, electromotive force	volt	V	W/A	m ² kg s ⁻³ A ⁻¹
capacitance	farad	F	C/V	m ⁻² kg ⁻¹ s ⁴ A ²
electric resistance	ohm	Ω	V/A	m ² kg s ⁻³ A ⁻²
electric conductance	siemens	S	A/V	m ⁻² kg ⁻¹ s ³ A ²
magnetic flux	weber	Wb	V s	m ² kg s ⁻² A ⁻¹
magnetic flux density	tesla	T	Wb/m ²	kg s ⁻² A ⁻¹
inductance	henry	H	Wb/A	m ² kg s ⁻² A ⁻²
Celsius temperature	degree Celsius ^(e)	°C		K
luminous flux	lumen	lm	cd sr ^(c)	cd
illuminance	lux	lx	lm/m ²	m ⁻² cd
activity referred to a radionuclide ^(f)	becquerel ^(d)	Bq		s ⁻¹
absorbed dose, specific energy (imparted), kerma	gray	Gy	J/kg	m ² s ⁻²
dose equivalent, ambient dose equivalent, directional dose equivalent, personal dose equivalent	sievert ^(g)	Sv	J/kg	m ² s ⁻²
catalytic activity	katal	kat		s ⁻¹ mol

Metrology covers three main tasks:

1. The definition of internationally accepted units of measurement,
the meter.
2. The realization of units of measurement by scientific methods,
the realization of a meter through the use of laser beams.

→ Primary measurements (another subject by itself!)

Metrology covers three main tasks:

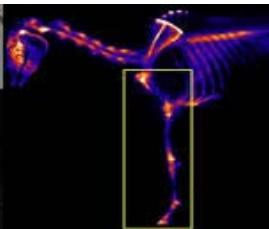
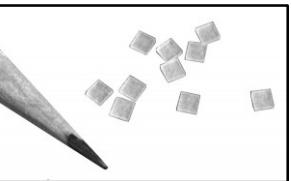
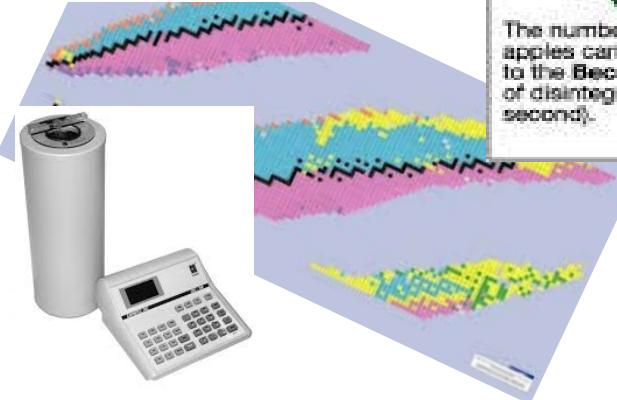
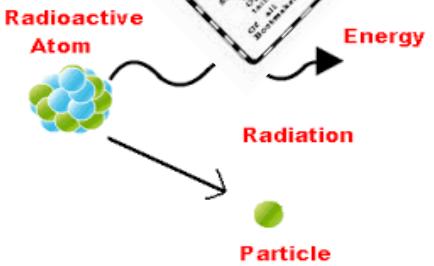
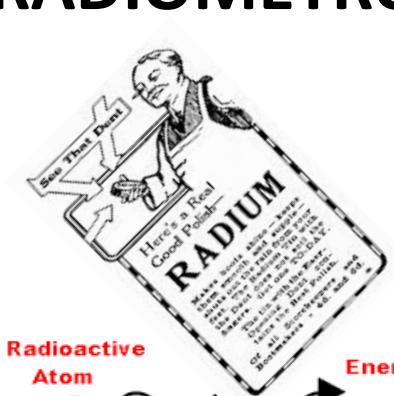
1. The definition of internationally accepted units of measurement,
2. The realization of units of measurement by scientific methods,
3. The establishment of **traceability** chains in documenting the accuracy of a measurement,

And then comes the BIPM The umbrella organization!



BIPM: bureau international des poids et mesures

RADIOMETROLOGY

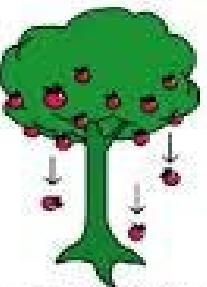


Bq

Gy

Sv

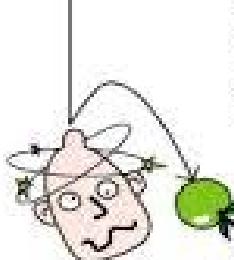
Units of measure for radioactivity



The number of falling apples can be compared to the Becquerel (number of disintegrations per second).



The number of apples that hit the sleeper can be compared to the Gray (absorbed dose).



The effect on the body, based on the size or weight of the apples, can be compared to the Sievert (effective dose).

Source : GEA.



Developed from Dreamstime.com

Image: iStock.com/stockphoto

History of FLASH radiotherapy (FLASH-RT)?

