

**DOCTORAL SCHOOL OF HEALTH SCIENCES
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**HEAD OF THE DOCTORAL SCHOOL:
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**HIGH-DOSE RADIOTHERAPY PROCEDURES REQUIRING PRECISION,
MULTIMODAL IMAGING**

DOCTORAL – PHD – THESIS SUMMARY

**PROGRAMME-6 ONCOLOGY - HEALTH SCIENCES
PROGRAMME LEADER: PROF DR ISTVÁN KISS MD, PhD, DSc
SUB-PROGRAMME-6/2: DIAGNOSTIC MEDICAL IMAGING
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Introduction

Cervical cancer

Cervical cancer is one of the most common cancers in women around the world, accounting for 6% of all cancers in women. With the wide spread of gynecological screening and the treatment of preinvasive disease, cervical cancer shows a decreasing incidence. 10 years ago, cervical cancer ranked as the third most common cancer among women worldwide. However, in 42 low-resource countries, it was the most common cancer in women. Cervical cancer is the fourth most frequently diagnosed cancer and the fourth leading cause of cancer death in women, with an estimated 604,000 new cases and 342,000 deaths worldwide in 2020. According to GLOBOCAN estimates from 2008, there were about 530 000 cervical cancer cases and 275 000 deaths worldwide, with 85 percent of incidences happening in developing countries. The estimated new cases and deaths are decreasing as well in Western Europe and North America.

Although mortality from cervical cancer in Hungary decreased by 35 cases per year between 1999 and 2003, according to a comprehensive study published by the National Institute of Oncology in 2005, the incidence of the disease in 2001-2004 with 5051 newly registered patients per year is still on 8. position. According to Nemzeti Rákregisztráció, 408 people died of cervical cancer in 2018.

The prognosis of the disease at the time of diagnosis has a significant impact on the prognosis. The current fatality rate is significantly higher than it should be because the vast majority (more than 90%) of these cases may and should be recognized early through the use of Pap smear.

With 12 oncogenic forms recognized as category 1 carcinogens by the International Agency for Research on Cancer Monographs, human papillomavirus (HPV) is a required but not sufficient cause of cervical cancer. Some sexually transmitted illnesses (HIV and Chlamydia trachomatis), smoking, a higher number of births, and long-term use of oral contraceptives are also essential cofactors.

FIGO stages IA, IB, and IIA cervical cancers have traditionally been considered early disease, while FIGO stages IIB, IIIA, IIIB, IVA, and IVB cervical cancers have traditionally been considered advanced disease. This gave distinct prognostic groups and numbers a simple approach to decide on and implement uniform treatment plans for different stages.

This consideration relates to a minor disadvantage of surgical treatment as the first step in the complex management of cervical cancer, because surgery is still the preferred method of treatment for early-stage cervical cancer, and the complex

oncological treatment of advanced disease is based on a combination of external irradiation and brachytherapy with concurrent chemotherapy. Cervical cancers are still of great scientific interest.

Head and neck cancer

Head and neck cancers are a diverse collection of cancers that are physically similar but varied in terms of genesis, histology, diagnostic methods, and therapeutic options. Squamous cell carcinomas account for 91% of all H&N cancers, sarcomas for 2%, and adenocarcinomas, melanomas, and unspecified tumors for the remaining 7%. (European crude and age-adjusted incidence by cancer, years of diagnosis 2000 and 2007 analysis based on 83 population-based cancer registries * 2014). Squamous cell carcinoma of the head and neck (HNSCC) includes cancers of the lip, oral cavity, hypopharynx, oropharynx, nasopharynx, and larynx. Most head and neck cancers are known risk factors for alcohol and tobacco use, and incidence rates have been reported to be greater in areas with high rates of alcohol and cigarette use.

