

IRPA9
1996 International Congress on
Radiation Protection
April 14-19,1996
Vienna, Austria

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Abstract No.
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PAPER TITLE ANALYSIS OF RADIATION LEVELS FOLLOWING ADMINISTRATION OF HIGH
DOSES OF RADIOIODINE IN THYROID CANCER PATIENTS

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MAJOR SCIENTIFIC TOPIC NUMBER 6.2. (see page 7)

ABSTRACT (See instructions overleaf)

The concern regarding associated safety considerations had been the issue of debate to re-examine the justification for imposing wide range of restrictions on the patients administered with large doses of radioiodine for the treatment of thyroid cancer. The present communication is therefore intended to present analysis of the radiation levels monitored in 50 thyroid cancer patients treated with high doses of radioiodine (50 - 200 mci) at our centre. The radiation levels on the surface of the thyroid, 20 cm away from thyroid surface, at lead screen, at one meter from patient and also at the entrance of the isolation room were measured. It has been observed that a patient admitted with a maximum activity of 200mCi with involvement of extra thyroidal lymph nodes take as long as 5-7 days when the criteria for discharge of patient being used as 2mR/hr at a distance of 1 meter from the patient. On the contrary the patient administered with 100mCi I-131 was found to attain the desired level within a period 3-4 days. The patients administered with smaller doses (50mCi) required the isolation of only 2-3 days. In view of the patients undergoing high degree of mental agony during isolation particularly those requiring prolonged isolation of 7-8 days, the standards of radiation levels laid down for discharge of the patient need to be reviewed and if possible appropriately changed to minimize the patient discomfort. Further analysis has revealed that this would be possible only if a method of patient counselling is evolved both prior to and after discharge of the patient.