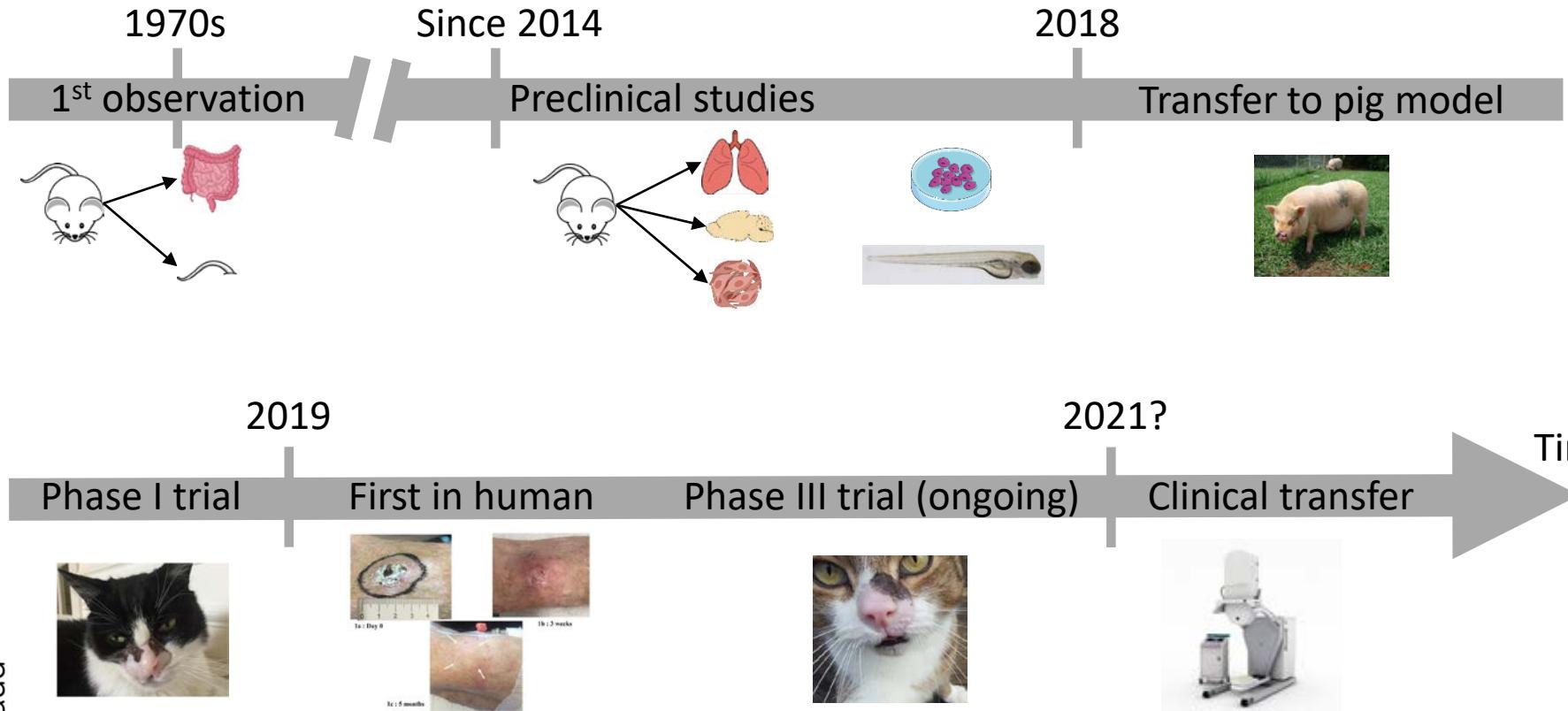
1970s

1st observation

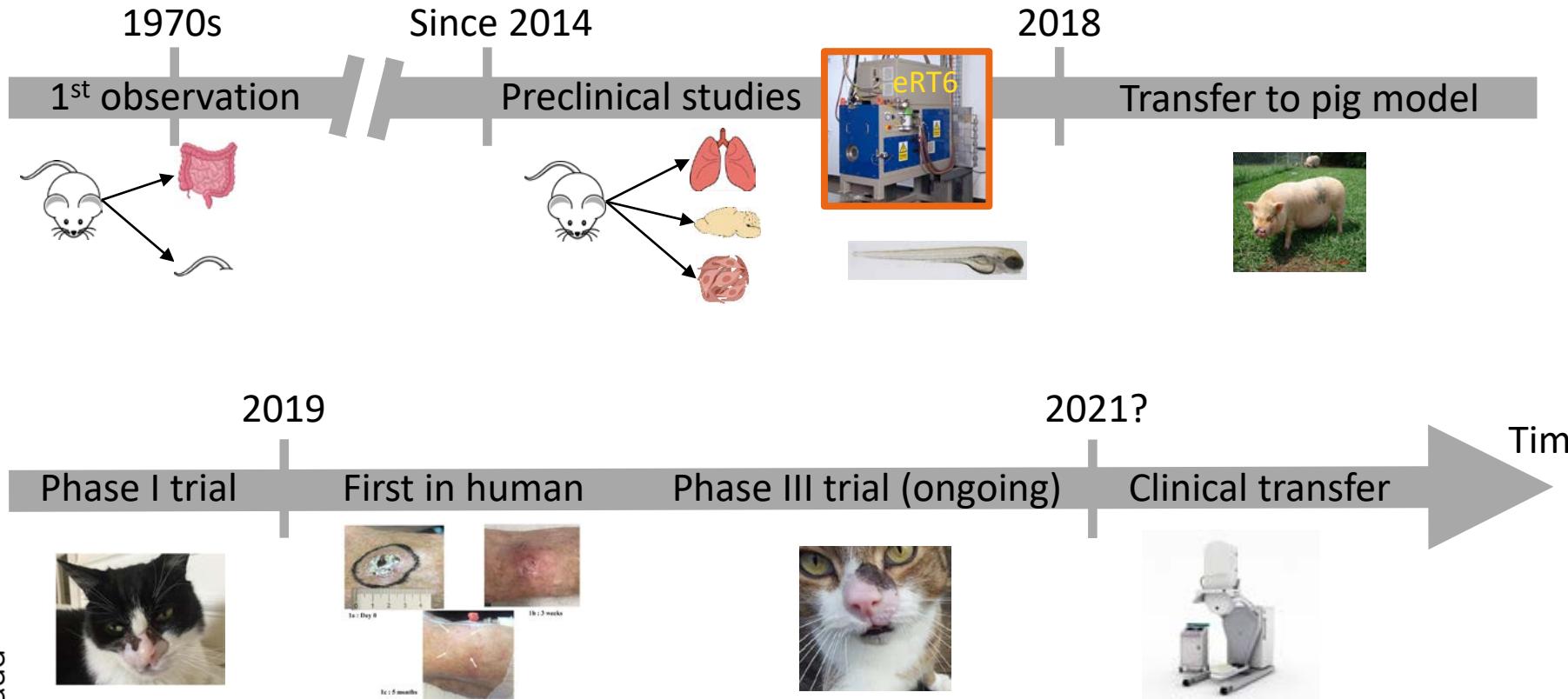
Now and behond

Clinical transfer

FLASH-RT timeline: from effect to RT



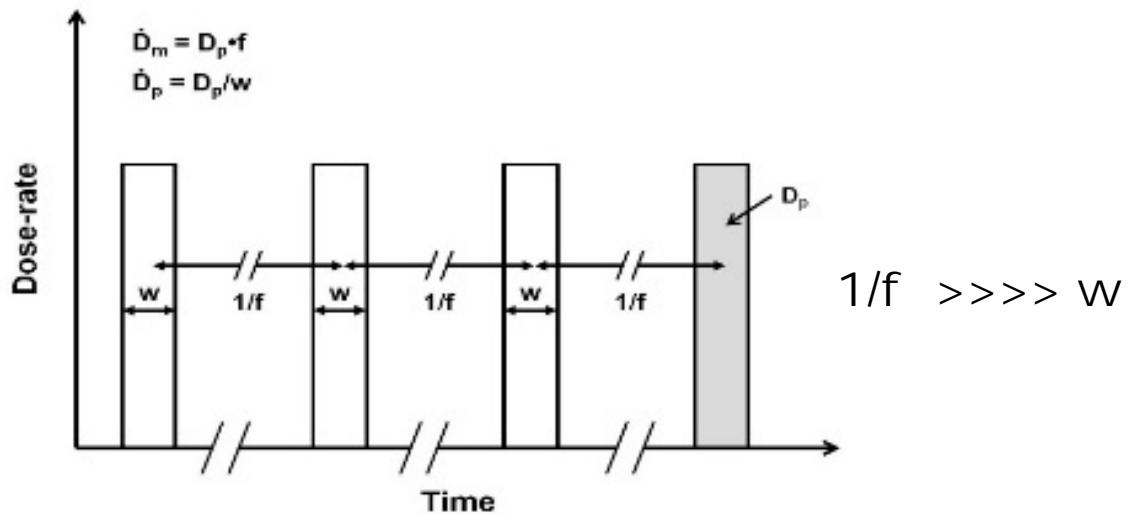
FLASH timeline





- 4-6 MeV electron beam
- Pulsed e-beam of high intensity with some flexible parameters

eRT6: pulsed 6 MeV e-beam of high intensity with some flexible parameters



w	pulse width	$0.5 - 2.2 \mu s$
f	pulse repetition frequency	$10 - 200 Hz$
\dot{D}_p	dose-rate in pulse	$10^3 - 5 \cdot 10^6 Gy / s$
$D_p = \dot{D}_p \cdot w$	dose per pulse	$10^{-3} - 10 Gy$
$\dot{D}_m = \dot{D}_p \cdot w \cdot f$	mean dose-rate	$10^{-2} - 1000 Gy / s$

Flash parameters vs conventional

TABLE I. Parameter definitions and corresponding dose-rates (at a SSD of 1 m and at the depth of dose maximum in water) of the Flash and Conv functioning modes of the eRT6.

	Flash	Conv
GT (V)	300	100
w (μ s)	2.2	1.0
f (Hz)	200	10
\dot{D}_m (Gy/s)	200	0.05
\dot{D}_p (Gy/s)	4.5×10^5	4.9×10^3



EFFECT



NO EFFECT

Time to deliver 20Gy

~200 ms (μ s)

~500 sec (8 min)

Flash parameters vs conventional

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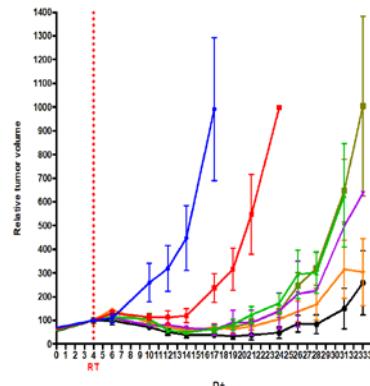
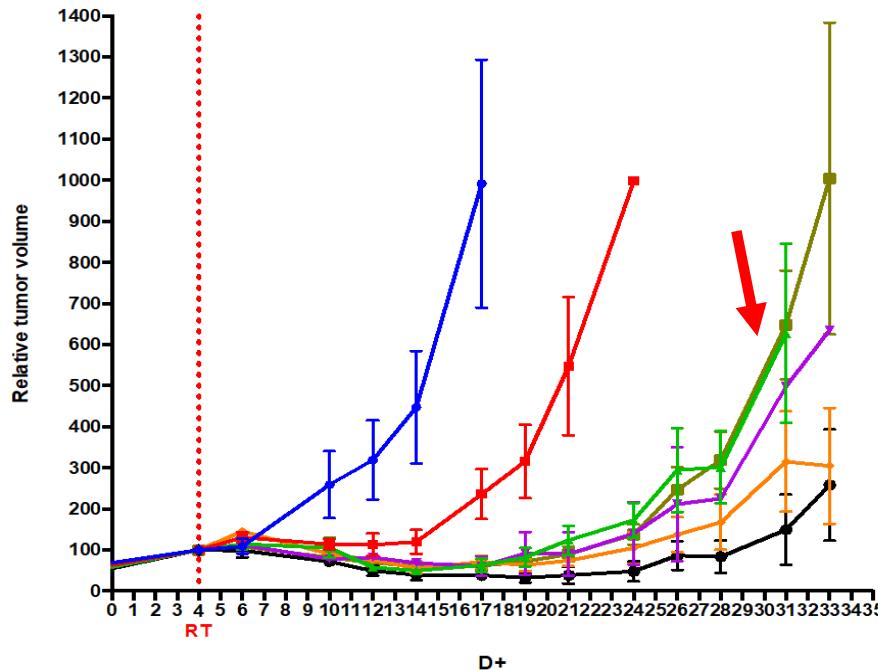
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Time to deliver 20Gy

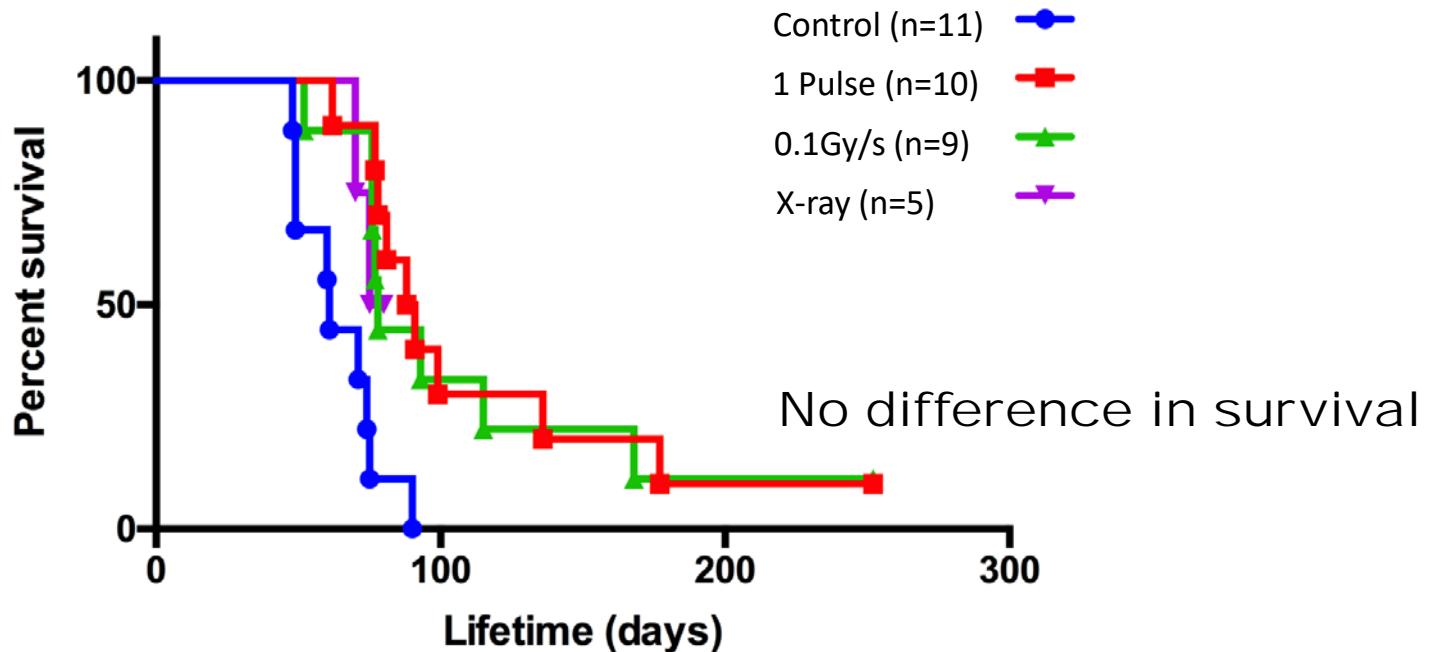
WHAT DOES IT MEAN?