In 2017, the Global Burden of Disease estimated that 890,000 new head and neck cancers (HNCs) were diagnosed in the world, accounting for 5.3 percent of all cancers. According to the most recent epidemiological studies, HNCs are responsible for 507,000 fatalities per year, accounting for 5.3 percent of all cancer deaths. The International Agency for Cancer Research (IARC) claims that, there were a total of 70,454 new cancer cases in Hungary in 2018, with HNC accounting for 6,772 (9.6%) of all new cancer cases. In Hungary, all types of malignancies were the second greatest cause of death behind cardiovascular illnesses, with 33,010 fatalities.

The death rate of head and neck malignancies has increased dramatically during the 1970s, according to data from the Hungarian Central Statistical Office (KSH). The number of people diagnosed with these tumors has tripled, and their fatality rate has nearly quadrupled.

Nowadays, there are numerous studies investigating head and neck cancers in our country.

Study 1

Retrospective validation of coverage probability based simultaneous integrated nodal boost in locally advanced cervical cancer: a mono-institutional analysis

Introduction

Patients with locally advanced cervical cancer (LACC) treated with concomitant chemo-radiation (CCRT) and image-guided adaptive brachytherapy (IGABT) have outstanding results. While local control reaches 86-97% with IGABT, nodal and distant failures (DF) become the dominant causes of treatment failure, leading to poor overall survival (OS), especially for patients with nodal metastases (N+).

In the EMBRACE study (International Magnetic resonance imaging-guided BRachytherapy in CErvical cancer) overall nodal failure (NF) was 11%, including 7% and 16% for N- and N+ patients. Forty percent of NFs were located inside the elective target volume (39% of which in paraaortic node (PAN)) and 35% inside the nodal boost volume. The actuarial 3- and 5-year nodal control rate was 87% (92% (N-) vs. 82% (N+)) and 86%, respectively. The retroEMBRACE study reported a pelvic failure rate of 13% and a pelvic NF rate of 6%. A recent paper showed a 3-year NF rate of 21% with 69% overall survival (OS) with 60 Gy simultaneous integrated nodal boost (SIB-N) without serious morbidity.

The EMBRACE II study introduced the Coverage probability (CovP) based simultaneous integrated nodal boost (SIB-N) concept, which allows for a relaxed planning aim at the edge of the nodal planning target volume (PTV-N, 90% of the prescribed dose), with a full dose with hot spots within nodal gross tumor volume (GTV-N) where regression is expected. Controlled underdosage at the edge of the PTV-N and targeted dose escalation at the center are aimed to reduce high dose delivery to adjacent organs at risk (OARs), while maximizing nodal control. However, these dosimetric advantages come with the potential risk of geographic misses, such as internal nodal movement or positioning errors when PAN-RT is given. Ramlov et al. demonstrated that geographic misses have only mild dosimetric impact for pelvic CovP-SIB-N, but few data were presented with PAN SIB-N. Moreover, published results on clinical outcome and nodal volume changes with CovP SIB-N in LACC patients are very limited.

These motives led to this retrospective cohort analysis, which aims to present (1) CBCT verification of nodes hit with CovP SIB-N (2) their nodal regression during EBRT and (3) 2-year clinical outcome.

Material and methods

Patients

Between January 2016 and November 2020 sixty-five biopsy-proven LACC patients were treated with definitive RT±CT followed by IGABT, including 33 patients with nodal disease. In the absence of voluminous lymph node(s) and/or very close vicinity of primary or mobile organs (bladder, rectum) CovP-SIB-N was the treatment of choice, which was the case in 29 patients. Three patients showed ultra-early (<6 weeks) bizarre distant progression (subcutaneous, peritoneal, hepatic) and were excluded from this study. Analysis was performed using data from 26 LACC patients treated with CovP-SIB-N technique with weekly cisplatin (40 mg/m²), followed by IGABT.

Staging consisted of gynecological examination according to Fédération Internationale de Gynécologie et d'Obstétrique (FIGO), a thoraco-abdominal scan and 3T abdominal-pelvic magnetic resonance imaging (MRI) (Biograph mMR, Siemens Healthcare GmbH., Erlangen, Germany) for all patients completed by a whole-body 18F-fluorodeoxyglucose positron-emission tomography-computed tomography (18FDG PET-CT, Biograph 64, Siemens Healthcare GmbH., Erlangen, Germany). Cystoscopy or rectoscopy was added if organ infiltration was suspected.

