



**FOR IMMEDIATE RELEASE:** Sept. 24, 2020

## **The Only Regional Provider of Non-Surgical CyberKnife®, HOACNY Increases Awareness Efforts for Complete Prostate Cancer Treatment in Just Five Days**

East Syracuse, NY - As we near the end of September as Prostate Cancer Awareness Month, Hematology-Oncology Associates of CNY continues work to increase our community's knowledge about the disease, and treatment options that minimize the expense of travel, time away from work and family, as well as potential exposure to contagions.

“Although prostate cancer is the second leading cause of cancer death in American men, the good news is that 95% of all cases are detected when the disease is confined to the prostate and treatment is most successful,” said Shing Chin, MD, radiation oncologist at Hematology-Oncology Associates of CNY (HOACNY). “We are also continually improving our arsenal of prostate cancer treatment options, beyond surgery and traditional radiation therapy, to include non-invasive therapies like CyberKnife®.”

The CyberKnife® system is the only FDA-approved, non-invasive, completely robotic, targeted radiation therapy system available in the world. Outside of Manhattan and Long Island, the only CyberKnife® system available in New York is at HOACNY in East Syracuse.

### **Advanced Technology Available Locally**

The advanced technology used for CyberKnife® is what enticed CNY realtor, Dale Russo to pursue that treatment for his prostate cancer. “I’m a retired IT professional,” explained Russo. “I know that robots don’t make mistakes. So, I was extremely interested in what CyberKnife® could do for me.”

A resident of East Syracuse, NY, Russo explained his process of discovering HOACNY’s CyberKnife® system. “After deciding against surgery, I looked at traditional radiation for my prostate cancer. I didn’t care for the number of visits – 35 to 40. Then I learned the CyberKnife® System offered just five visits, each of them 30 minutes long, but I thought I had to travel to New York City or Long Island, and I didn’t like that idea either,” said Russo. “When I learned it was available at HOA in their Brittonfield office I was elated! The savior in my own backyard.”

Russo told HOACNY he was so appreciative of other men sharing their prostate cancer experiences with him, that he wanted to help spread the word about CyberKnife’s local availability.

“We are so grateful Mr. Russo has allowed us to record and share his story to help raise awareness of this innovative treatment,” said Maria Grice, RT, chief of radiation and imaging services at HOACNY. “We featured him in a series of short, educational videos on our website, [HOACNY.com/prostate](https://www.hoacny.com/prostate).”

### **What is CyberKnife®?**

CyberKnife® is a form of targeted radiation therapy known as SBRT, or stereotactic body radiation therapy. Unlike traditional radiation therapy, SBRT delivers radiation only to the cancerous tissue, sparing the healthy tissue around it, and in much less time.

- more -

“The dose it delivers in five treatments is biologically more effective than conventional radiation that takes two months to deliver,” explains Chin.

CyberKnife® also uses computer-controlled robotics to manage the precise treatment of cancerous tissue, because the prostate gland can move unpredictably throughout the course of treatment. This tracking system uses tiny pellets made from gold, called fiducial markers, which are inserted into the prostate gland by a urologist several days before treatment begins.

### **CyberKnife® Benefits**

Prostate cancer treatment with CyberKnife® requires fewer treatments, with fewer side effects and higher success rates. Multiple long-term studies show a greater than 90% cancer control with CyberKnife® treatment in low and intermediate risk patients.

“With its shorter course of treatment, SBRT has long been preferred for prostate cancer patients, particularly given that this form of cancer has appeared to be more sensitive to higher doses per treatments,” explains HOACNY’s Radiation Oncology Medical Director, Tracy E. Alpert, MD. “We recommend patients consider CyberKnife® treatment if they are not good candidates for surgery or simply want a less invasive option.”

### **Unique Features of CyberKnife® Treatment for Prostate Cancer**

In addition to sub-millimeter precision and the ability to complete prostate cancer treatment in just five treatment days versus 45 days for traditional radiation therapy, Chin explained other unique features of prostate cancer treatment with the CyberKnife® system as follows.

- Treatments are totally non-invasive, outpatient procedures that do not require general anesthesia, hospitalization, or long recovery time.
- Acute urinary and rectal side effects are brief, lasting days to weeks as opposed to months.
- Studies show CyberKnife® system provides excellent prostate cancer survival rates superior to conventional radiation therapy.
- A patient does not need to fill his bladder and hold it while on the treatment table and wears his own clothes during treatment.
- CyberKnife® is the only SBRT treatment eliminating patient concerns about holding their breath, changing position, coughing or other slight movements.

### **About HOACNY**

Hematology-Oncology Associates of Central New York was established in 1982 with a vision to serve the community by providing the highest level of quality care to patients dealing with cancer and blood disorders. With locations in Auburn, Camillus, East Syracuse and Syracuse and Auburn, HOA continues that vision with a multi-faceted team dedicated to holistic, patient-centered care. The only cancer practice in CNY Certified for Quality by The American Society of Clinical Oncology, HOACNY also serves as an oncology medical home.