Tumor growth: 10 Mio cells engrafted in mice

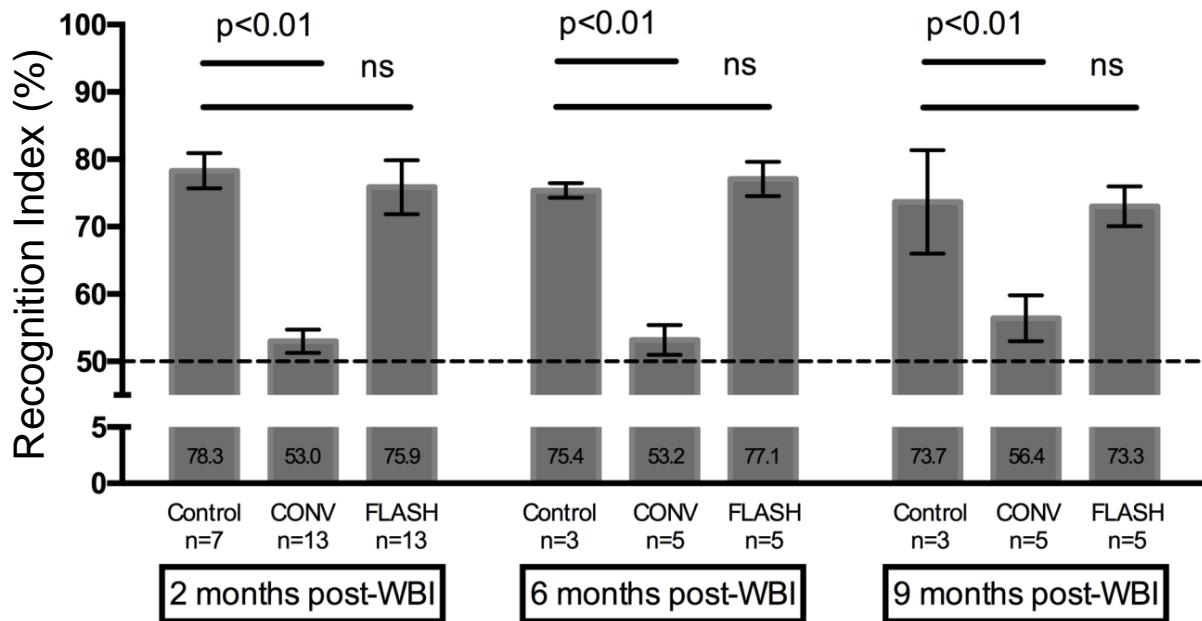


No clear difference

Mice survival: Glioblastoma; 15 Gy WBI

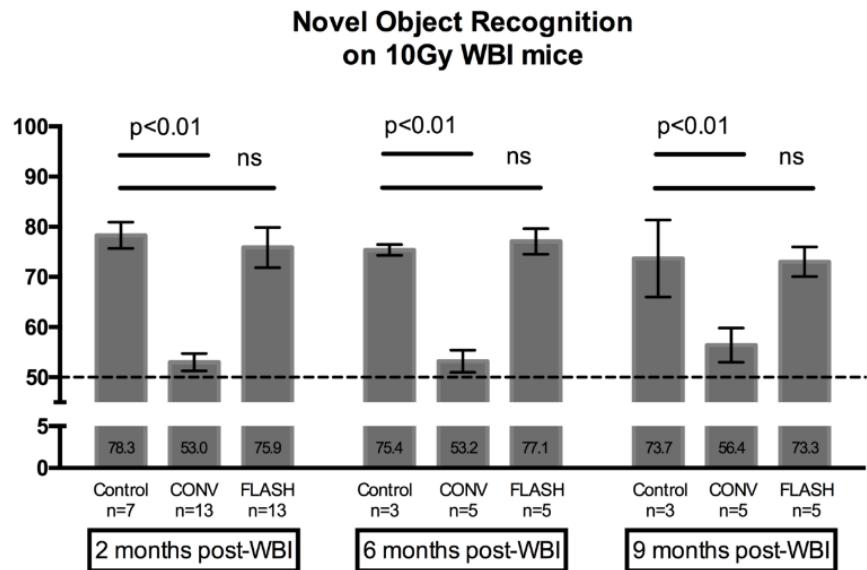
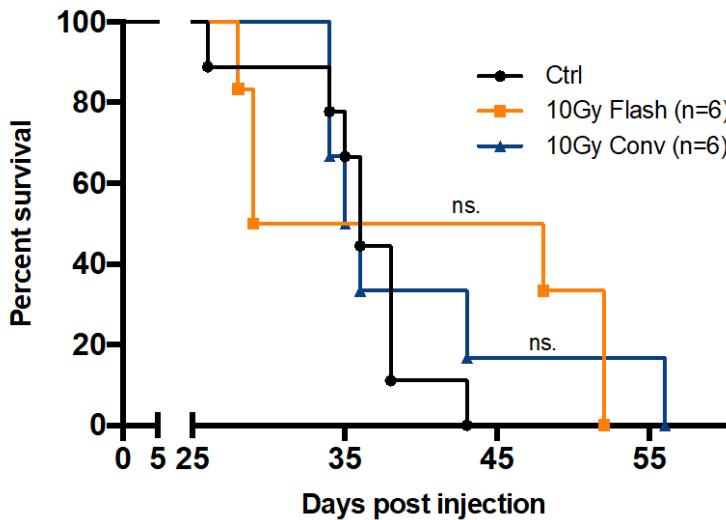


Novel Object Recognition on 10Gy WBI mice



Clear difference!

Survival is the same using Flash-RT or conventional RT,
BUT cognitive abilities are preserved.



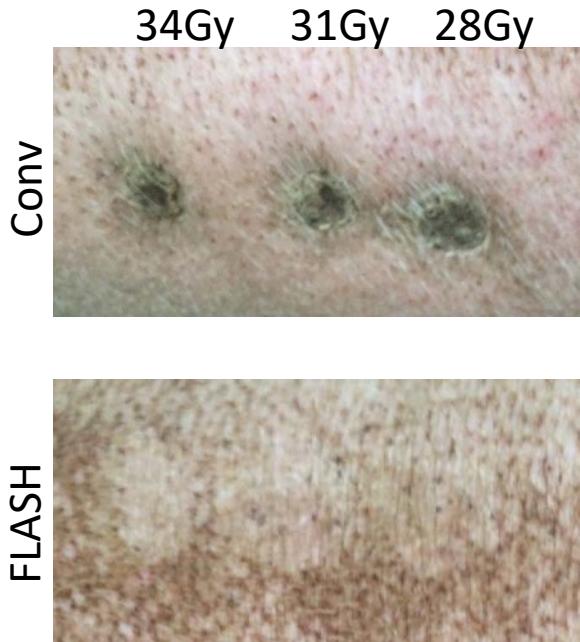
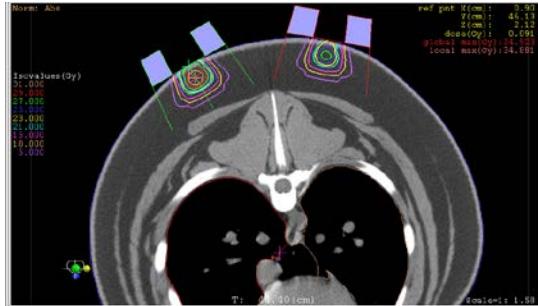


Treatment of Cats patient using Flash-RT

- Good tolerance of Flash-RT
(single dose ~30 Gy)
 - Only mild acute reactions
 - Irreversible alopecia
 - Percentage Survival fraction of 84% at 1 year

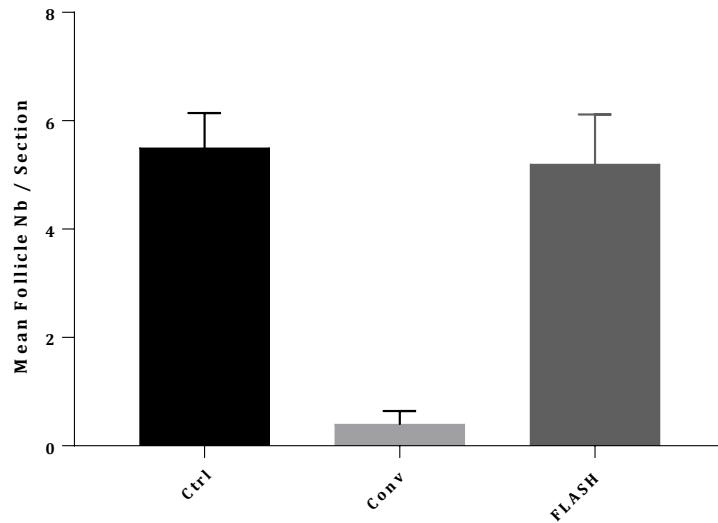


MC Vozenin, P De Fornel, K Petersson, V Favaudon, M Jaccard, JF Germond, B Petit, M Burki, G Ferrand, D Patin, H Bouchaab, M Ozsahin, F Bochud, C Bailat, P Devauchelle and J Bourhis, "The Advantage of Flash Radiotherapy Confirmed in Mini-Pig and Cat-Cancer Patients.", Clinical Cancer Research 2018



FLASH effects found in mini-pig

Conventional irradiation induces necrosis at same dose.



MC Vozenin, P De Fornel, K Petersson, V Favaudon, M Jaccard, JF Germond, B Petit, M Burki, G Ferrand, D Patin, H Bouchaab, M Ozsahin, F Bochud, C Bailat, P Devauchelle and J Bourhis, "The Advantage of Flash Radiotherapy Confirmed in Mini-Pig and Cat-Cancer Patients.", Clinical Cancer Research 2018

Introduction – FLASH-RT

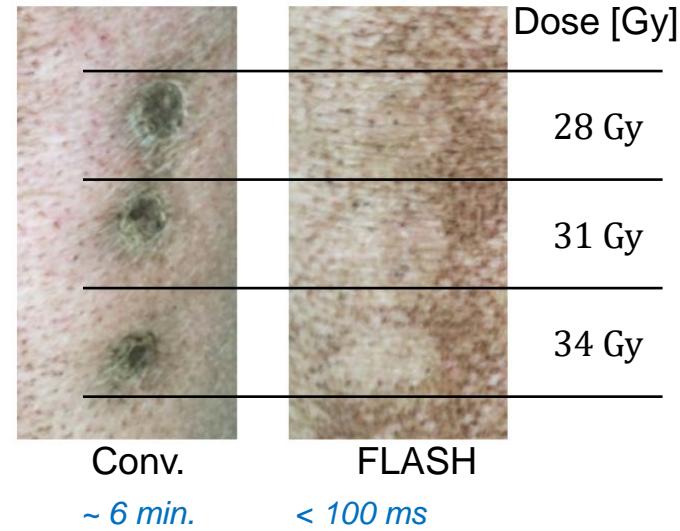
Differential response between normal and tumour tissue increased at ultra-high dose-rates :

- Healthy tissue protection compared to conv. RT
- Equivalent tumor control than in conv. RT

Short treatment time also offers motion management and an increased patient comfort.

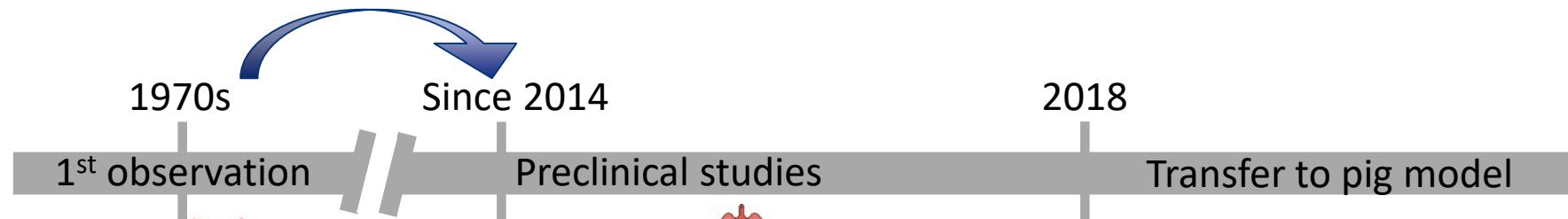
First patient treated in 2018 (CD30+ T-cell cutaneous lymphoma).

