

Absorbed Dose Estimation for Internal Emitters

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Outline of Absorbed Dose Estimation

1. Canonical Dose Estimation Formula $D = S \cdot \bar{A}$
2. Determination of Activity in the patient: $A(t)$
 - a. There are at least six methods
 - b. What are the uncertainties in A ?
3. Integration of A to form $\bar{A}$
 - a. Various Models
 - b. Other methods
4. Changes in S due to target mass variability
5. Uncertainties in dose due to A , $\bar{A}$, and S variations

Dose Estimation and not Dosimetry

- Although the following calculations are generally called “dosimetry” in the NM literature, they are instead estimates of the dose. To call them “dosimetry” is factually incorrect and misleads a general or non-expert medical audience.
- Dosimetry implies “dose measurement” – which can be done, but requires invasive measures that may be unethical and which can distort the results.
- Ideally, these estimates should be compared to measurements, but this is not yet possible.

Definition of Absorbed Dose

- Dose is energy density in an absorbing medium
- A standard unit is the gray (Gy) or one joule/kg
- The rad is one cGy or 100 ergs/g.
- The medium in which the dose is deposited is not considered in the analysis. Yet in biology, the medium is important.
- Measurement (dosimetry) can be done in many ways including calorimetry, TLDs, and collected charge.

The Standard Form of internal emitter dose estimation: $D = S \cdot \tilde{A}$

- Where S (mGy/MBq-sec) contains the spatial efficiency of energy deposition in the target mass given the source's emission energies and location. For particle emission, S is proportional to energy. $\tilde{A}$ is the total number of source decays (MBq-sec) and is the time integral of the source activity curve.
- The formula is generally applied to whole organ sources and targets. It should hold down to cellular-sized systems.
- Space/ time dichotomy will not hold if target mass depends on time (t). Then, one uses $dD/dt = S(t) \cdot A(t)$. This effect has been seen in lymphoma therapy.

For radiation effects, is dose(D) the final biological determinant?

- Because of biological results, a QF (quality factor) may be multiplied by dose (gray) values to yield a result in sieverts. Alpha rays are an example with $QF \approx 20$ compared to photons or betas ($QF = 1$). If this is done, however, the reader must be shown both values – not just the *equivalent dose* (Sv).
- Although not studied greatly, dose rate: dD/dt may also be of importance in radiation oncology. Note that nuclear-derived rates are much lower than external beam values.

Other variations on the dose theme

- Effective Dose = $\sum w_i D_i$ (organ) where the w_i are weighting factors for each organ. Note that this result is generally smaller than D and is a “stochastic” parameter for populations – not used for individuals.
- Biological Effective Dose (BED) = $\alpha D + \beta D^2$ where α and β are organ and tumor dependent, may be more important than dose (D) in tumor therapy - and normal organ toxicity.

Internal emitter dose estimation in three steps

1. Determination of activity (A) in tissues of interest at various times (t). Many methods, moderately difficult.
2. Integration of A(t) out to long times ($t \rightarrow \infty$?) to form $\tilde{A}$. Various techniques and relatively simple.
3. Converting $\tilde{A}$ to dose (D) via the matrix transformation $D = S \cdot \tilde{A}$. Straightforward using Monte Carlo methods and mathematical human phantoms. The patient S may need to be very different from MC standard phantom values. If uncorrected, S can be in error by factors of two to three-fold. Use CT or MRI data to make these corrections.

Dose is estimated; what are the uncertainties in the estimates?

- Uncertainty in the A measurement
 - Variability in integration of A to form $\tilde{A}$
 - Errors in target organ mass and geometry determination (S)
-
- We will discuss these in the order given. Target organ mass uncertainty can be the largest source of dose estimation error if organ mass is unknown

Question 1: Absorbed Dose is usually estimated using $D = S \cdot \tilde{A}$. In this equality, $\tilde{A}$ has units of:

- 18% 1. Becquerel or Megabecquerel (MBq); i.e., the decay rate in the source tissue.
- 20% 2. Time; i.e., the duration of the physical decay of the sources in seconds or hours.
- 20% 3. Bq-seconds; i.e., the number of decays.
- 19% 4. Dose in grays where a gray is 1 joule/kg.
- 23% 5. Average energy (MeV) of the emitted particles.

