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## Modern Radiotherapy Techniques

### **VMAT (Volume Modulated Arc Therapy)**

- The linear accelerator treatment head has an array of small blocks called Multi-Leaf Collimators (**MLCs**).
- During IMRT delivery, the MLCs shape the beam aperture in a combination of different irregular shapes. Delivery is comparatively slower at 15-20 minutes.
- VMAT is a more sophisticated form of IMRT, where not only is treatment more focused but it allows comparatively much faster treatment delivery , within **2-2.5 minutes**.
- Faster treatment minimises patient movement & maximises comfort