J. Bourhis et al (2019)

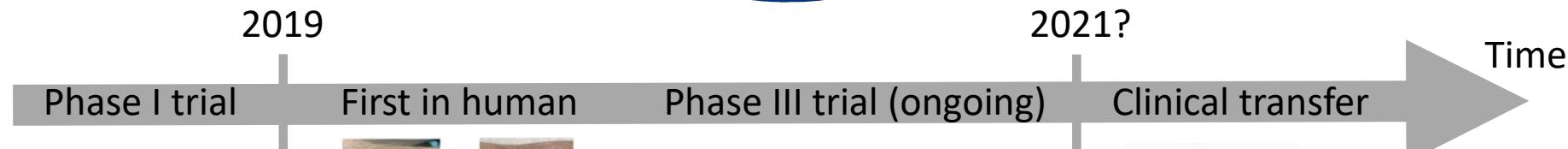


Vozenin et al (2018)

How do you compare 2 experiments in time and space

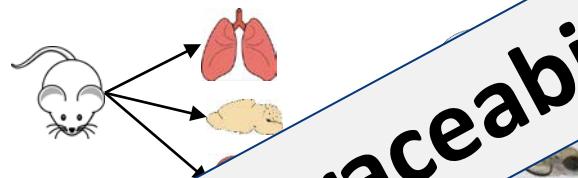
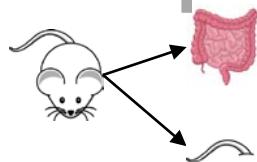
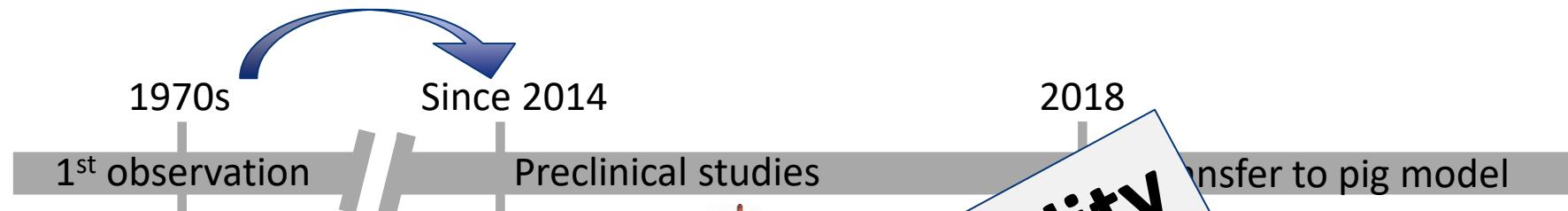


How do you repeat an experiment



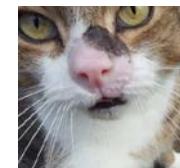
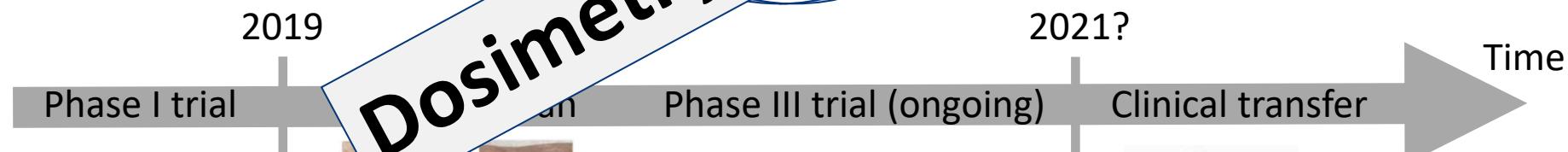
How do you guarantee prescribed dose

How do you compare 2 experiments in time and space



Dosimetry/traceability

How do you repeat an experiment



How do you guarantee prescribed dose

The narrative is set after the facts..... We had to work in the dark for some years....



First some pre-clinical irradiation examples

Dosimetry for Cats – Phase 3 randomized trial

Dosimeters positioning



34 Gy single fraction
RT FLASH



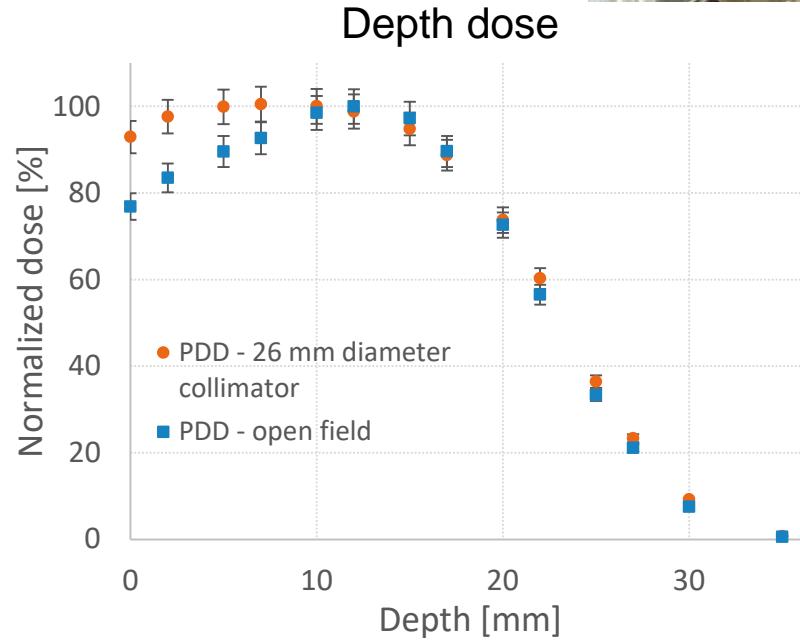
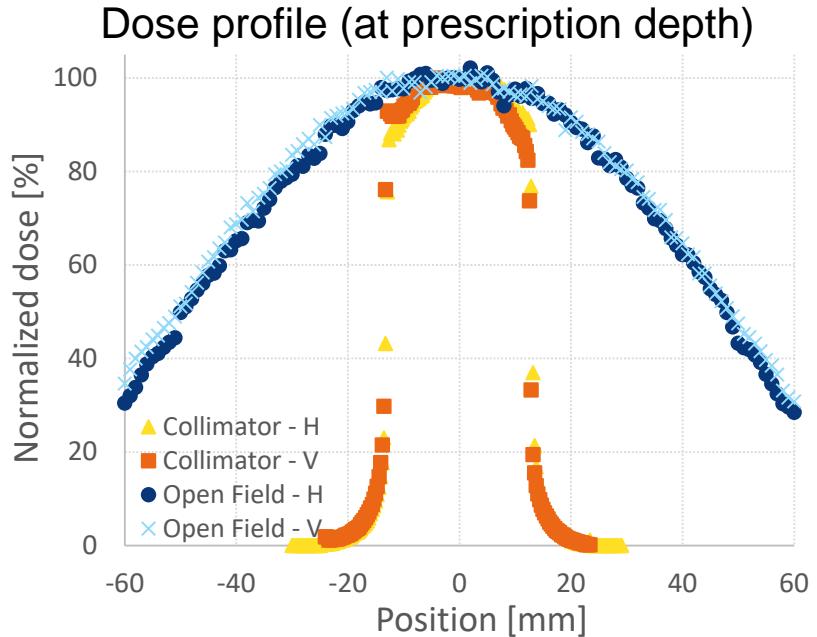
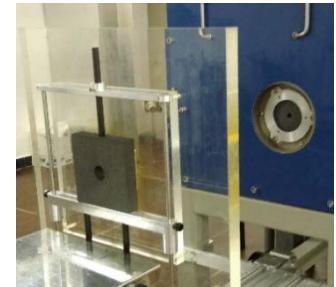
14 months post-RT
Vozenin et al. 2018

Patient positioning



Beam characterization

Example : carbon collimator (26 mm diameter)

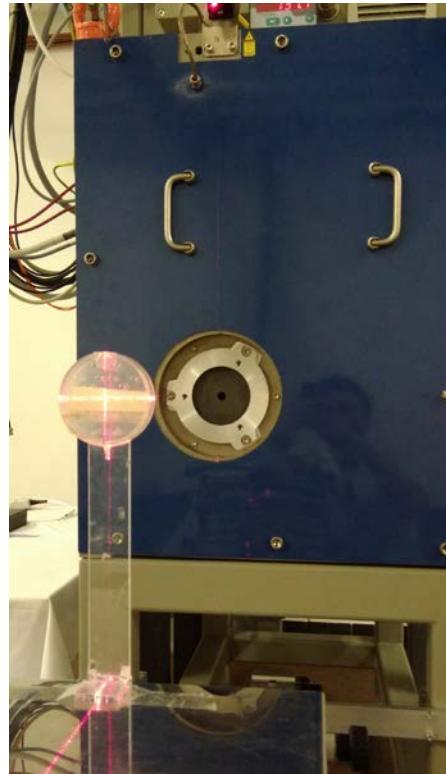


Jorge et al (2019)

Mice total body irradiations (TBI)

Dosimetric preparation performed using TLD and water (~mice) inside the box.

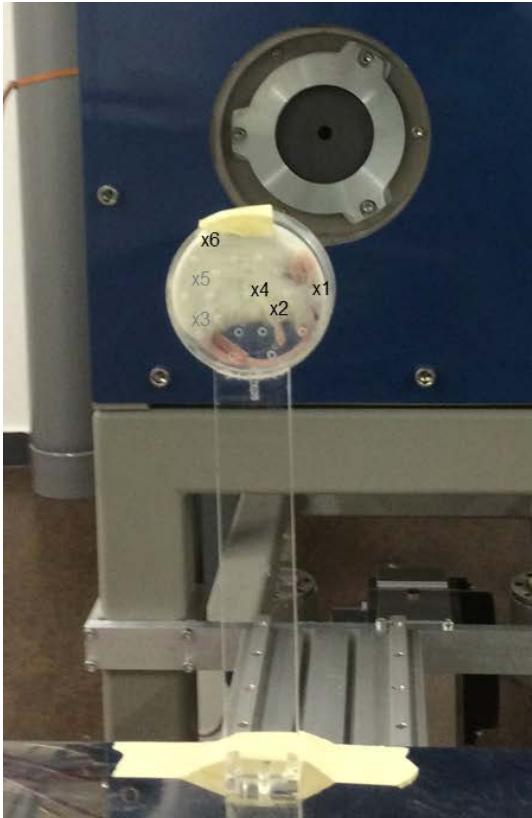
Prescribed dose [Gy]	Delivery time [ms]	R
4	20	0.96



Mice total body irradiations (TBI)

Dosimetric validation performed using TLD and MOUSE inside the box.

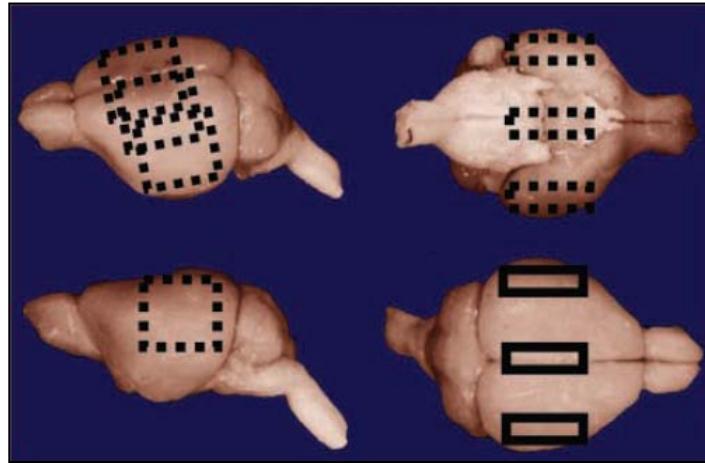
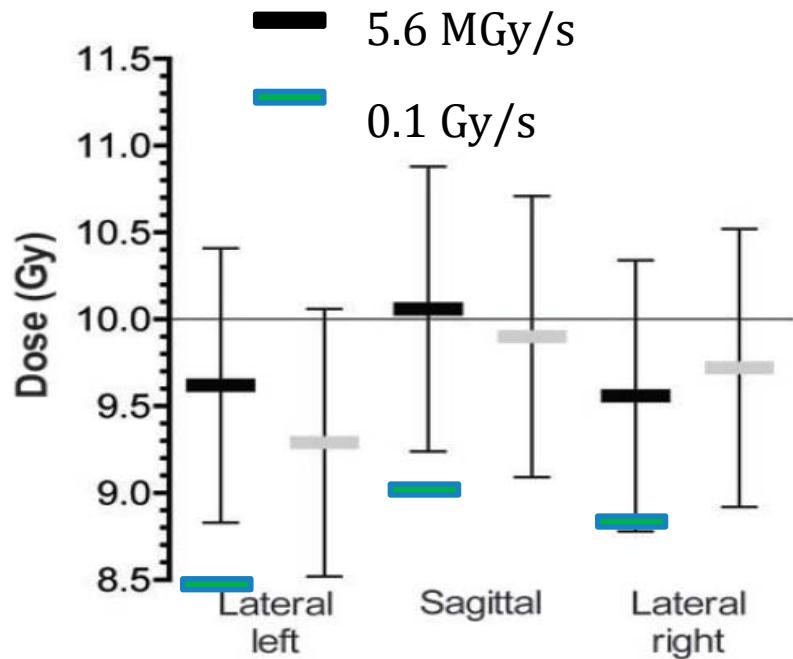
Prescribed dose [Gy]	Depth [cm]
8	1.5