Question 1: the correct answer is 3; $\tilde{A}$ has units of Bq-sec.

- 1: A, the activity, has units of MBq.
- 2: Time is not explicit in the analysis.
- 3: $\tilde{A}$ is the integral of activity over time so it has units of Bq-sec. This is the correct answer.
- 4: D has units of dose or J/Kg.
- 5: $\tilde{A}$ does not refer to average energy of the emissions. This energy is in S.
- Ref: Stabin: "Fundamentals of Nuclear Medicine Dosimetry", Springer, 2008 p. 35

Question 2: Most clinical S values in Nuclear Medicine are calculated using:

- 21% 1. Inverse-square law approximations assuming uniform activity in the source tissue and a humanoid phantom.
- 21% 2. Convolution of source decays with a point source kernel function. A mathematical model of the human is assumed.
- 19% 3. TLD measurement using humanoid phantoms such as RANDO.
- 18% 4. Extrapolation from animal measurements using sacrifice of the animals. Dosimeters are placed in target tissues in the animals.
- 21% 5. Monte Carlo calculations using mathematical models of the source and target organs in human phantoms.

Question 2: the correct answer is 5.

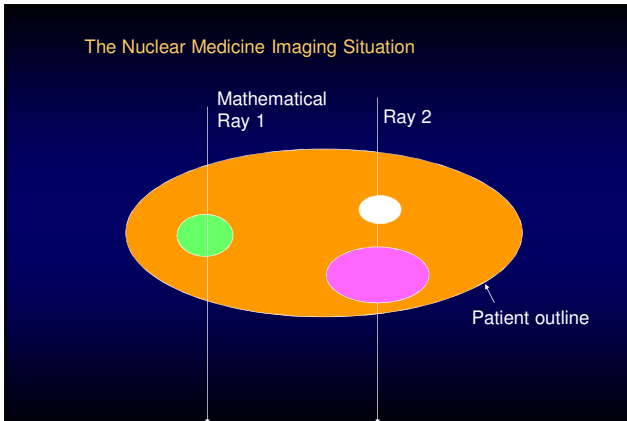
- 1. Inverse-square law neglects scatter and differential attenuation from source to target.
- 2. Same problem as above. Path is not uniform.
- 3. Not a bad idea, but difficult to place extended uniform sources in RANDO or other physical phantom. Thus, impractical.
- 4. Animals (mice?) have very different geometry than humans.
- 5. Is correct; MC is applied to a mathematical phantom of our choice.
- Ref: Ref: Stabin: "Fundamentals of Nuclear Medicine Dosimetry", Springer, 2008 p. 43

Step 1 in Dose Estimation: Finding A: "The Problem" of Nuclear Medicine

- After more than 50 years, there is no single standard technique to estimate activity (A) at-depth in a patient or animal. Multiple methods have been used. A typical clinical study will probably require a combination of techniques over the 1 to 10 day period allocated. Measurements are generally **unique** so that typical physics "error estimates" done by repetition are not possible.

There are at least six methods for determining organ activity (A).

- Sampling of blood, surgical results and excreta
- Probe counts of surface lesions or whole body
- Geometric Mean (GM) of two opposed views
- CAMI method fusing CT and whole body images
- Quantitative SPECT (QSPECT) from fused or hybrid (nuclear/CT) scanning
- PET/CT imaging with quantitative standard uptake value (SUV) results



Methods to determine A are **not** mutually exclusive!