Nodes were considered pathological according to EMBRACE II criteria: FDG-PET positive or short axis >1cm on CT or MRI and/or short axis between 0.5 and 1.0 cm on MRI with pathological morphology (irregular border, high signal intensity and/or round shape).

Contouring and planning followed the EMBRACE II protocol for regional irradiation. In summary, CT and MRI scans were obtained with full and empty bladder conditions to assess movement patterns and to create internal target volume (ITV). All scans were co-registered in the Eclipse Treatment Planning System (Eclipse v13, Varian, Palo Alto, CA, USA). Pathological nodes were contoured (GTV-N) on MRI and CTs, then merged to form CTV-N (clinical target volume). The elective target volume (CTV-E) included pelvic lymph-nodes up to the aortic bifurcation. If >2 pathological nodes were identified, or if node(s) were located at the typical iliac vessels or higher, PAN to the level of the renal vessels was systematically included. An ITV for 45 Gy (ITV45) including CTV-E and CTV-N was created using information from co-registered images. PTV45 (PTV for 45 Gy) and PTV-N_x were created using a 5-mm isotropic margin around ITV45 and CTV-N.

Treatment planning consisted of two 6MV volumetric arc therapy beams (TrueBeam 2.5, Palo Alto, CA, USA). Planning aims for elective and SIB-N volumes were the following: PTV45: V42.75 Gy >98%, CTV-N and PTV-N: D98≥90%, CTV-N D98≥100% and CTV-N D50≥102% of the prescribed dose, which was 55 Gy/25 fx to nodes in the small pelvis and 57.5 Gy/25 fx to nodes further away. Treatment

verification consisted of daily CBCT with bony anatomy match including extended CBCT for PAN SIB-N.

Boosted nodes were contoured on each CBCT (GTV- N_{CBCT}) and were assessed for coverage by PTV-N. Target coverage was evaluated by comparing individual nodal delineations with the relevant PTV-N. In patients with insufficient coverage the dose to 98% (D98%), 50% (D50%) of each GTV- N_{CBCT} was assessed according to the planning CT dose distribution by propagating the individual GTV- N_{CBCT} via rigid bony registration to the planning CT. The accumulated D98%, D50% were calculated as the mean of each DVH parameter across all CBCT contours in a given patient.

The high-dose-rate (HDR) BT schedule included 2 to 4 fractions in one or two applications. Before the introduction of the interstitial needles and in cases with distant parametrial spread where target coverage would have been compromised even with parallel needles, external beam sequential boost was given to the primary tumor up to 60 Gy. These patients were re-planned with empty and full bladder conditions and the target volume was the adapted high-risk CTV. Thus two fractionation schedules were used for the primary tumor: 60 Gy+2x7 Gy HDRBT (n=5) or 45 Gy+4x7 Gy (n=21). Target and OAR delineation and dose reporting for IGABT were based on the International Commission on Radiation Units and Measurements (ICRU) Report 89.

Patients were followed with gynecological examination every three months in the 1st year, twice a year in the second and third year, and once a year afterward. Patients also had an MRI at three months and PET-CT where it was possible, repeated when relapse was suspected. Both acute hematological (HT)/renal toxicity and late gastrointestinal (GI) and genito-urinary (GU) toxicity were scored using the Common Terminology Criteria for Adverse Events (CTCAE 4.0) and documented in case of \geq Grade (Gr.) 3 due to the retrospective nature of the study.

Complete clinical remission was defined as no evidence of disease 3 months after completion of treatment. Crude and 2-year actuarial rates of local failure-free (LRFS), distant metastasis-free (DMFS), regional failure-free (RRFS), cancer-specific (CCS), and OS were calculated and described by the Aalen-Johansen competing risk assessment. All follow-up (FUP) were calculated from the end of treatment.

