

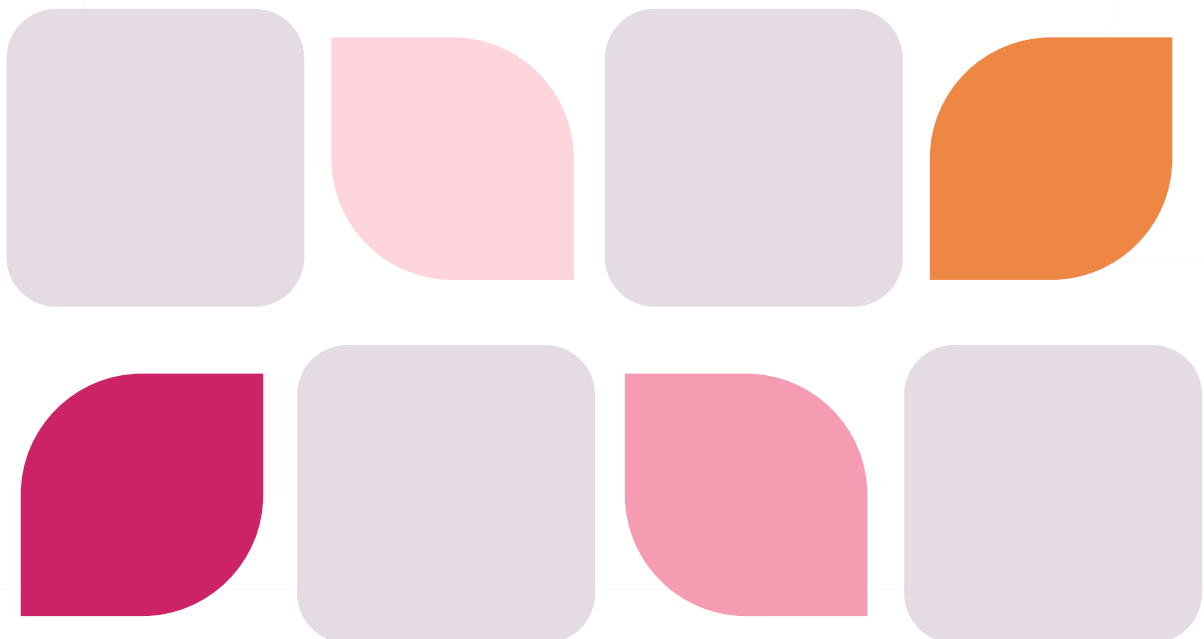
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National Cancer
Centre Singapore
SingHealth

Customised Bra for Breast Radiotherapy

A Guide for Patients & Caregivers



An Educational Initiative by National Cancer Centre Singapore

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About this guide

This supplementary guide may be suitable for you if you are required to use a customised bra for your treatment. This guide aims to give you a better understanding of this accessory and how it is pertinent to your radiation treatment.

For more information on breast cancer radiotherapy, please refer to “**Breast Cancer Radiotherapy Journey - A Guide for Patients & Caregivers**”.

We hope you find this guide useful, and we welcome your feedback for future improvement. Please share this guide with your family and friends if you wish to keep them updated on your treatment journey.

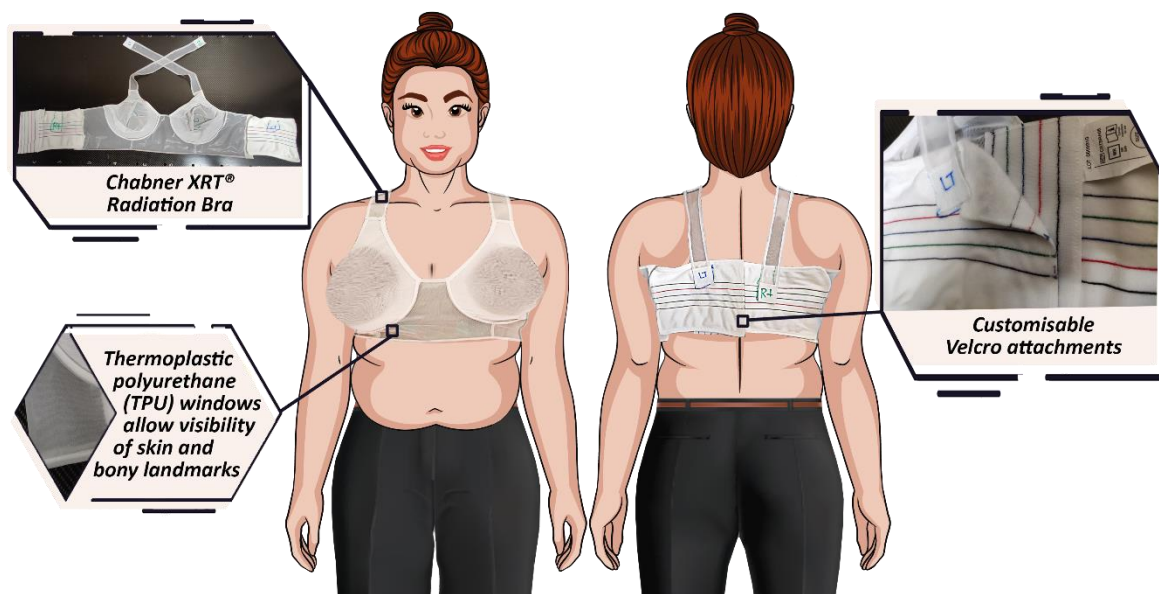
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Introduction

What is a customised bra?