In a typical clinical study, physicists will need to use 2 to 3 simultaneous methods for measurement of A. The most important techniques are:

- Blood Sampling
- GM of whole body (WB) images
- Quantitative SPECT (QSPECT) Hybrid Scanner or Image Fusion). This is a commercial option

Determining A method I: Direct sampling of blood (or tissues) using well counters

- Blood values needed for bone marrow dose estimates
- Blood curve kinetics also give patient subgroup determinations. Patients do **not** fall on a single Gaussian curve
- Blood data are taken at each imaging time point and several times over the first biological half-life
- Tissue sample may provide normalization of image results; e.g., an OR specimen could calibrate a liver image
- All are counted with a activity standard from the radiopharmacist

Bone marrow dose estimation

- $\bar{A}(\text{rm} \rightarrow \text{rm}) = f * \bar{A}(\text{blood}) * 1500/5000$

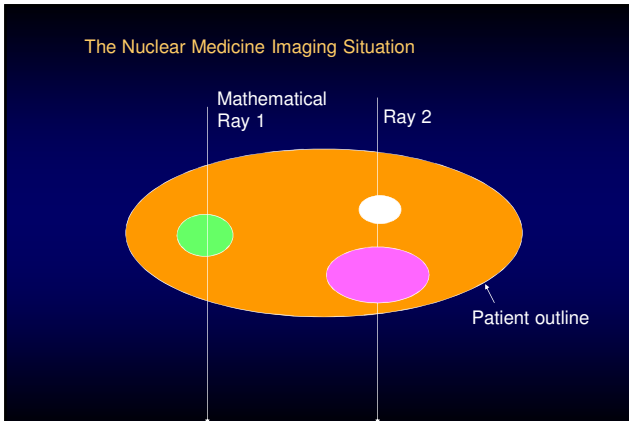
Where f is a coefficient on the order of 0.3 and the numerator and denominator are RM (red marrow) and whole blood masses respectively. This approximation neglects specific marrow uptake which must be handled separately if present. Cf. Siegel et al Antibody Immunoconj and Radiopharm. 3 213-233 1990 and Sgouros J. Nucl. Med. 34: 689-694 1993.

Determining Activity Method II: Single probe counting

- May be used on essentially **external** sites such as thyroid, lymph node, melanoma, or sarcoid tissue
- Attenuation and backscatter corrections probably not needed but can be tested. Fix geometry over time.
- Inverse square law needed for efficiency correction
- May be used for whole body clearance; position the patient in the same geometry for such measurements
- Counting standard is required

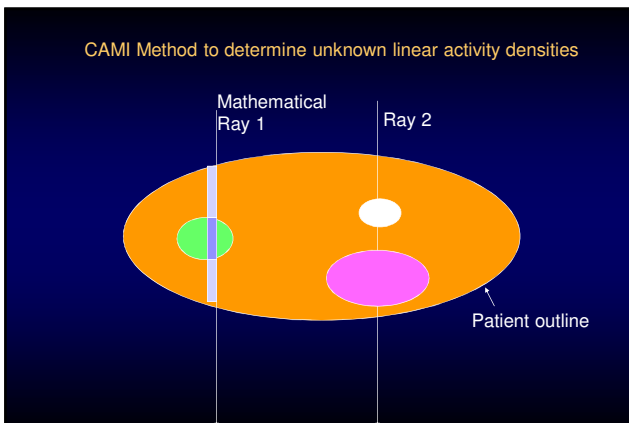
Determining Activity Method III: Geometric mean (GM) imaging

- Typically uses anterior-posterior projection
- Tissue attenuation is corrected with CT, MRI or direct measurement (external source)
- Should have standard source in the field of view
- Suffers from possible organ and tumor overlap
- May also suffer from observer confusion ; hot spot anterior image $\neq$ hot spot posterior image
- Typical errors are +/- 30 % (J. Eary et al; Med Phys 16: 382, 1989)



**Determining Activity Method IV: CAMI
(CT Assisted Matrix Inversion)**

- Uses CT (or MRI) data to correct attenuation along rays of interest thru the patient's major organ systems
- May be used from a single whole body scan
- Problem of activity becomes a set of activity densities (kBq/cm) along rays of interest
- Organs may overlap
- Problem is over-determined; least-square fitting
- Errors are +/- 10 % (Liu et al; Med Phys 23, 1919, 1996)



Determining Activity Method V: Quantitative SPECT

- Requires CT (MRI) anatomic data to correct for attenuation and other factors. Use SPECT/CT or SPECT/MRI hybrid scanners.
- Three commercial systems are available
- Four sequential steps are ideal in the algorithm:
 - Attenuation
 - Scatter
 - Collimator efficiency correction
 - Small Volume recovery correction