Descriptive statistics were given for clinical variables and dose-volume parameters. Statistical evaluation was performed using scipy (1.6.3) and lifelines (0.26.0) python (3.7) packages (Python Software Foundation, Beaverton OR, USA).

Results

Patient-, tumor- and treatment characteristics

Patient cohort characteristics are presented in Table 1. The dominant FIGO stage was IIB (54%), with >50% cases with initial tumor size \geq 5 cm. Most patients (96%) had squamous cell cancer. The median overall treatment time (OTT) was 49.5

(range: 31-70) days. Eighty-nine percent of patients received ≥ 4 cycles of cisplatin. Eleven pts received PAN irradiation including two cases with elective intention.

Dose constraints for EBRT CTV-N D98 and PTV-N D98 were achieved in 91% and 83% of the nodes, while for OARs they were fulfilled in $\geq 96\%$ of the cases. Dose-volume parameters for IGABT are presented in.

In total, 76 nodes (range:1-6/pts, average volume: 3.20 cm^3 , r:0.8-25.3) were boosted, 20% at the PAN region.

All lymph nodes showed regression including 71% with complete or remarkable partial remission during EBRT. There was a trend that smaller lymph nodes achieved diminished volume earlier, than the larger ones ($>10 \text{ cm}^3$).

61/76 nodes were unambiguously detectable on CBCT, the remaining ones were outside the CBCT field of view (n=9) or not clearly identifiable (n=6) (i.e. adjacent nodes, bowel air artefacts). The mean GTV_{CBCT} of PAN and pelvic lymph nodes were not significantly different: $5.4 \text{ (SD:6.8) cm}^3$ vs. $4.0 \text{ (SD:5.1) cm}^3$ ($p=0.427$). In patients with PAN- and pelvic SIB-N the mean reduction in PAN and pelvic nodal size during EBRT was 70% and 75%. During the evaluation of 650 CBCTs, only 3/61 nodes in 5 fractions were not completely covered by the corresponding PTV-N in one patient. All were pelvic nodes. One node had a D98% of 94%, with a D50% of 100%. The volume of this node was 0.8 cm^3 and the node was located close to the round ligament, which with varying uterus position was displaced for 5 fractions. The remaining 2 nodes had D98% $>95\%$ with maintained D50%. After a median FUP of 25 months (3-52), there was no NF. There were 4 recurrences/progressions consisting of 2 local failures (LF) and 2 DFs. The 2-years actuarial/crude rates of OS/CSS/DMFS/LFFS were 90/80, 95/88, 100/92, 90/92% respectively, in alignment with the slightly worse competing risk incidence.

Each failed patient had PAN disease at diagnosis. Twenty-one patients were alive at the last FUP (80.7%), 3 deaths were cancer-related.

Eleven \geq Gr.3 hematologic side effects (42%) occurred (4 neutropenia, 2 thrombocytopenia 5 anemia) in 9 patients from which 7 received PAN irradiation. One patient developed Gr.2 duodenal ulcers after PAN-RT which fully recovered after conservative treatment. One patient had Gr.3 colitis with accompanying stenosis of the sigmoid colon requiring elective surgical removal at 1-year FUP. MRI suggested a relationship with three SIB-N targets. The patient did not receive external beam boost. Full plan revision (including delineation of sigmoid on each CBCT) confirmed that dose-limits would have been respected even if the sigmoid colon was in the closest location to SIB-N through 25 fractions (EBRT+HDR-BT, EQD2: D_{2cm^3} : 63.8 Gy (ideal: 1.8 Gy/fx) vs. 67 Gy (median dose based on individual CBCTs: 1.9 Gy/fx) vs. 74 Gy("worst-case scenario": 2.1 Gy/fx).

Discussion

This study aimed to present our experiences with CovP SIB-N in LACC patients referred for CCRT. After a 2-year median FUP there was no NF either in the boosted or in the elective RT regions. The majority of the nodes were visible on CBCT and 71% of the nodes achieved a diminished volume already during EBRT. Additionally, only one Gr.3 GI event occurred. It should be mentioned that by taking the EMBRACE II guideline into consideration we have given 10% more elective PAN RT than previously, and the average size of boosted nodes was small (3 cm³).

