

## RELIEF FOR ARTHRITIS PAIN — WITHOUT SURGERY OR DAILY MEDICATION

Discover Low-Dose Radiation Therapy (LDRT) for Osteoarthritis Pain Relief  
Now Available at all University of Maryland Radiation Oncology Clinical Sites

### Struggling with arthritis pain in your knees, hips, hands, or shoulders?

You may be eligible for a safe, gentle, and non-invasive treatment option — already used in Europe for decades and now gaining momentum in the U.S.

Recent studies show that **low-dose radiation therapy (LDRT)** can offer **significant and lasting pain relief** for patients with osteoarthritis.

#### What is LDRT?

LDRT uses **very low doses of radiation** — far less than what's used for cancer treatment — to reduce **inflammation and joint pain** in osteoarthritis.

- **Painless procedure**
- **No anesthesia or downtime**
- **6 short (< 30 minute) outpatient treatments over 2–3 weeks**
- **No systemic/significant side effects**
- **Can be repeated if needed**

#### What the Latest Research Says:

 In a 2023 U.S. study of 168 joints:

- **80% of patients** had significant pain improvement
- **Relief was still present 10 weeks later**
- Benefits were **similar across all joint types**

 In a 2024 clinical trial:

- **70% of patients** receiving LDRT for knee arthritis responded to treatment
- Patients reported **less pain, better mobility, and improved quality of life**

#### Who is it for?

- Adults with **mild to moderate osteoarthritis**
- Patients who have **not found relief** with over-the-counter meds or physical therapy
- Those **not ready or eligible for joint surgery**

#### Talk to Us!

If you're an existing patient and interested in learning whether LDRT is right for you, a family member, or a loved one, **ask a radiation oncology team member** for more information or to schedule a consultation.

### Now offering evidence-based relief for arthritis pain.

Helping you live more comfortably — one step at a time.

**Ask us about LDRT today—offered at all department locations, listed on the back page.**

► Low-dose radiation therapy for osteoarthritis is available at all University of Maryland Radiation Oncology sites.

### **University of Maryland Greenebaum Comprehensive Cancer Center**

#### **Department of Radiation Oncology at UMMC**

📍 22 South Greene Street | Gudelsky Building, Ground Floor | Baltimore, MD 21201

📞 410-328-6080

🌐 <https://www.umms.org/umgcc/cancer-services/cancer-care/radiation-oncology>

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### **Maryland Proton Treatment Center**

📍 850 West Baltimore Street | Baltimore, MD 21201

📞 410-369-5200

🌐 <https://mdproton.com/>

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### **Central Maryland Radiation Oncology**

📍 10710 Charter Drive | Suite G030 | Columbia, MD 21044

📞 443-546-1300

🌐 <https://cmradonc.org/>

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### **Department of Radiation Oncology | Tate Cancer Center at UM Baltimore Washington Medical Center**

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305 Hospital Drive | 1<sup>st</sup> Floor | Glen Burnie, MD 21061

📞 410-553-8100

🌐 <https://www.umms.org/bwmc/health-services/cancer/services/radiation-oncology>

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### **Radiation Oncology at the Kaufman Cancer Center | UM Upper Chesapeake Medical Center**

📍 500 Upper Chesapeake Drive | Bel Air, MD 21014

📞 443-643-1199

🌐 <https://www.umms.org/uch/health-services/cancer-care/treatment-and-services/radiation-therapy>

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### **The Requard Radiation Oncology Center at UM Shore Regional Health**

📍 509 Idlewild Avenue | Easton, MD 21601

📞 410-820-6800

🌐 <https://www.umms.org/shore/health-services/cancer/services/radiation-oncology>

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### **UM Capital Region Health Radiation Oncology**

📍 9333 Healthcare Way | Largo, MD 20774

📞 240-677-8300

🌐 <https://www.umms.org/capital/health-services/cancer/treatment/radiation-oncology>

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### **UM St. Joseph Medical Center Radiation Oncology**

📍 7501 Osler Drive | Suite G03 | Towson, MD 21204

📞 410-427-2525

🌐 <https://www.umms.org/sjmc/health-services/cancer/treatment-surgery/radiation-oncology>