QSPECT results for Hawkeye I

	Collimator	Type
Organ	MEGP	MEGP11
Liver	- 6 % error	- 4 % error
Kidney	- 11 %	- 14 %
Lungs (R,L)	-7, -6 %	-3, -3 %
Average	- 7.5 %	- 6 %

In-111 in a RSD torso Phantom with 3 Johns Hopkins Corrections

Determining Activity Method VI: PET/CT using SUV values

Advantages

- SUV should give an accurate result.
- No collimator required – hence 100-fold higher efficiency compared to gamma camera and SPECT/CT.

Disadvantages

- In practice multiple SUV values are cited. Which one is best for A(t)?
- What radiolabel?
- ^{18}F has a 110 m half life.
- ^{124}I has 100 h, but only 23% emission of 511 keV
- ^{64}Cu is 12 h and 19%
- ^{86}Y is 14.7 h and 33%

Current optimal method to determine Activity by Ken Koral (U of Michigan)

- Obtain whole-body GM images at all important time points - including $t = 0$. Required by radiologist for tumor discovery/assessment
- Add one QSPECT imaging session near the maximum uptake time point for the study
- Calibrate the whole-body GM data using the QSPECT results at that single overlapping time point.

Question 3: In a QSPECT estimate of tissue activity (A) in large animal and human source organs, A is accurate to :



Question 3: Correct Answer for QSPECT accuracy is 3: or +/- 5%.

- 1. +/- 0.1 % is hopelessly optimistic.
- 2. +/- 1.0 is still too optimistic.
- 3. +/- 5 % is the correct answer for QSPECT.
- 4. +/- 50 % is grossly incorrect. Even GM will beat this value.
- 5. +/- 100 % is too large by a factor of 20.
- Ref: Bading et al JNM 48: 421P, 2007.

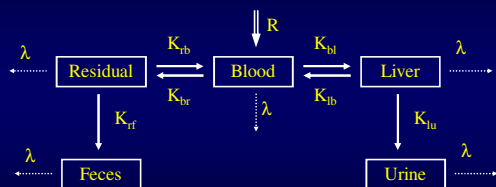
Reprise of the talk so far

- Absorbed dose estimation is our objective. Dosimetry is generally not possible due to ethical, physical, and cost reasons
- Absorbed Dose = $S \cdot \tilde{A}$ is the most common approach to the problem
- Many ways to find A (activity) and hence $\tilde{A}$
- Optimal method for activity measurement is probably QSPECT or CAMI (error in $A = \pm 5\%$ to $\pm 7\%$)

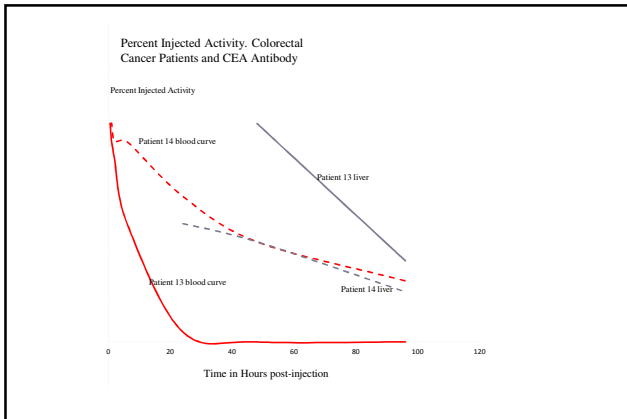
Step 2 in Dose Estimation: Pharmacokinetic (PK) analysis to determine $\tilde{A}$ given $A(t)$

