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abstract

Hippocampus Sparing for Patients Undergoing Intensity-Modulated Radiotherapy for Nasopharyngeal Carcinoma in Morocco: A Dosimetric Study

**Mohammed Afif, Fadila Kouhen,
Hanae Dlaimi**

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abstract

Hippocampus Sparing for Patients Undergoing Intensity-Modulated Radiotherapy for Nasopharyngeal Carcinoma in Morocco: A Dosimetric Study

Author: Mohammed Afif¹, Fadila Kouhen²,
Hanae Dlaimi¹

Affiliation: ¹ Department of Radiotherapy, CHU
Mohammed 6, Tangier, Morocco

² Department of Radiotherapy, Mohamed 6
Hospital, UM6SS, Rabat, Morocco

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Introduction: Our study aims to evaluate the dose received by the hippocampus for patients with undifferentiated carcinoma of the nasopharynx (UCNT) treated with volume-modulated arc therapy (VMAT).

Methodology: This retrospective study analyzed the dosimetric data of 20 patients with undifferentiated nasopharyngeal carcinomas treated with arc therapy (VMAT) for a total dose of 70 Gy delivered in 2 Gy daily fractions. Each case was compared with 2 dosimetric plans, a standard arcTherapy plan and an arc therapy plan with hippocampus sparing (HS-arc therapy). Hippocampus delineation was based on the RTOG contouring guidelines. Both hippocampi were delineated on axial imaging CT-scan, and MRI imaging fusion. The evaluation parameters include DMin, Dmean, and D40% doses received by the hippocampus, and the coverage of the target volume (PTV) evaluated by the V95% and the homogeneity index in both groups.

Results: The mean hippocampus volume was 6.24 cm³ (± 2.61 cm³), we had a reduction in the radiation doses received by the hippocampus, in particular the D40%, from 12.15 Gy (± 2.1 Gy) in the ArcTherapy standard planes to 6.92 (± 1.5 Gy) in the arcTherapy-HS planes (p-value < 0.001), a decrease in the D_{mean} from 10.73 ($/ 1.8$ Gy) to 7.40 Gy ($/ 1.3$ Gy) (p-value < 0.01), and D_{min} 5.87Gy (± 1.1 Gy) Vs 3.93 Gy (± 0.9 Gy) (p-value 0.05). The coverage of the target volume (PTV) was similar in both treatment plans.

Conclusion: Our dosimetric analysis suggests that, for patients undergoing VMAT radiotherapy for UCNT, hippocampus sparing significantly reduces the doses received by the hippocampus while ensuring good coverage of target volumes. However, the impact of hippocampus sparing on patients' quality of life requires more clinical studies focused on the cognitive functions of patients with UCNT.

Conflict of interests: The authors declare no conflict of interests.

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