



Breakthrough in the treatment of glioblastoma

Video	Audio
Courtesy: Nadya El-Afandi Roseville, Minnesota	It's parents' night at gymnastics practice in this gym just outside of Rochester, Minnesota. So, mom, Nadya El-Afandi (Nah-dee-ah Ehl-Ah-Fahn-dee), joined her daughter, Safiya (Sah-fee-ah), on the mat to rehearse for an upcoming competition.
	(nats)
	You'd never know that less than a year before this video was taken, Nadya underwent surgery for glioblastoma, the most aggressive and deadliest form of primary brain cancer.
Nadya El-Afandi Patient	"I still have a wonderful life. I've got a wonderful family."
	Nadya is one of about 14,000 people in the U.S. who are diagnosed with glioblastoma every year. There's no cure, with many patients being given less than 18 months to live. But now there's new hope in helping some patients live longer while maintaining quality of life.
Sujay Vora, M.D. Radiation Oncology Mayo Clinic	"I think the results are exceptional. I think that this is a very novel way of trying to attack this problem."
Courtesy: Mayo Clinic Phoenix	Dr. Sujay Vora (Soo-jay Vor-ah) is a radiation oncologist at Mayo Clinic. He led a team of researchers investigating the use of advanced imaging techniques, including something called 18 F DOPA PET (doe-pah Peh-t) and contrast-enhanced MRI to pinpoint the most aggressive areas of glioblastoma in the brain. That area was then targeted with one of the most cutting-edge technologies in radiation treatment, called proton beam therapy, which targets and destroys cancer cells with highly focused precision — minimizing potential damage to surrounding healthy brain tissue. The results, published in The Lancet Oncology, showed a majority of patients had improved overall survival.
	"I'm hopeful that this is the first step of many where we can continue to move that needle and allow patients to live longer and live well."
Jan. 25, 2023 Phoenix	Richard Casper became a study participant after his glioblastoma diagnosis in 2019. Sadly, Casper succumbed to the disease last year, but he lived twice as long as his prognosis.
Susan Casper Daughter of Richard Casper	"To be almost two years and a half, three years in, after being told you have a few months, it's quite remarkable."
	Mayo Clinic's Dr. William Breen is now conducting a larger study building on Dr. Vora's work.

<p>William Breen, M.D. Radiation Oncology Mayo Clinic</p>	<p>"We're looking at shorter courses of radiation to minimize the burden on patients and their families, and hopefully complete effective and safe treatment in a shorter amount of time."</p>
	<p>Fifteen months after treatment, scans of Nadya's brain show no signs the glioblastoma has returned.</p>
	<p>"We are living on the edge of medical miracles, and I live every day as if it is the best day ever."</p>
	<p>For the Mayo Clinic News Network, I'm Marty Velasco Hames.</p>