A positive lymph node both at diagnosis and as failure is a poor prognostic factor, confirmed by the EMBRACE I study cohort with actuarial 3-year NF of 8% and 18% in the N- and N+ group with >70 % mortality rate in patients with NF. Even though N+ received a median dose of 59 Gy, 12% developed NF within PTV-N. Moreover, 41% were located outside the elective target, including 39% in the PAO region. EMBRACE II addressed these possible limitations for EBRT, including two major improvements for nodal irradiation: expansion of CTV-E to the PAN region and the CoV-SIB-N concept. Published literature with CoV-SIB-N is still limited. Lindegaard et al. were the first to demonstrate a pelvic control of 91%, including only one NF within a boosted 1.1 cm³ node in the small pelvis boosted with 55 Gy/25 fx and two other NFs in the un-irradiated PAN at 9 months median FUP.

RetroEMBRACE data revealed significant correlation between local control and dosage, volume, and OTT for all primary target volumes. It remains unknown whether involved nodes require much higher doses. Ramlov et al. investigated the pattern of nodal failure for N+ patients in function of the individual nodal dose (75 pts, 209 nodal boosts, median dose 62 Gy (EQD2)). Six patients relapsed in boosted area. They did not find correlation between nodal dose and volume. In contrast Bacorro et al. found a nodal dose-volume effect on nodal control probability with increasing benefit of additional doses to higher-volume nodes. These contradictory data should be resolved by a large prospective study.

Investigating lymph node response during treatment on daily CBCTs revealed some additional aspects. First, the image quality of extended CBCT was sufficient to define 80% of SIB-Ns which is in line with the results of Ramlov et al. Similarly to Ramlov and Bacorro et al. we observed a remarkable response of boosted nodes during EBRT which was achieved sooner for the smaller ones (<3 cm³).

Conclusion

Still, CovP-SIB-N with daily image guidance resulted in excellent 2-year nodal control and a low rate of late toxicity, with remarkable nodal response during EBRT. Longer follow-up and larger prospective studies such as EMBRACE II are required to

confirm this observation. Our experiences encourage the clinical use of CovP-SIB-N in LACC patients.

Short question: How does EMBRACE II protocol perform after implementation into clinical practice?

Pertinent findings:

- The retrospective analysis reports correlations between initial volume and clinical outcome (OS, CSS, LFFS, DMFS).
- CovP-SIB-N with daily image guidance resulted nodal control and a low rate of late toxicity.

Implications for patient care: Our experiences encourage the clinical use of CovP-SIB-N in LACC patients.

Limitations

The retrospective nature, small sample size, heterogenous treatment and follow-up are the main limitations of our study.

Study 2

Predictive value of diffusion, glucose metabolism parameters of PET/MR in patients with head and neck squamous cell carcinoma treated with chemoradiotherapy

Introduction

Head and neck carcinomas are the sixth most common cancers, nowadays. These carcinomas make up 6% of all new cancer cases recorded yearly. The majority of head and neck carcinomas belong to the histopathological group of squamous cell carcinoma of the head and neck (HNSCC).

The main clinical staging components for diagnosing HNSCC is the endoscopy, but conventional radiological staging methods, such as Computed Tomography (CT) and Magnetic Resonance Imaging (MRI) have proven more accurate and informative in setting up a diagnosis.

Beyond these conventional imaging methods, hybrid imaging has also shown an outstanding staging ability, particularly in detecting or characterizing head and neck cancers. Hybrid imaging, such as Positron Emission Tomography/Computed Tomography (PET/CT) or PET/MR, is an imaging solution that could be used simultaneously with anatomical information to provide metabolic data (with a ^{18}F -FDG: 2-Deoxy-2-[^{18}F]fluoro-D-glucose [^{18}F -FDG] tracer). With the information obtained using hybrid imaging, oncological practice could conduct many diagnostic or therapeutic procedures, for example, whole-body staging/restaging, irradiation planning or even the evaluation of the disease prognosis.

