Having breast radiotherapy at UCH:
a guide for prospective patients
Radiotherapy Department
Patient information series
If you need a large print, audio or translated copy of the document, please contact us on:

020 3447 3711 (Direct line)
020 3456 7890 ext 73711/bleep 1458
0845 155 5000 ext 73711/bleep 1458

We will try our best to meet your needs.
## Contents

- Introduction 5
- What is UCH and where is it? 5
- Waiting times 6
- Specialist breast radiographers 6
- Research 6
- Equipment 6
- Complementary therapies 7
- Financial help 7
- Information and emotional support 7
- Macmillan Cancer Information Centre 7
- Travel 8
- Train and tube stations 8
- Patients from QE2 Hospital 8
- Patients from Barnet General Hospital 8
- Patients from Ashford Hospital 9
- Driving 9
- How to find us 10
- Patient comments 11
Introduction
This booklet has been written for patients who are going to have breast radiotherapy as part of their treatment. The aim of this booklet is to help you make an informed choice about the department where you would like to have your radiotherapy.

The breast unit where you had your surgery will have links with hospitals that have a radiotherapy department. There may be a hospital closer than University College Hospital (UCH) to your home address that offers radiotherapy. Your surgeon, specialist breast care nurse, or clinical oncologist (a doctor specialising in radiotherapy) will offer you the choice of where you would like to have your radiotherapy. You may have spoken to other patients to about their experiences.

The radiotherapy department at UCH would like to share some information with you about what we can offer you. We hope that by providing information on UCH it will help you make the best choice as to where you have your radiotherapy treatment.

What is UCH and where is it?
UCH is a part of University College London Hospitals NHS Foundation Trust (UCLH). The hospital address is 235 Euston Road, London, NW1 2BU.

While UCLH has existed since 1994, the origins of UCH date back over 250 years and lie in the history of various individual hospitals, some of which now form part of the Trust and some of which have since closed down.

Each year UCH diagnoses and treats over 3,500 new cancer patients and refer 1,700 for radiotherapy.

UCH has strong ties to the Royal Free and University College Medical School, one of the country’s most prestigious medical schools. This relationship affords us the ability to be involved in clinical trials and pioneering developments in the treatment of cancer.
UCH is committed to delivering top quality patient care, excellent education and world class research.

Visit our website at: www.uclh.nhs.uk

**Waiting times**
The radiotherapy department does not have a waiting time for breast patients. Unless specified by the doctor, or due to complications from surgery, all breast patients requiring radiotherapy are treated well within national targets set by the Department of Health.

**Specialist breast radiographers**
The radiotherapy department has a team of planning radiographers specifically trained to Masters Level in breast radiotherapy planning. This means that our specialist equipment is used to its full potential to deliver highly specialised and individualised radiotherapy in a timely manner.

**Research**
The radiotherapy department is an active participant in the latest breast radiotherapy trials. Breast cancer research trials are carried out to try to find new and better radiotherapy treatments for breast cancer, to improve the number of people cured (where the cancer doesn’t come back), to improve survival (how long people live before the cancer comes back), to relieve the side effects of treatment, and to improve the quality of life or sense of well-being for people with breast cancer. A specialist breast radiographer is available if you wish to discuss radiotherapy trial information.

**Equipment**
All breast patients are planned using the latest 3D computerised tomography (CT) scanning technology, and are treated on state of the art linear accelerators with image guided radiotherapy (IGRT), to ensure the highest degree of accuracy and safety.
Complementary therapies
All patients are entitled to free unlimited complementary therapies within the department during your visits.
We offer Reiki, massage and aromatherapy.

Financial help
If you are worried about travel costs there is a Macmillan information and support radiographer who can talk to you about any financial help which may be available to you.

Information and emotional support
Information and support is vital in helping you and your family or carers cope with any worries and anxieties you may have. Some people find it helpful to have as much information as possible about their diagnosis and treatment. Others prefer to have less. The Macmillan information and support radiographer is available if you would like more time to discuss any aspect of your treatment, or have further information needs.

If you need to discuss feelings or personal issues in more depth you can be referred to the Macmillan information and support radiographer, the oncology counsellor or clinical psychologist. They are trained to listen, and to help you explore and clarify your thoughts and feelings, over a period of time.