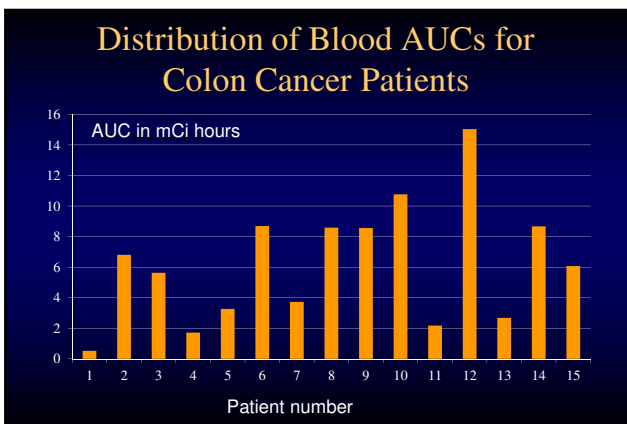
1. We assume organ Activity $A(t)$ is known using one or more of the six methods given above.
2. Simple Model uses separate **multiple-exponential** fits to tumor, blood and other tissues.
3. Multi-Compartmental model with connected organs. This process leads to the differential equations
4. Fit data as taken with radiodecay included as a model parameter

Five Compartment City of Hope Pharmacokinetic Human and Animal Data Model



Note that λ represents decay





Step 3 in Dose Estimation: Methods to estimate S in the equality $D = S \cdot \tilde{A}$

- OLINDA, MIRDOSE3 or MIRDOSE2 Programs. S depends upon a given phantom. Traditional method ; favored by regulatory agencies and most users of radioactivity. Whole organ geometry yields a whole-organ absorbed dose estimate
- Voxel-based calculation (MAVSK) ; S is local
- Point-source kernels; S is very local
- Complete Monte Carlo analysis. The eventual method of choice for a particular patient

Just What is S, Anyway?

- The S matrix contains the energy, mass and geometry of the absorption process:
- $S = \sum E_i * f_i * \phi_i / m$ (target)
- Where E is the energy of emission, f the fraction of that energy emitted and ϕ the probability of that fraction ending in the target tissue of mass m.

Two applications of internal emitter absorbed dose estimates

- Type I: Legal/Scientific: FDA regulations for Phase I Trial in patients. Here, an appropriate OLINDA or MIRD phantom is used for the S factor. $\tilde{A}$ (from animals) is **adjusted** to suit phantom. Uniform uptake assumed in source. Dose refers to whole organ as a target.
- Type II: Patient-specific: Evaluate toxicity and therapy in clinical trials. Thus, anatomic (CT or MRI) data are required. S factor is made to be patient-specific, $\tilde{A}$ is used **directly** from the patient. Uptake may be non-uniform.

Two corrections to OLINDA estimations of absorbed dose.

- Correct $\tilde{A}$ (animal or patient) to allow substitution into a standard phantom calculation. Type I estimate. This is the most common dose estimate.
- Correct S (OLINDA or MIRD) to allow patient-specific estimation of absorbed dose. Type II estimate; rarely done.

Lowest-order correction to animal (or patient) activity integral for use in a standard OLINDA dose calculation.

$$\tilde{A}(\text{phantom}) = \tilde{A}(\text{animal}) \cdot \frac{m/M(\text{phantom})}{m/M(\text{animal})}$$

where m is organ mass and M total body mass. Animal refers to animal data. Here, we assume use of standard phantom S values for use in a legal/scientific context such as an FDA application.

Sample Liver Correction to $\tilde{A}$

- Assume $m_L(\text{mouse}) = 1 \text{ gm}$; $M(\text{mouse}) = 20 \text{ gm}$.
- $m_L(\text{phantom}) = 1.8 \text{ kgm}$; $M(\text{phantom}) = 70 \text{ kg}$.
- Then $\tilde{A}(\text{phantom}) = \frac{m/M(\text{phantom})}{m/M(\text{mouse})} \cdot \tilde{A}(\text{mouse})$
 $= (1.8/70)/(1/20) \cdot \tilde{A}(\text{mouse})$
 $\tilde{A}(\text{phantom}) = 0.51 \cdot \tilde{A}(\text{mouse})$

Correction for organ S values in OLINDA to compute a patient-specific absorbed dose for non-penetrating (np) radiation

$$S_{np}(\text{patient}) = S_{np}(\text{PHAN}) \cdot m(\text{PHAN})/m(\text{patient})$$

here, m refers to organ mass and np implies non-penetrating radiation such as beta or alpha rays. We assume no cross-organ doses due to short range of these charged particles.

