

Breath Hold Instructions for Breast Radiation

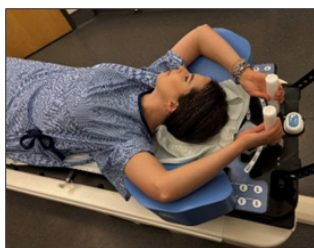
Why may I need to hold my breath?

Your heart lies close to the left part of your chest wall. Taking a deep breath and holding it may pull the heart away from the chest wall and out of the radiation treatment area.

Practice holding your breath before your CT simulation appointment:

1. Lie down on your back.
2. Raise both arms above your head.
3. Slowly breathe in, then breathe out, then take a comfortably deep breath in and hold.
 - ✓ Aim for 25-30 seconds
 - ✓ Repeat the exercise 5 times in a row.
 - ✓ Practice several times a day.
 - ✓ Take a break if you feel lightheaded or dizzy.

This is how you will be positioned for your CT simulation and radiation treatments:



What if I can't hold my breath?

There are other ways your heart can be avoided or shielded from radiation. If you cannot hold your breath long enough, deep enough or consistently, you may be asked to breathe normally.