Macmillan Cancer Information Centre
UCH has a cancer information centre which is available to all patients. It provides information booklets on all aspects of cancer, details of cancer related books in local public libraries, free guided internet access, and details of local and national support agencies and services. The centre also offers information on diet, nutrition and headwear advice and runs breast cancer advice sessions.
Travel
We know that many patients are anxious about traveling to London. UCH is located on Euston Road in the centre of London and so has excellent transport links with both mainline and underground stations.

Train and tube stations
UCH is within walking distance from Kings Cross (15 minutes) and Euston (5 minutes) train stations and Euston Square (2 minutes) and Warren Street (1 minute) tube stations.

If you would rather not walk from Kings Cross, you can take either the Metropolitan, Hammersmith & City or Circle line tube to Euston Square tube station. Alternatively, you can take any bus (except route 18) from stop Q; or bus 10, 73 and 390 from stop X.

Patients from QE2 Hospital
There are four direct trains per hour from Welwyn Garden City to London King’s Cross station. The journey time is approximately 20 minutes.

There are four direct trains per hour from Hatfield to King’s Cross Train station. The journey time is approximately 25 minutes.

There are up to four direct main line trains every hour that run from Stevenage, Hertford North and Welwyn Garden City to Finsbury Park, taking between 18 and 34 minutes. When at Finsbury Park, take the Victoria line tube to Warren street. This takes about 9 minutes. Warren street tube station is just across the road from the hospital.

Patients from Barnet General Hospital
There are direct tube trains every 7 to 11 minutes from High Barnet tube station to Warren Street tube station. The journey time is approximately 32 minutes.
There are two direct trains per hour from Potters Bar train station to King's Cross train station. The journey time is approximately 21 minutes.

There are up to 4 direct main line trains every hour that run from New Barnet and Oakleigh Park train stations to Finsbury Park, taking between 12 and 14 minutes. When at Finsbury Park, take the Victoria line tube to Warren street. This takes about 9 minutes. Warren street tube station is just across the road from the hospital.

**Patients from Ashford Hospital**

There are two direct trains per hour from Ashford train station to Waterloo train station. The journey time is approximately 38 minutes.

From Waterloo station you can take the Northern line tube to Warren Street. The journey time is approximately 9 minutes.

There are 4 direct trains per hour from Feltham train station to Waterloo. The journey time is approximately 29 minutes.

If you would rather not take the tube from Waterloo, there are buses every 3 to 8 minutes from bus stop K outside the train station. Get off at Euston station stop AP (The journey time is approximately 20 minutes), and take the five minute walk up Euston Road.

**Driving**

For those patients who need to drive, there is no parking at UCH and street parking is very expensive, however, there are numerous NCP car parks in close proximity to UCH.

There are parking facilities for patients with blue disabled parking badges both at UCH and in the near vicinity. Patients who have a disabled blue parking badge must obtain a special permit to use during their radiotherapy treatment which can be easily obtained from the Macmillan information and support radiographer.
How to find us

Bus Stops

<table>
<thead>
<tr>
<th>North (N)</th>
<th>South (S)</th>
<th>East (E)</th>
<th>West (W)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10, 14, 24, 29, 73, 134, 390</td>
<td>10, 18, 30, 73, 205, 390</td>
<td>18, 27, 30, 88, 205</td>
<td>18, 30, 205</td>
</tr>
</tbody>
</table>

Congestion Charge Zone

Main entrance
Patient comments

These are just a few of the many comments we receive from patients about the radiotherapy department at UCH:

<table>
<thead>
<tr>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>A big thank you to all the radiotherapy team at UCH. Apart from the actual reason for coming to the department, everything has been a very pleasant experience.</td>
</tr>
<tr>
<td>All staff without exception are at the very core of this service. A smile at the reception desk, a calm and extremely professional treatment team, the cleanliness of the premises—everything comes together to make you feel in the best possible care.</td>
</tr>
<tr>
<td>Most kind and efficient team of people, which gives the patient confidence in a recovery. Very flexible with appointment times and I'm usually seen promptly even if I arrive early. Thank you for your care.</td>
</tr>
<tr>
<td>Radiography staff were lovely. I was treated with courtesy, respect and kindness. Really enjoyed the complementary therapies!</td>
</tr>
<tr>
<td>This hospital is excellent. All the staff are very good and supportive and the standard of care we received from them was excellent.</td>
</tr>
<tr>
<td>Found staff to be very helpful and very friendly and the hospital was extremely clean everywhere. We were very impressed.</td>
</tr>
<tr>
<td>An excellent caring team. Professionally competent. A credit to UCH.</td>
</tr>
</tbody>
</table>