Sample np correction for target organ (splenic) mass

- $S_{np}(\text{patient}) = S_{np}(\text{phantom}) * m_s(\text{phantom})/m_s(\text{patient})$
- Assume $m_s(\text{phantom}) = 200 \text{ gm}$; $m_s(\text{patient}) = 600 \text{ gm}$
- Then $S_{np}(\text{patient}) = S_{np}(\text{phantom}) * (200/600)$
- Or, $S_{np}(\text{patient}) = S_{np}(\text{phantom}) * (1/3)$; i.e., the splenic dose is reduced by a factor of three.

Variations in S due to target mass changes

- In a set of colorectal patients, we found variations up to 3-fold in patient spleen and liver sizes as compared to MIRD phantoms. In 14 kidney evaluations, errors were within a 1.5 factor.
- Some of this variation is genetic and some is due to disease state.
- CT or other anatomic imaging is required for accurate S values for major organ systems.

Target Organ Mass Variation in S

- For therapy with particulate radionuclides such as ^{90}Y or ^{32}P , the S matrix is diagonal with terms depending on the inverse of the target organ mass.
- Logically, this follows from the definition of dose being energy deposited per gram of target tissue.
- Being in the denominator, makes S very sensitive to the mass of the target. A particular case is the small tumor that is being treated by nuclide therapy.

Question 4: Assume that you have a set of S values for the beta emitter ^{90}Y . To lowest order, how would that S estimate change if the beta emitter were ^{32}P ?

- 20% 1. No change as S is independent of beta energy(E).
- 21% 2. $S(^{32}\text{P}) \approx S(^{90}\text{Y}) * E(^{32}\text{P})/E(^{90}\text{Y})$.
- 19% 3. $S(^{32}\text{P}) \approx S(^{90}\text{Y}) * E(^{90}\text{Y})/E(^{32}\text{P})$.
- 20% 4. $S(^{32}\text{P}) \approx S(^{90}\text{Y}) * (32/90)$; S proportional to atomic numbers.
- 20% 5. Unknown as S cannot be extrapolated in any simple fashion; thus, no simple proportion.

Question 4: The correct answer is 2.

- 1. Incorrect; S is proportional to average beta energy E.
- 2. Correct answer. $S \approx$ average beta energy for pure beta emitter.
- 3. Incorrect as ratio of energies is inverted.
- 4. Incorrect and incoherent.
- 5. Incorrect; S can be extrapolated with beta or alpha energies.
- Ref:Ref: Stabin: "Fundamentals of Nuclear Medicine Dosimetry", Springer, 2008 p. 33

Question 5. Biodistributions in patients (and animals) can best be represented by:

- 21% 1. Two or more exponential functions of time (t).
- 20% 2. A Fourier series of sine and cosine functions (t).
- 19% 3. Single exponentials such as $\exp(-kt)$.
- 19% 4. Linear functions of time (t) such as $at + \beta$ where α and β are constants.
- 21% 5. A sigmoidal function.

Question 5: the correct answer is 1.

- 1. This is the correct form and represents curves that increase and then decrease in time.
- 2. Fourier functions are periodic; biodistributions are not periodic in time. Thus, there is an issue.
- 3. Single exponentials do not fit the data.
- 4. Linear functions are straight lines; clearly these do not fit the data.
- 5. Only saturation curves are represented by sigmoidal functions.
- Ref: Ref: Stabin: "Fundamentals of Nuclear Medicine Dosimetry", Springer, 2008 p. 35

Summary of uncertainties in absorbed dose estimates.

- The A value is uncertain to +/- 30% in GM. CAMI yields errors on the order of +/- 10%. QSPECT results are in development, but are in the range +/- 5% to +/- 7%. PET results should be comparable, but need appropriate labels
- $\tilde{A}$ has an additional error of +/- 10% due to integration uncertainties. This is a topic that is not studied sufficiently.
- S values can be incorrect by factors of two- or three-fold due to patient target organ mass values. This is probably the largest error in the $D = S \cdot \tilde{A}$ canonical form.

Future directions in absorbed dose estimation.