X1: TLD head (between skin and skull)
X2: TLD front leg exit (between skin and muscle)
X3: TLD back leg entrance (between skin and muscle)
X4: TLD thorax (between skin and ribs)
X5: TLD under the gut (in the abdominal cavity)
X6: TLD back (between skin and spinal cord)

	Flash	Conv
X1 at 3 mm	6.58	6.48
X2 at 16 mm	7.25	7.10
X3 at 1 mm	6.32	6.96
X4 at 7 mm	7.87	7.36
X5 at 10 mm	8.37	7.53
X6 at 3 mm	6.7	Not done

TLD in mouse brain



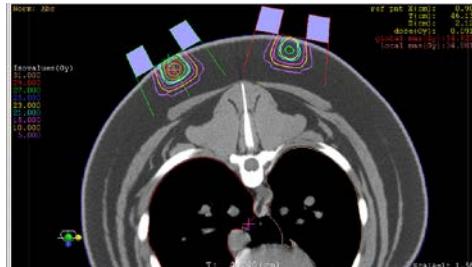
- Prescribed dose: 10 Gy
→ 10 Gy in the central part
- Slightly less on the sides
- Similar values in both modes



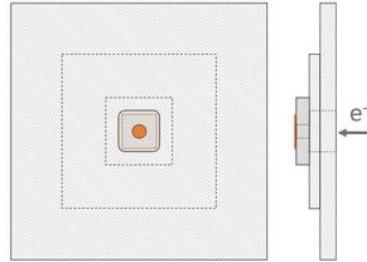
Mini-pig

Dosimetric preparation performed with a alanine pellets at the surface of a solid water phantom.

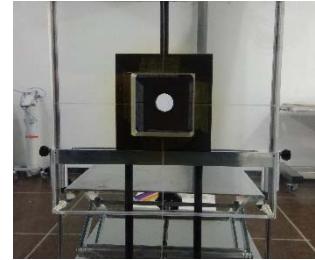
Prescribed dose [Gy]	Delivery time [ms]	R
28	90	1.079



Treatment plan



View from the exit of the accelerator

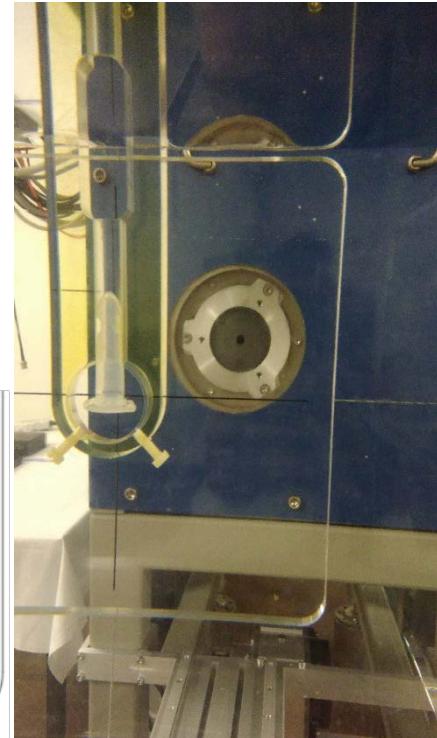
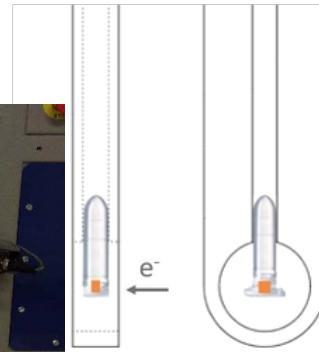
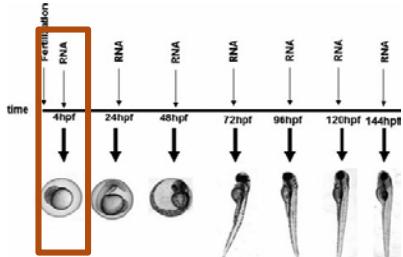




Zebrafish embryos

Dosimetric preparation performed with a wrapped TLD inside the 2ml Eppendorf tube.

Prescribed dose [Gy]	Delivery time [ms]	R
8	0.002	1.039

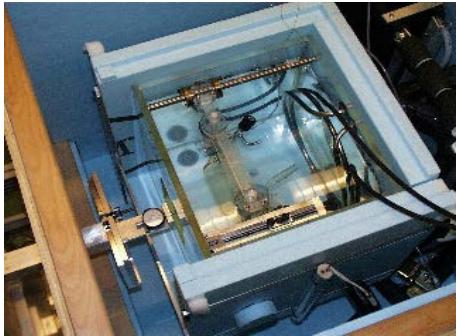


The dosimetry relies on adequate detectors and traceability.

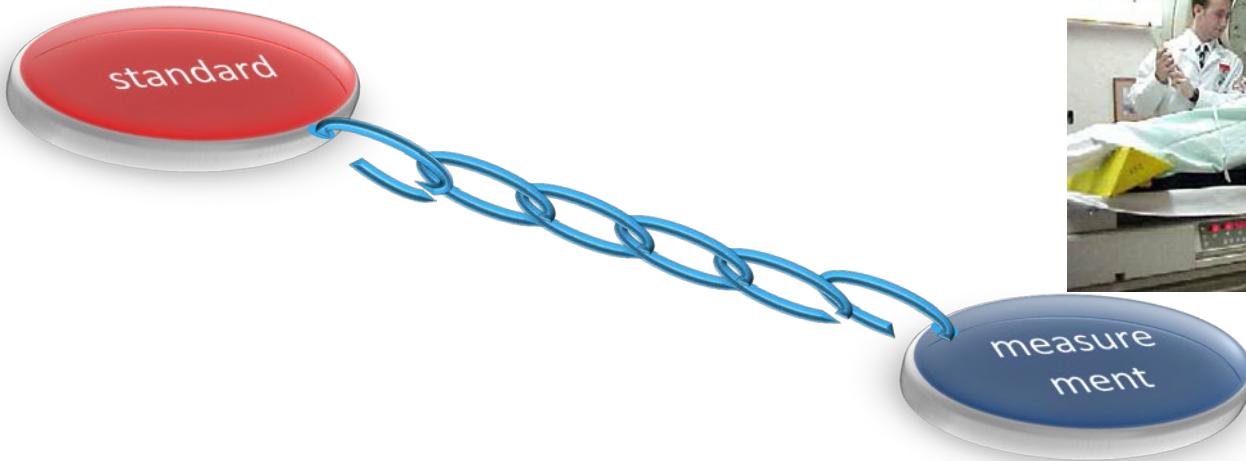
Adequate → ~5 % uncertainty

Traceability → if one wants to compare across users and/or sites

How is the traceability chain from primary to absorbed dose to water for a specific organ in external beam radiotherapy?

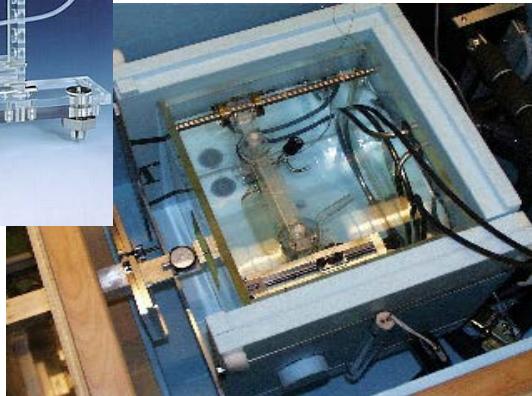
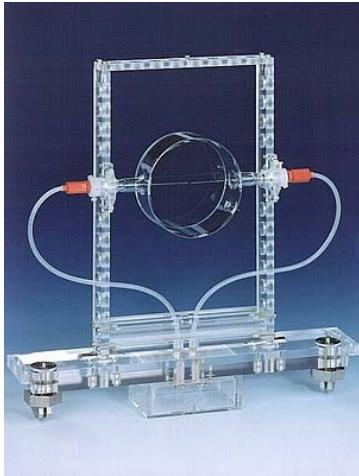


~6 steps of the traceability chain



traceability chain for external beam radiotherapy

1) Primary standard

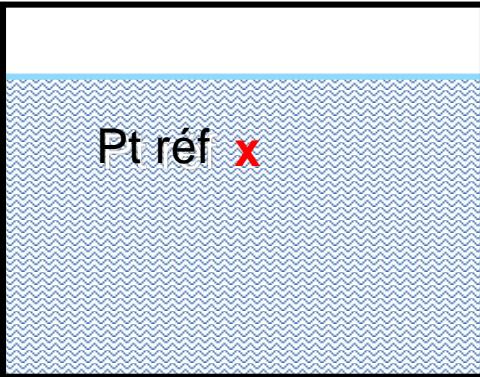


Cont.	High energy XR	High energy electrons	Brachy therapy
1	0.9 %	1.0 %	1.6 %

Water calorimeter for example

1) Primary standard

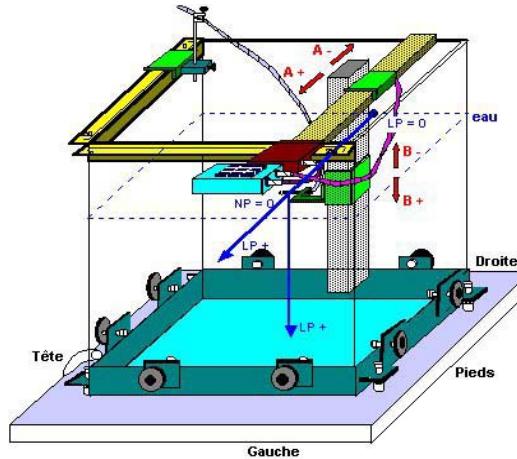
2) Secondary standard



Cont.	High energy XR	High energy electrons	Brachy therapy
1	0.9 %	1.0 %	1.6 %
2	1.1 %	1.4 %	1.4 %

Local reference conditions

- 1) Primary standard
- 2) Secondary standard
- 3) Local conditions



Cont.	High energy XR	High energy electrons	Brachy therapy
1	0.9 %	1.0 %	1.6 %
2	1.1 %	1.4 %	1.4 %
3	1.7 %	1.4 %	1.7 %

For example:

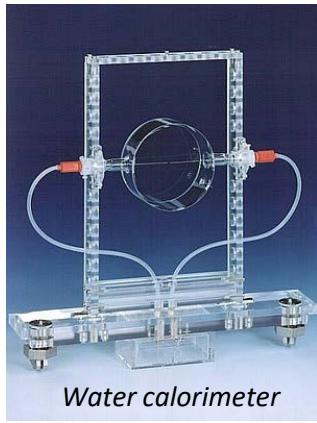
Depth → use of percentage dose depth curves (PDD);

Energy → beam quality correction factor (N_Q)

- 1) Primary standard
- 2) Secondary standard
- 3) Local conditions
-

Cont.	High energy XR	High energy electrons	Brachy therapy
1	0.9 %	1.0 %	1.6 %
2	1.1 %	1.4 %	1.4 %
3	1.7 %	1.4 %	1.7 %