To characterize HNSCC, it is essential to use PET imaging with an ^{18}F -FDG tracer. Multiparametric data obtained from the ^{18}F -FDG PET evaluation was not only linked with histopathologically-confirmed tumor properties, but also connected with PET/MR parameters (such as the apparent diffusion coefficient, ADC, derived from diffusion-weighted imaging [DWI] examinations, the maximum standardized uptake value [SUV_{max}], and the peak lean body mass corrected, SUV_{max} [SUL_{peak}]), and treatment-associated failure, locoregional recurrence, and death. In many malignancies, ^{18}F -FDG accumulation (in the most common form, known as SUV) appears to be a good indicator of disease aggressiveness. There are numerous studies aimed at the utility of FDG PET parameters in predicting response to CRT in head and neck cancer specifically.

The PET/MR method combined with conventional contrast-enhanced (CE) MR sequences is excellent for getting data on anatomical and metabolic conditions, although data on the cellular diffusion of the scanned area could also be derived via DWI methods during the MR acquisition. Besides the clinical and histopathological

factors, imaging parameters may provide important prognostic biomarkers in different malignancies. DWI can measure water molecules' movement and the tumor cell density in tissue *in vivo*. DWI methods could be used for staging HNSCC. In some cases, DWI allows for a more accurate staging method than PET/CT (e.g. evaluating cN0). DWI-derived variables, such as ADC, may have a prognostic and predictive value that related to the post-therapeutic status of the disease and the outcome of chemoradiotherapy. To investigate the predictive value of ADC, scans must be performed before and after treatment. According to the results using this method, ADC could be an indicator of locoregional failure, which is a component of the treatment response. The ADC mean values (ADC_{mean}) are therefore possible parameters for prediction, per the suggestion of Martens et al. Leifels et al. found that tumor metabolism, cellularity, and perfusion show complex relationships in HNSCC. Furthermore, these associations depend on tumor grading.

Moreover, Metabolic Tumor Volume (MTV), and Total Lesion Glycolysis (TLG) seem to be predictors of the postoperative survival of patients that have been diagnosed via PET/CT, with MTV seeming to be a better predictor than TLG. Overall, there are numerous studies aimed at the utility of FDG PET parameters in predicting response to CRT in head and neck cancer specifically.

This study aimed to determine the best predictors for the treatment outcome of patients diagnosed using a single tracer injection dual imaging acquisition protocol in PET/MR from a set of previously described parameters (SUV_{max} , SUL_{peak} , ADC_{mean} , MTV, TLG). This study also aimed to evaluate the connection between the possible above parameters that prove to be the most predictive of the HNSCC outcome.

Materials and methods

Patients and treatment

Informed consent was waived by the Local Ethics Committee and the Institutional Review Board (IRB). Between October 2015 and May 2019, 68 pathologically confirmed, HNSCC patients (male: female ratio of 3:1) with a median age of 61 ± 8 years (range, 46–87) were enrolled in the current retrospective study. All patients underwent 3D-fused ^{18}F -FDG PET/CT Volumetric Modulated Arc Therapy (VMAT)-based, definitive image-guided irradiation (IGRT, with a daily cone-beam CT) and concomitant chemotherapy (with 40 mg/ml cisplatin protocol weekly) up to 70 Gy in Dr. József Baka Diagnostic, Radiation Oncology, Research, and Teaching Center, "Moritz Kaposi" Teaching Hospital, Kaposvár, Hungary. Exclusion criteria were: (1) Patients with second primary malignancy; (2) Patients with previous history of surgery; and (3) Patients with recurrent primary tumors.