A customised bra such as the Chabner XRT® Radiation Bra (CIVCO Radiotherapy, USA) is an accessory that may be recommended for your breast radiotherapy treatment. Available in various sizes and customisable to a wide variety of body types, the Chabner Bra offers optimal breast support, comfort and reproducibility which is critical for your treatment. Its material has been tested to have negligible impact on radiation beam accuracy, and its design allows for partial visibility of skin and bony landmarks at certain areas which is essential for daily reproducible treatment position.

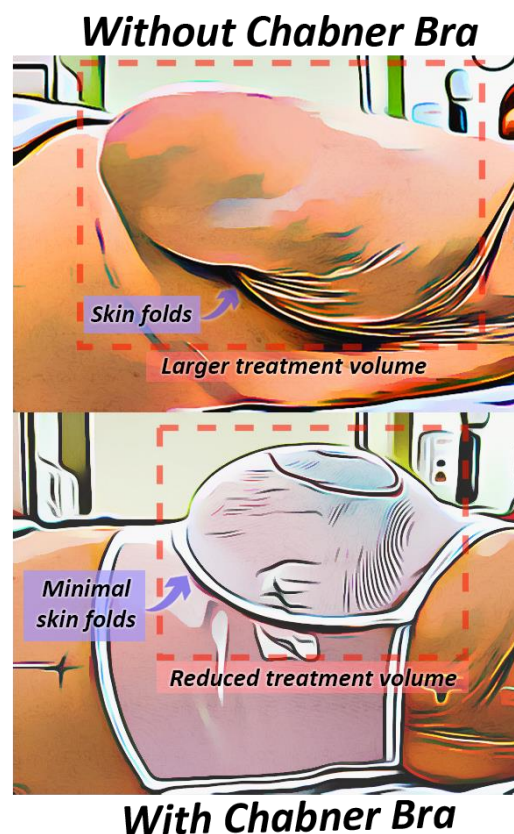
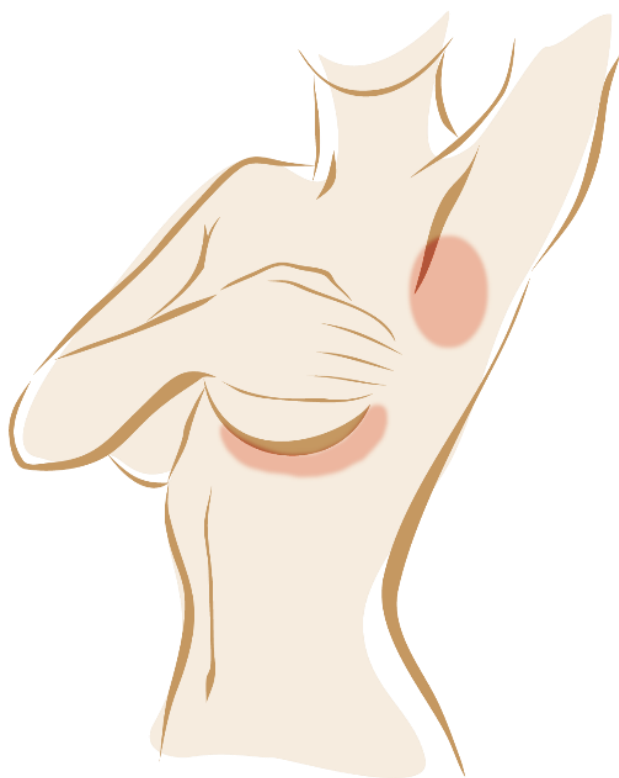


Who is it for?

Chabner Bra is often recommended for patients with larger pendulous breasts as it can be challenging to replicate its position. On top of providing stability and reproducibility in treatment position, Chabner Bra also reduces skin folds by pushing the breasts up.

What are the benefits?

In breast radiotherapy, skin-related side effects often occur at the skin folds underneath the breasts and armpits. In patients with large pendulous breasts, side effects may be worse due to the pronounced skin folds¹. However, research has shown that skin reactions can be minimised with breast-support accessories such as a bra or thermoplastic mould which reduces skin folds at these critical regions²⁻³.



