



## Free Breathing

## DIBH

### The Rationale Behind the Process

**For some people, this technique helps move the heart out of the way of the radiation. By moving the heart out of the way, we can help minimize the dose of radiation to the heart.**

### Is this for Everyone?

**No, it is not for everyone. This is just one tool out of many to minimize heart dose. Some people do not benefit from breath hold. Some patients do not need to do this technique to keep the heart dose minimal. And of course, some people will not be able to hold their breath for long enough and will receive top quality standard treatment**

Content adapted from: <https://www.petermac.org/services/treatment/radiation-therapy/other-advanced-technologies/deep-inspiration-breath-hold-dibh>

### Practice Instructions

Our goal is for you to be able to hold your breath for up to 15 seconds a handful of times during your planning appointment and daily treatments. You will also be wearing goggles that will help view your target. (See Handout) We recommend that you take a deep breath and practice holding it for up to 15 seconds. Please keep in mind that it is ok if you cannot hold your breath for the full 15 seconds every time.

1. Practice taking a deep breath in and hold for 15 seconds, then exhale.
2. After a small break, repeat step 1. Do this a few times in a row.
3. Once you have mastered holding your breath for the 15 seconds, you are ready for treatment planning.
4. If you cannot hold your breath for the full 15 seconds, do not worry! We will still ensure that your heart is protected.

### Resources for Additional Information:

- [Dana-Farber Cancer Institute VIDEO, DIBH Technique](#)
- [Cleveland Clinic, Deep Inspiration Breath Hold in Breast Cancer Treatment](#)