Primary standard



Water calorimeter

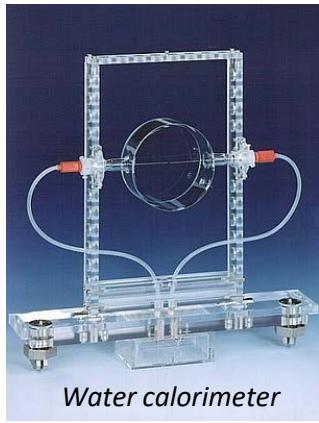
traceability



→ Uncertainty budget

Cont.	High energy XR	High energy electrons	Brachy therapy
1	0.9 %	1.0 %	1.6 %
2	1.1 %	1.4 %	1.4 %
3	1.7 %	1.4 %	1.7 %
4	2.9 %	n.a.	n.a.
5	3.0 %	2.1 %	11.5 %
6	2.0 %	n.a.	n.a.
Total	5.0 %	3.1 %	12 %

Primary standard



→ Uncertainty budget

traceability



Cont.	High energy XR	High energy electrons	Brachy therapy
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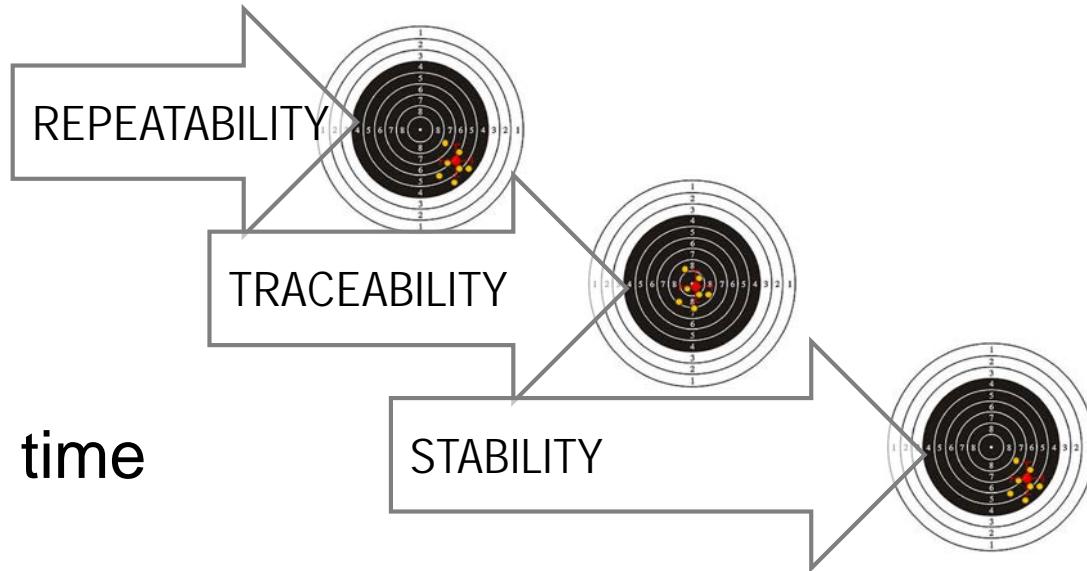
We are not there yet for FLASH-RT



Our Goals for a safe use of FLASH-RT:

Ensure a reliable and accurate dose delivery

- Reliable
- Accurate
- Reproducible vs time





REPEATABILITY

RELATIVE DOSIMETRY

- Time resolution
- Response to beam parameters
- Energy response



TRACEABILITY

ABSOLUTE DOSIMETRY:

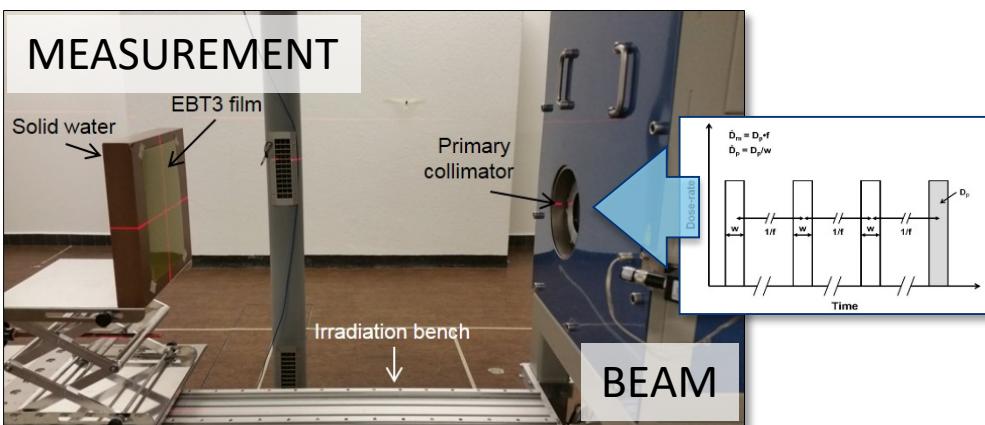
Calibration traceable to international standards
(primary meas., NMI).



STABILITY



MEASUREMENT



BEAM

RELATIVE STABILITY

- short (minutes)
- medium (hours)
- long (days)



Ensure a reliable and accurate dose delivery

- Reliable
- Accurate
- Reproducible vs time



→ Agreement across various locations



Ensure a reliable and accurate dose delivery

- Reliable
- Accurate
- Reproducible vs time

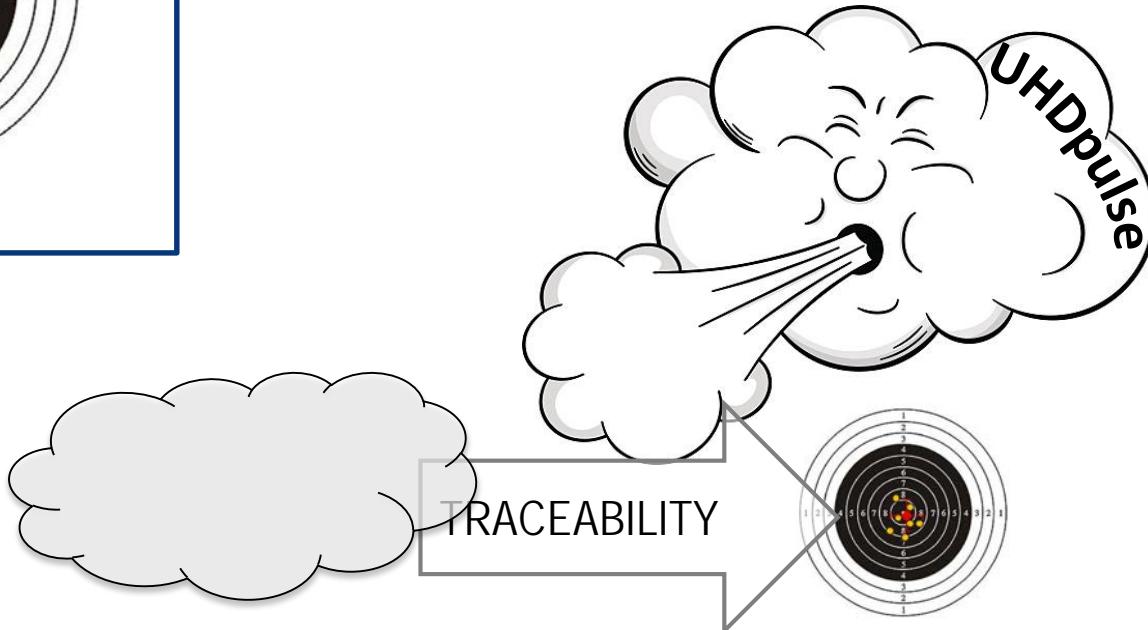




EMPIR project UHDpulse

“Metrology for advanced radiotherapy using particle beams with ultra-high pulse dose rates”

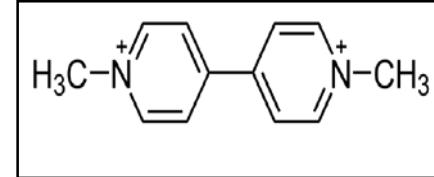
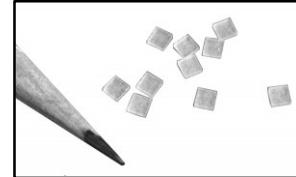
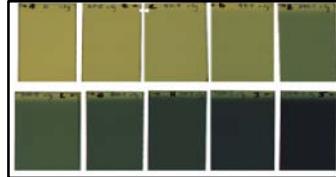
- Reliable
- Accurate
- Reproducible vs time



- Beam is not **standard** (dose rate, field size, ...)→ no primary standard, no commissioning protocol, etc etc etc!!!

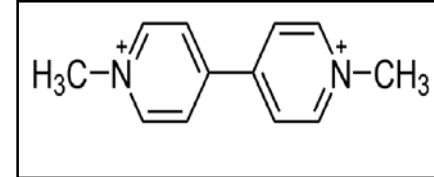
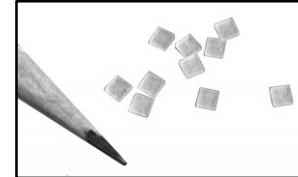
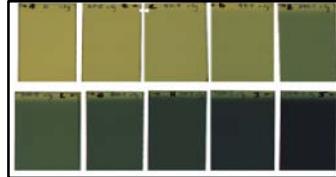


- Need to adapt our methodology established using conventional LINACs.



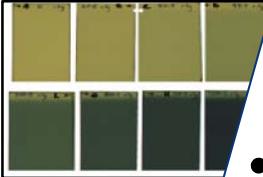
Five different dosimeters:

- Films
- Ionization chamber
- Thermoluminescent dosimeter (TLD)
- Methyl viologen
- Alanine

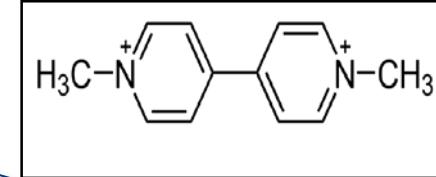


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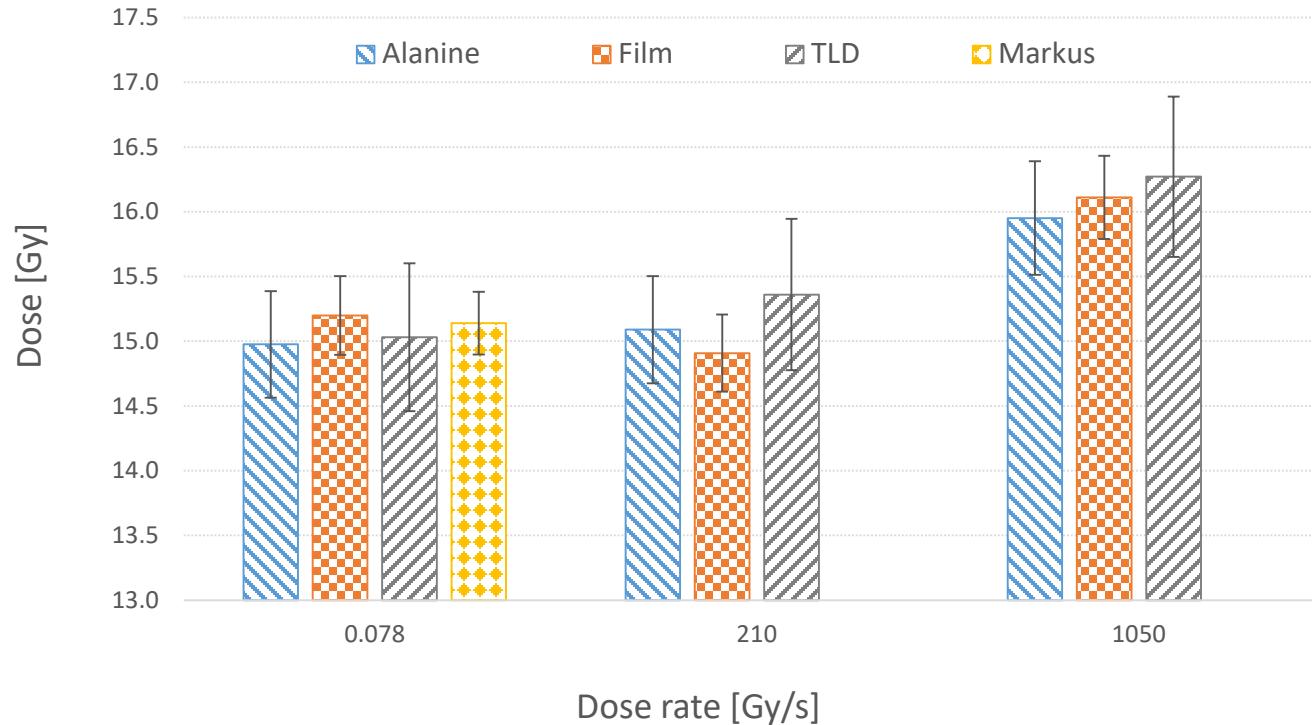
Our strategy:



Fiv.