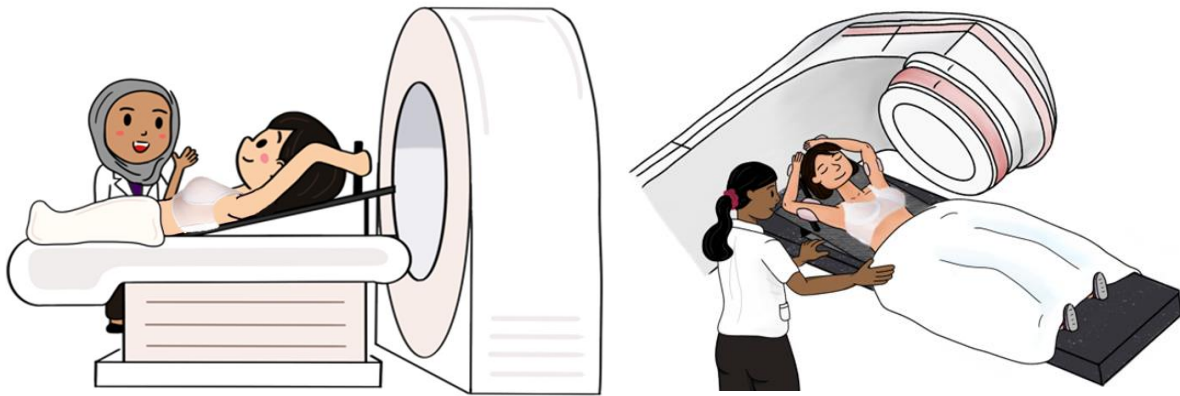
This is further validated with a study done on patients at the National Cancer Centre Singapore who underwent breast radiotherapy using the Chabner Bra. Patients reported minimal skin reactions throughout the course of treatment⁴.

In addition to minimising skin reactions, Chabner Bra also offers greater comfort for patients during radiotherapy treatment. Patients were less exposed during the treatment and felt comfortable wearing the bra.

What to expect?

If your treatment requires the use of Chabner Bra, you will be custom-fitted to the appropriate-sized bra during your CT Simulation appointment. Please note that the radiotherapy team will have to adjust your breasts in order to ensure optimal fitting and minimise skin folds. Markings will be drawn on the Chabner Bra corresponding to your anatomical landmarks such as nipples and scars. This is to ensure that your position can be accurately replicated for your daily radiotherapy treatment.

This Chabner Bra is intended for your use only throughout your radiotherapy treatment journey. Financial counselling will be provided if the Chabner Bra is deemed necessary for your treatment.



Tips:

- ✓ You can assist the therapists by supporting your breasts
- ✓ Do voice out if you feel uncomfortable

Scan to watch an instructional video of the bra fitting procedure!



For a more detailed overview of the CT Simulation and treatment processes, please refer to “Breast Cancer Radiotherapy Journey - A Guide for Patients & Caregivers”.

Common questions

What if no size fits me?

Traditionally, patients with large pendulous breasts are treated in the prone position. This may be an alternative for you. Do not hesitate to discuss with your Radiation Oncologist regarding other treatment options.

Why can't I use my own bra?

Some bras do not provide optimal support, stability and reproducibility required for radiotherapy treatment. The design of the Chabner Bra allows for these requirements to be fulfilled for a safe and accurate delivery of your treatment. Furthermore, some materials in commercially available bra such as underwire or metal components may be present and distort the radiation beam being delivered. The Chabner Bra on the other hand, has been tested extensively and has been shown to have negligible impact on the radiation beam.

Do I have to bring the Chabner Bra home to wash after every session?

No. Your Chabner Bra will be kept with us throughout your course of treatment. Washing may result in the loss of markings that are critical for the reproducibility of your treatment.

After I complete treatment, will the Chabner Bra be re-used for other patients?

No. It is intended for single-patient use. You will also be allowed to keep the Chabner Bra at the end of your treatment.

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3. Piroth, M. D., Petz, D., Pinkawa, M., Holy, R., & Eble, M. J. (2016). Usefulness of a thermoplastic breast bra for breast cancer radiotherapy : A prospective analysis. *Strahlentherapie und Onkologie*, 192(9), 609–616. <https://doi.org/10.1007/s00066-016-0981-0>
4. Chua, J. Z., Pang, E. P. P., Lim, L. H., Kusumawidjaja, G. (2022, May 6-10). Use of immobilization bra for daily setup of patients with pendulous breast undergoing radiotherapy [Poster Presentation]. ESTRO 2022, Copenhagen, Denmark.

Useful Contact & Resources



Appointment Scheduling : 6436 8088

General Enquiry: 6436 8000

Cancer Helpline: 6225 5655

Email: callcentre@nccs.com.sg

You may find more information about breast cancer through the internet resources listed below. Health information on the internet may not be applicable to you, and you are encouraged to discuss the relevant information with your healthcare team.

Internet Resources

National Cancer Institute
www.cancer.gov/cancertopics

Macmillan Cancer Support
<https://www.macmillan.org.uk>

American Cancer Society
www.cancer.org

Singapore Cancer Society
www.singaporecancersociety.org.sg

Breast Cancer Foundation Singapore
<https://www.bcf.org.sg>

For more information on cancer, please contact NCCS Cancer Helpline at:
Tel: 6225 5655
Email: cancerhelpline@nccs.com.sg

MONDAYS - FRIDAYS : 8.30am to 5.30pm

SATURDAYS, SUNDAYS & PUBLIC HOLIDAYS: CLOSED (Please leave a message)

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