1. Both types (phantom and patient) of dose estimates will need to be made. The phantoms will change into more human-appearing forms in OLINDA. The first kind of correction (to $\tilde{A}$) will continue to be used to convert animal or other data into phantom format.
2. Both Types of estimation will increasingly be made with Monte Carlo calculations by the user. Voxel or point source kernels instead of S matrices. This will eliminate the necessity of the 2nd kind of correction (S matrix). Dose-volume histograms will be developed.
3. BED will be computed in addition to the dose for the whole organ or the voxels of interest. Biological effective dose compared to clinical results.
4. For variable mass targets, the dose rate equation should be used with mass given as $m(t)$. Total dose is then the integral of dose rate over time.

Some useful references for internal emitter dose estimation

- TRT: The Primer. AAPM Report No. 71, 2001.
- OLINDA: Stabin et al. JNM 46: 1023-1027, 2005.
- Bone Marrow Dose Estimates: Siegel et al. Antibod. Immunoconj. Radiopharm. 3: 213-233, 1990.
- GM: Thomas et al. Med. Phys. 3: 253-255, 1976.
- CAMI: Liu et al Med. Phys. 23: 1919-1928, 1996.
- QSPECT: Blankespoor et al IEEE Trans Nuc Sci 43: 2263-2274, 1996

Thank you for your attention!

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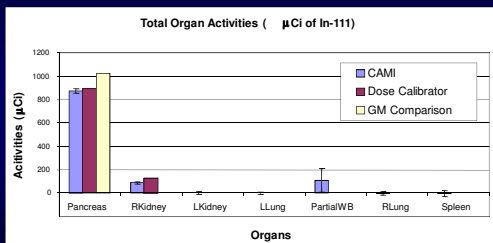


Normal organ toxicity values from external beam work

Organ	TD 5% complications/5 yrs	TD 50% /5 yrs
Liver	30 Gy	40 Gy
Kidney	23 Gy (whole organ)	28 Gy(whole organ)
Bone marrow	? 1.5 Gy Acute Effects	? 2.0 Gy

Emami et al Int. J. Rad. Oncol. Biol. Phys. 21: 109-122, 1991

Radioactivity estimation with CAMI and GM method Two overlapping organs (pancreas and right kidney)



Tumor doses achieved via iv injection

- Agent Disease Tumor RM Liver
- Zevalin NHL 1484 cGy 71 cGy 532 cGy
(61 – 24000) (18 – 221) (234 – 1856)
- Anti-CEA Colon 1320 64 912
(46- 6400) (19 – 198) (534 – 1719)

Note similarity of values for each tissue. Both antibodies c ⁹⁰Y

Commercial hybrid (SPECT/CT) systems

- GE Hawkeye I and II
- Siemens Symbia
- Philips Precedence
- An optimal partial volume correction is not available
- CT Images may be inferior to stand-alone CT
- Organ Motion between CT and SPECT

Several of the research groups involved in quantitative SPECT (QSPECT)

- Johns Hopkins University
- Lund University (Sweden)
- U of Michigan
- U of Massachusetts

Reasons for Pharmacokinetic (PK) modeling

- Integration of $A(t)$, via model parameters, to form $\bar{A}$
- Determination of kinetic variables for animals and patients. Comparing such data. Patient sub-populations.
- Checking for incorrect data
- Converting from gamma emitter (imaging) label to the beta emitter (therapy) label. For example, going from ^{111}In -Antibody to ^{90}Y -Antibody

**Example of the use of Type I dose estimation.
Review of MIRD Reports 1 through 12**

Of the first 12 MIRD Reports, it seems that two used an explicit correction for the mass of source organs and the whole body. These were Report 1 (^{75}Se -Methionine) and Report 2 (^{67}Ga Citrate). In both cases, autopsy data were available for analyses.

In the case of the other 10 Reports, it is unclear if any correction was made for organ mass/whole body (m/M) mass ratios. Thus, these results are probably not of Type I.

Evidence for BED in Clinical Data

- Renal toxicity in DOTATOC studies
- Reproduces the sigmoid curve of effect vs radiation when BED is the amount of radiation.
- Reflects external beam therapy practice. Here, BED is generally used to correct for changing the timing of treatments.