- *5 different detecting principles*
- *The dose rate dependency must be different*
- *Start with reference conditions (conventional LINAC) and extrapolate to Flash*
- Thermoluminescence
- Methyl viologen
- Alanine

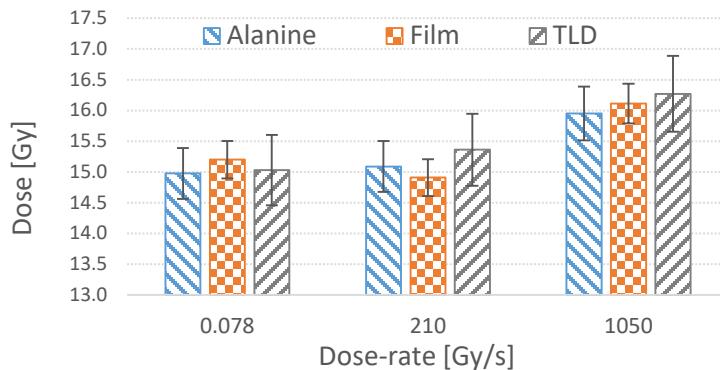
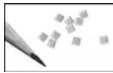
Redundancy of dosimetric measurements traceability



Agreement within 3 % for FLASH and within 2 % for CONV

Dose-rate independent

- Radiochromic films
- TLD
- Alanine



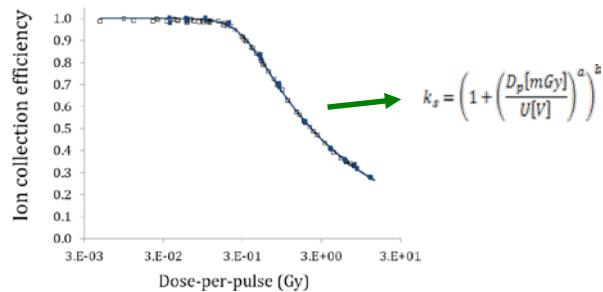
Jorge et al, *Radiother. Oncol.*
(2019)

Dose-rate dependent

- Ionization chambers
 - Advanced Markus



High dose-per-pulse → Saturation

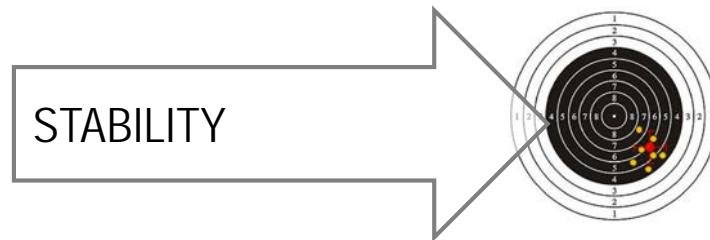


Petersson et al, *Med. Phys.*
(2017)



- Reliable
- Accurate
- Reproducible vs time

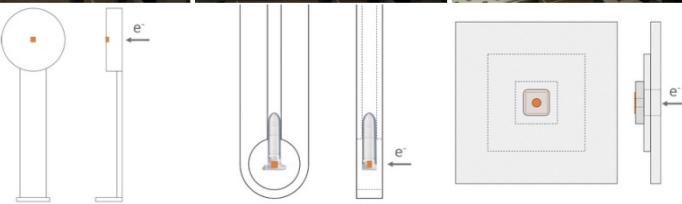
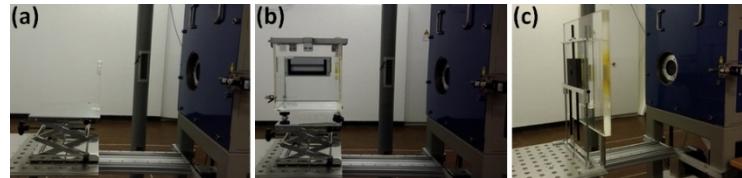
Our Goals for a safe use of FLASH-RT:
Ensure a reliable and accurate dose delivery



Dosimetric procedure for UHDR-RT

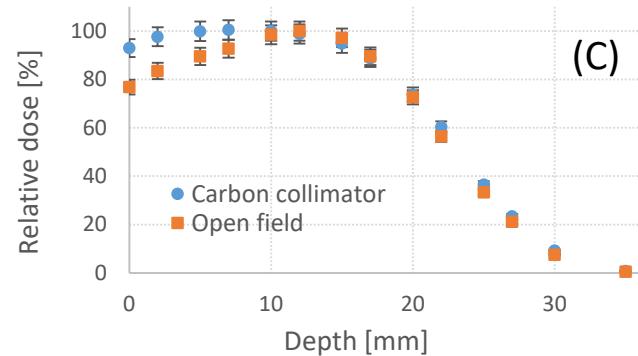
Procedure developed for three setups :

- a) PMMA box (mice)
- b) Water Tank (zebrafish)
- c) Collimator (mini-pig)



Differences between setups :

- Depth
 - SSD
 - Collimators
 - Surrounding matter
 - Field size
- Out of reference conditions



Uncertainty 15 % → 3 %

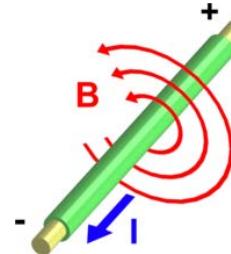
Jorge et al, Radiother. Oncol. (2019)



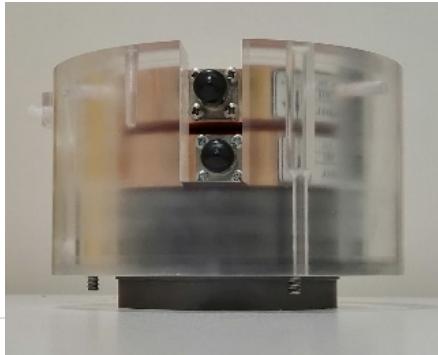
- Our framework suffers from a major drawback:
 - We are monitoring the beam before and after irradiation, but not during!!!
- We insure an adequate beam output repeatability, but still, s... happens!
- On conventional LINACS: semi-transparent ionization chamber
 -  for FLASH.... Saturation → non linearity

... and now what??

- Beam monitored by measuring the charge/current



- Two AC Current Transformers (ACCT):
 - CONV - 10 mA full scale
 - UHDR - 300 mA full scale

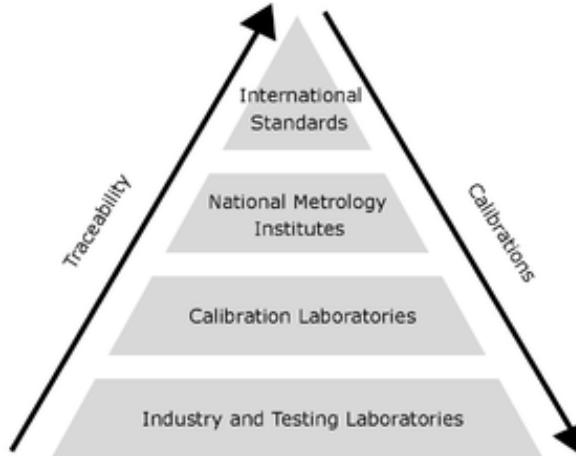


General strategy we adopted (*recipe for non-disaster*)

- Listen to users (especially if there are not physicists....)
- Take your validated tools
- Move stepwise away from reference conditions and document
- Use redundant techniques
- Use various detecting principles
- Move one parameter at a time and document

METROLOGY means traceability

Traceability refers to an unbroken chain of comparisons relating an instrument's measurements to a known standard.



How do we build a chain of traceability?



METROLOGY means traceability

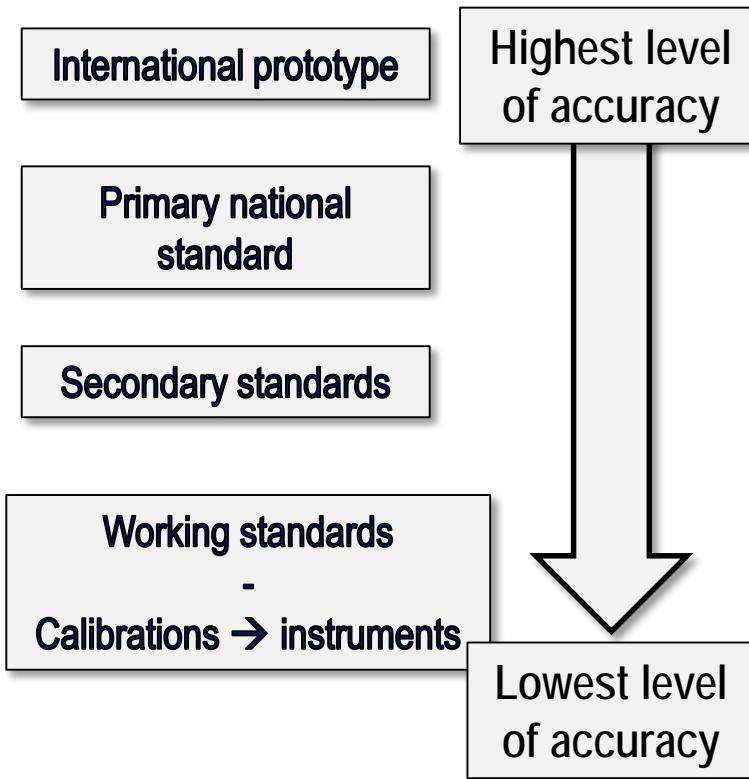
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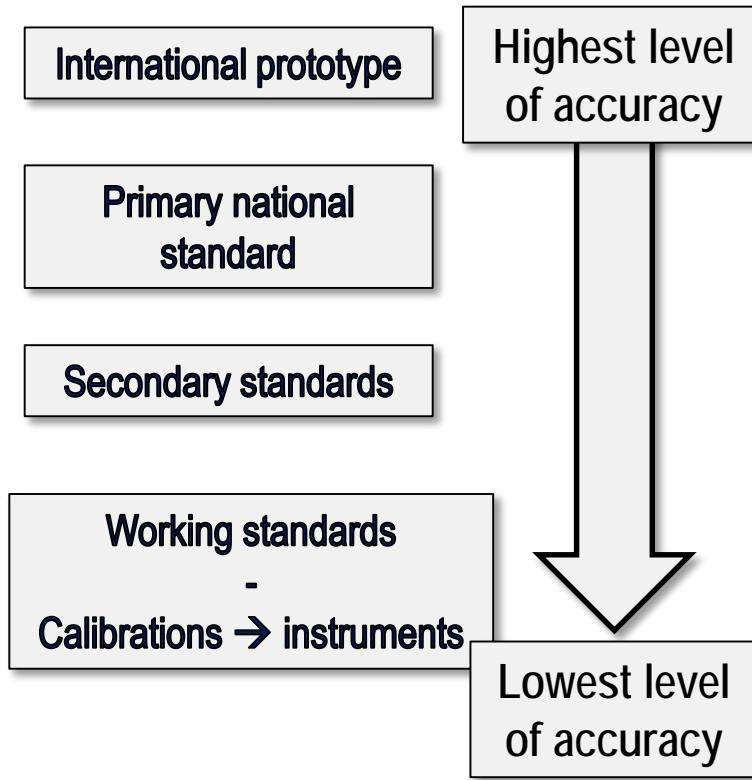
...backward in fact

How do we build a chain of traceability?

