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Media Release

RUH's first prostate cancer patient to be treated with new precision radiotherapy says it's 'the NHS at its best'

A new high-powered precision radiotherapy treatment for prostate cancer is now being offered to patients at the Royal United Hospitals Bath NHS Foundation Trust.

Stereotactic ablative radiotherapy (SABR) is available to eligible men with low and intermediate-risk localised prostate cancer.

The treatment uses advanced imaging and treatment planning techniques to deliver radiation to the prostate with pinpoint accuracy, minimising damage to surrounding healthy tissue.

It delivers five high doses of radiation to patients over one to two weeks, compared to standard radiotherapy, which delivers more moderate doses over a longer period of time - usually around 20 sessions for patients in the UK, which can take up to one month.

Derek Chase, 73, a retired GP from Calne, is the first person to receive SABR at the RUH. He said: "The new treatment is more convenient, uses state of the art technology and is wrapped up in a personal care approach – the NHS at its best.

"To be able to receive the treatment in five doses within a two-week window is so much more convenient, not just for patients but their loved ones too, who often need to transport them to and from the RUH."

Derek, who finished his treatment in June, added: "I did get some side effects, including profound fatigue, but I'm feeling good now and looking forward to the future.

"I've got follow-up appointments to come at the RUH where they'll keep an eye on me and I'm feeling positive."

Sian Smith, Consultant Radiographer at the RUH, said: "I am delighted we are now able to offer SABR treatment to some of our prostate cancer patients at the RUH.

"This approach allows us to provide the same high standard of clinical care and treatment over a much shorter course, thereby reducing the number of hospital visits for our patients and their loved ones.

"Not everyone is eligible for this treatment, but if you think you may be, just contact your treatment team."

Once SABR is fully embedded at the RUH, it is hoped the shorter course of treatment will free up more appointment slots, reducing waiting times for patients.

Prostate cancer is the most common cancer in men in the UK, with over 55,000 men being diagnosed every year and around 12,300 still losing their lives.

Around 17,500 men are diagnosed with low or intermediate risk prostate cancer in England each year and could be offered the option of SABR radiotherapy.

You can find more information about SABR on the [Macmillan Cancer Support website](#).

There's more information about prostate cancer, including its symptoms and causes on the [NHS website](#).

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Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

Our new Dyson Cancer Centre brings together many of the RUH's cancer services under one roof to provide a cancer services hub for over 500,000 people in the South West. The centre includes the RUH's oncology, chemotherapy and radiotherapy services, a 22-bed inpatient ward, a dedicated pharmacy, research team and nuclear medicine and physics teams.

A key feature of the new centre is the Macmillan Wellbeing Hub. The three-storey hub provides a welcoming, non-clinical space designed around the needs of patients and their families. It also includes comfortable accommodation where relatives and loved ones can stay overnight.



Royal United Hospitals Bath

NHS Foundation Trust

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk