

# Reduction of rectal toxicity in prostate cancer radiation therapy by implantable rectum spacers

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# **Reduction of rectal toxicity in prostate cancer radiation therapy by implantable rectum spacers**

1. An implantable rectum spacer (IRS) is a cost-effective tool to reduce toxicity in prostate cancer external beam radiation therapy (*Chapter 4*).
2. Patients with the highest risk on rectal toxicities benefit most from IRS implantation (*Chapter 3, 4, 5, 9, 10, and 11*).
3. A prostate-rectum separation of at least 1 cm throughout the whole course of external beam radiation therapy reduces the risk of developing Grade 2 or more gastro-intestinal toxicity (*Chapter 8*).
4. The decision to deploy an IRS can be supported by virtual IRS implantation (*Chapter 10 and 11*).
5. Institutionalized discrimination (based on e.g. ethnicity, religion, gender) is unacceptable, medicalized discrimination (based on conscious choices for individuals) is the key to keep health care costs under control.
6. Iatrogenic toxicities tend to be underestimated by clinicians.
7. The importance of toxicity reduction is inversely proportional to treatment recurrence rates.
8. Skepticism is the highest of duties, blind faith the one unpardonable sin. (*Thomas Huxley*)

**Ben Guy Luc Vanneste**

Maastricht, juli 2018