Building a chain of traceability

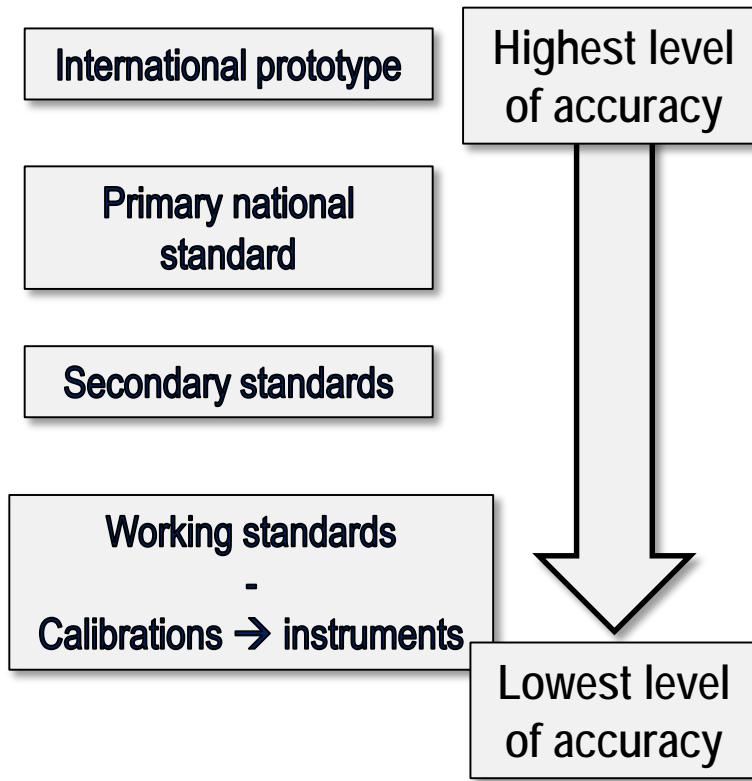


Building a chain of traceability



Preclinical
FLASH-RT

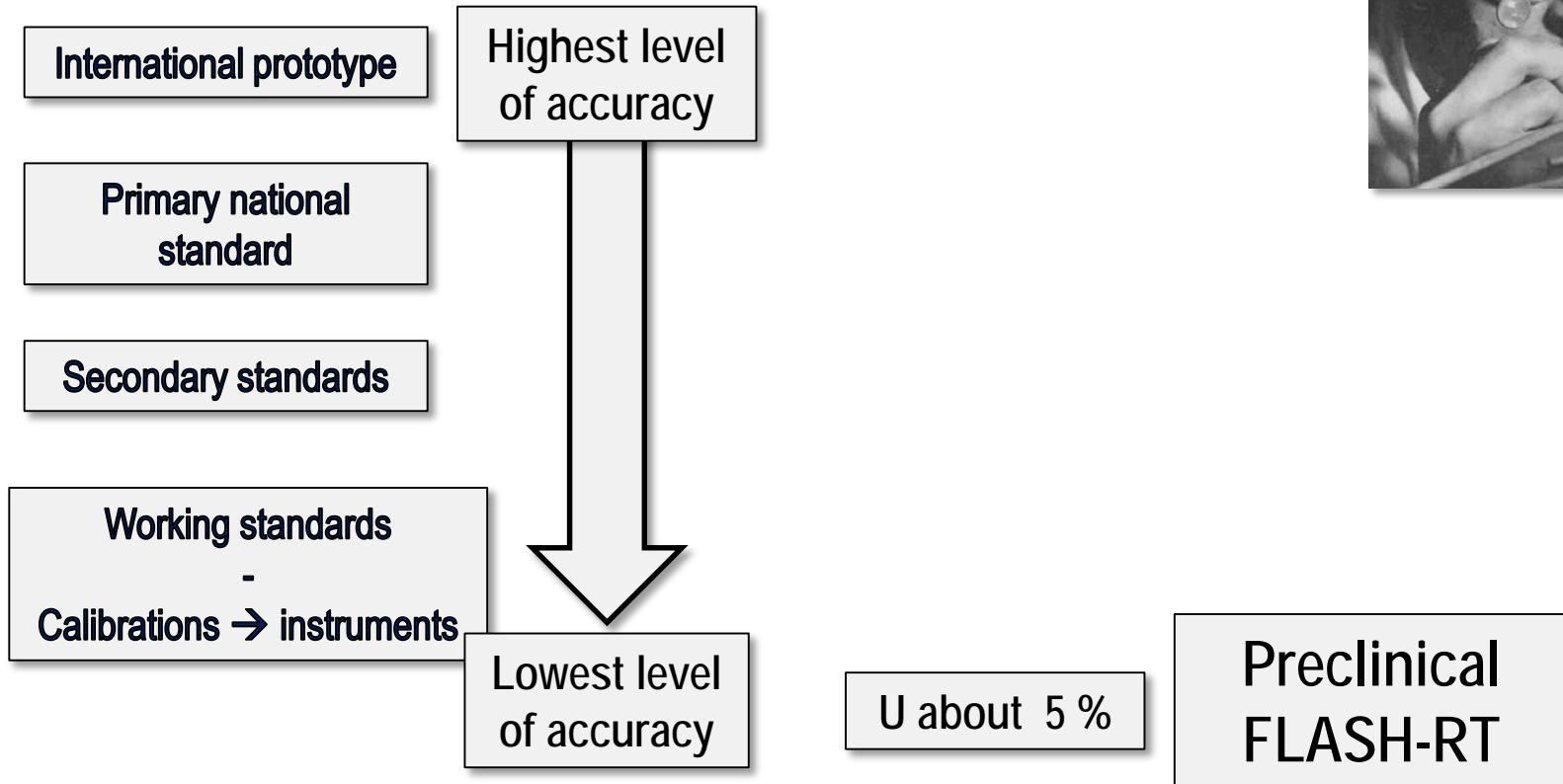
Building a chain of traceability



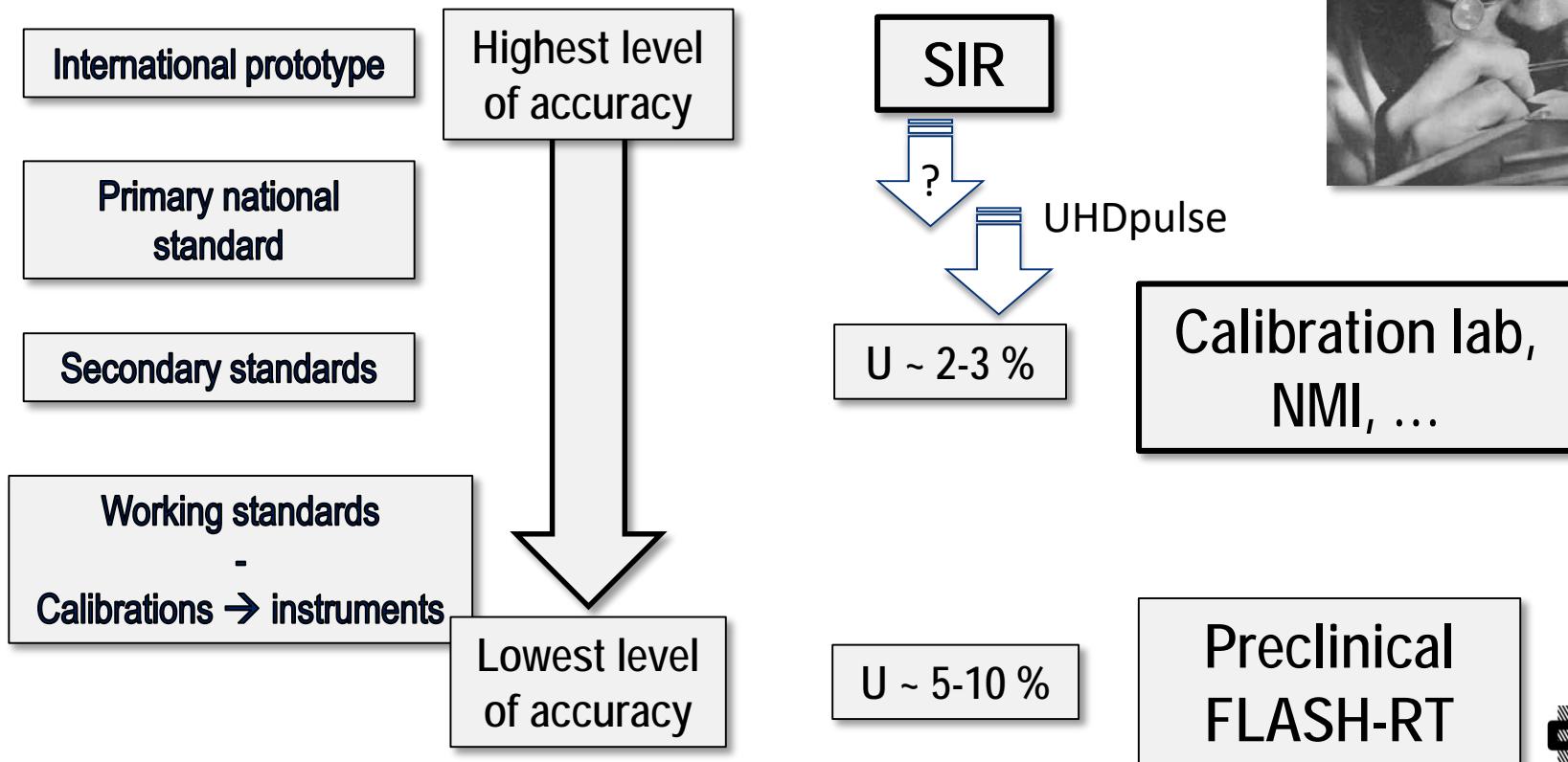
$U = ?$

Preclinical
FLASH-RT

Building a chain of traceability



Building a chain of traceability



Now what....

Radiometrologists are still improving dosimetry (UHDpulse project)

Radiobiologists are still designing experiments to test FLASH effects in various locations

Radiochemists and physicists are designing experiments to understand the FLASH effect

Beam physicists are designing new irradiation facilities

Physicists are designing detectors

And companies are writing patents to make money.....

Whole Brain Irradiation (WBI)
Conventional dose rate RT vs. FLASH-RT

Flash is really a flash

Conventional dose rate RT

FLASH-RT



Dose delivered in minutes

Dose delivered in about 0.1 seconds

Questions?

THANK YOU FOR YOUR ATTENTION