All patients underwent pretreatment staging (during the planning process 4 weeks before treatment) and post-treatment (12 weeks after treatment) PET/CT and PET/MR for a short-term follow up. Per the 8th edition of the Union for International Cancer Control (UICC) TNM Project 8th TNM staging system, 5/68 (8%) patients had T1 disease, 21 (31%) patients had T2 disease, 23 (33%) patients had T3 disease, and 19 (28%) patients had T4 disease. Meanwhile, 33 of the patients had a histopathologically-confirmed (supported by ultrasound [US] guided biopsy) locoregional lymph node, while 35 showed an absence of metastatic lymphoid glands. Grades distribution were as follow: G1 (n = 15); G2 (n = 35); and G3 (n = 18). N category was as follow: N0 (n = 35); N1 (n = 19); N2 (n = 9); and N 3 (n = 5).

Primary tumor localizations were: pharyngeal (n = 32), sub-localized into 7 patients nasopharyngeal, 13 patients oropharyngeal and 12 patients with hypopharyngeal. Laryngeal (n = 36), sub-localized into 26 with supraglottic, 4 glottic and 6 subglottic.

PET/MR acquisition

Examinations were performed using a hybrid PET/MR scanner (Biograph mMR, Siemens Healthcare GmbH., Erlangen, Germany). Blood glucose level was checked before tracer injection to ensure the patients were euglycemic. The patients received intravenous administration of 4 MBq/kg activity of ^{18}F -FDG. Then, PET/CT (Truepoint 64, Siemens Healthcare GmbH., Erlangen, Germany) was performed, using FDG initially injected for PET/CT (60 ± 10 minutes of the uptake period) before PET/MR (15 ± 5 minutes after PET/CT). Further tracer injection was not applied for PET/MR (single tracer injection dual imaging acquisition protocol). After proper patient preparation (removal of metal implants, hearing aids, metal objects in the region), images were obtained of the head and neck position using dedicated coils. Thus, only PET/MR parameters were included in the research.

Native MRI sequences were T2-weighted TSE turbo inversion recovery magnitude (TIRM) (TR/TE/TI 3300/37/220 ms, FOV: 240 mm, slice thickness: 3 mm, 224 × 320) coronal, and T1-weighted turbo spin-echo (TSE) (TR/TE 800/12 ms, FOV: 200 mm, slice thickness: 4 mm, 224 × 320), and T1-weighted TSE Dixon fat suppression (FS) (TR/TE 6500/85 ms, FOV: 200 mm, slice thickness: 4 mm, 256 × 320) transversal and acquired without an intravenous contrast agent.

Diffusion-weighted (DW) measurement was done as part of a routine examination. In this case, a 2D spin-echo DWI echo-planar (EP) sequence (FOV: 315 mm, TR: 9900 ms, TE minimum: 70 ms, TI 200 ms, slice thickness: 5mm) was used. An ADC map was automatically generated from the DWI pictures via the implemented software. The restricted diffusion rate was quantified by calculating the apparent diffusion coefficient. To reduce the perfusion effect (on the ADC calculation, a 50 s/mm² “b” value was used as the first measurement (the other b values were 800 s/mm² and 1000 s/mm²). Furthermore, an axial Dixon FS T1-weighted TSE sequence and a coronal TSE Dixon FS sequence were conducted after 0.1 mmol per kg of bodyweight contrast material (Gadovist[®] Bayer Healthcare, Leverkusen, Germany) was injected into the patient. The imaging was repeated after the completion of the CRT for therapeutic response assessment.

For PET data collection, a magnetic resonance-based attenuation correction ([MRAC], using a CAIPIRINHA-accelerated T1-weighted Dixon 3D-VIBE sequence) was used for PET attenuation correction, and the wide range bed position PET Emission scan was acquired for 900 seconds with a fixed FOV range (20 cm) and a (172 × 172) matrix without bed movement. An iterative ordered subset expectation maximization (3D OP-OSEM) PET image reconstruction algorithm was used with 3 iterations and 8 subsets, as well as 4-mm Gaussian filtering settings. PET data was corrected for scatter, random coincidences, and attenuation using the MR data.

