

# ASTRO issues second list of 'Choosing wisely' guidelines

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Photo courtesy: Bill Branson, U.S. National Cancer Institute

(HealthDay)—The American Society for Radiation Oncology (ASTRO) has released a second list of five radiation oncology-specific treatments that should be discussed before being prescribed, as part of the national *Choosing Wisely* campaign.

Researchers from ASTRO narrowed a list of 28 topics to nine potential items. A list of eight items was submitted to ASTRO's Board of Directors, and they selected five targeted [treatment](#) options that are commonly recommended but may not always be appropriate. ASTRO recommends detailed patient-physician discussion before prescribing any of these [treatment options](#).

The five recommendations include: (1) for patients with low-risk endometrial cancer, radiation is not recommended following

hysterectomy; (2) [radiation therapy](#) should not be routinely offered for patients with resected non-small-cell lung cancer with negative margins, N0-1 disease; (3) non-curative radiation therapy should not be initiated without defining treatment goals with the patient and considering referral to palliative care; (4) follow-up mammograms should not be routinely recommended more often than annually for women who have had radiotherapy following breast conservation therapy; and (5) for limited brain metastases, adjuvant whole brain radiation therapy should not be routinely added to stereotactic radiosurgery.

"ASTRO is dedicated to supporting a strong doctor-patient relationship to ensure that patients are able to make sound and informed health care decisions," Colleen A.F. Lawton, M.D., Chair of ASTRO's Board of Directors, said in a statement.

**More information:** [More Information](#)

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