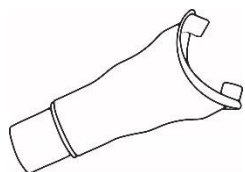


## How to Use an ABC Breathing Device

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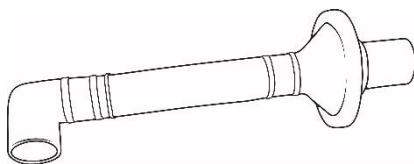
ABC stands for Active Breathing Coordinator. An ABC device is used to help you hold your breath during radiation treatments. Holding your breath limits the movement of your organs and keeps the treatment focused on the tumor. The device is used either when you inhale (breathe in) or exhale (breathe out). You can expect to use it 15 to 20 times during each treatment, for 15 to 25 seconds at a time.

The ABC device includes a mouthpiece, breathing tube and nose piece.



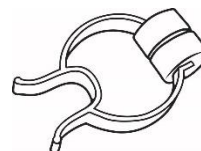
### Mouth piece

Fits in your mouth and you breathe in and out of it.



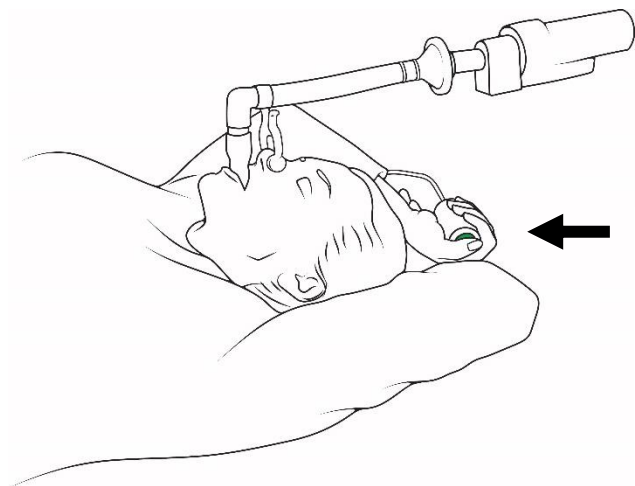
### Breathing tube

Attaches to the mouth piece and tubing.



### Nose piece

Placed on your nose, to keep you from breathing through your nostrils.



### Green button

A radiation therapist tells you when to hold your breath, when to blow it out and when to press and hold the green button.

**If you need help from our staff,  
you can press the green button twice.**

During treatment, you lay on your back with your arms over your head, while holding the green button.