Image analysis

Metabolic parameters were calculated using a dedicated Syngo.via (Siemens Medical Solutions, VB20, Siemens Healthcare GmbH., Erlangen, Germany) multimodality image evaluation and post-processing application based on fused PET/MR imaging. The SUV_{max}, SUL_{peak}, MTV, and TLG data of the primary head and neck cancers were collected using the volume of interest (VOI) technique. This study was built only on one observer assessment. VOIs were assessed by a nuclear medicine physician, with 15 years of experience. The SUV_{max} represents single voxel activity concentration in a particular lesion with the highest uptake. The SUL_{peak} is defined as a lean body mass normalized-average SUV value measured in a 1 cm³ volume spheric region of interest (ROI) centered around the hottest point in the tumor foci. For the MTV and TLG definition, the relative threshold at 50% of tumor SUV_{max} was used, as proposed by Deron et al., where MTV represents the volume of the above given VOI

while TLG is the product of the VOI average SUL (SUL_{mean}) multiplied by the corresponding MTV.

The localization of lesions was assessed on the ADC map using eRAD PACS Desktop Viewer 8.0 software. This study applied the single slice measurement method, we have chosen the largest and the most homogeneous part of the tumor as a standard for all objects. ROI was placed manually on the most solid part of the tumor, which shows the highest signal intensity on DWI images (hyperintense) and hypointense on ADC map. ROIs were measured by a radiologist with 10 years of experience in DWI measurement. Thus, during the ADC measurement, the researchers took precautions, such as excluding areas of gross necrosis from the sample (ROI), while plotting an elliptic ROI. In all lesions, ADC_{mean} was used as a standard measurement unit to minimize the effect of tumor heterogeneity, it also was the standard unit to be used as a reliable parameter, because it reflects the heterogeneity of the tumor in the specified slice and to enable the researcher to distinguish the different entities in the same image.

Clinical evaluation

To evaluate the therapeutic tumor responses based on pre-and post-treatment PET/MR and PET/CT information, the European Organization for Research and Treatment of Cancer (EORTC) system was used. Two patient groups were established according to the results of the PET/MR therapeutic response evaluation and the clinical follow-up. Furthermore, patient subgroups were also set up, namely, a Complete Remission (CR) group defined as patients with an absence of a viable primary tumor tissue, and a non-Complete Remission (NCR) group defined as patients with any pernicious proliferations including partial response, stable disease, and progressive disease groups.

Statistical analysis

For all the statistical analyses conducted, R-scripts developed in-house based on the R-software environment for statistical computing (version 3.3.1; R Foundation for Statistical Computing, Vienna, Austria) were used together with ggpubr and summarytools software packages.

The Shapiro-Wilks test was used to check the normality of the measured SUV_{max} , SUL_{peak} , TLG, MTV, and ADC_{mean} data. Since these tests showed non-normality distributions of the SUV_{max} ($p < 0.0001$), SUL_{peak} ($p = 0.0001$), TLG ($p < 0.0001$), and MTV ($p < 0.0001$) in the population, Spearman's correlation coefficient was used to describe the strength of the correlation between the data pairs, and Wilcoxon's rank-sum test was used for group comparison. The estimated parameters were correlated in different tumor subgroups (grade 1-2 and 3) per suggestion of Leifels et al.

Results

A total of 68 patients were enrolled in this study. Well-visualized primary lesions were defined in all patients with the initial ^{18}F -FDG PET/MR. The mean SUV_{max} , SUL_{peak} , TLG and MTV, ADC_{mean} (+ SD) values measured from the patients' primary tumors were 9.05 ± 6.55 (range, 3.43–41.22), 6.95 ± 5.50 (range, 2.91–32.34), 121.48 ± 163.09 (range, 4.72–570.60), $25.88 \pm 21.49 \text{ cm}^3$ (range, 1.38–110.52), and $933.34 \pm 136.15 \text{ } 10^{-6} \text{ mm}^2/\text{s}$ (range, 610.29–1337.85), respectively.

Correlation analysis

Based on the restaging, the PET/MR scans for CR were achieved for 36/68 (53%) patients, while viable tumor was observed in 32/68 (47%) patients. No significant correlation between SUV_{max} , SUL_{peak} , TLG, and MTV and the ADC_{mean} for the patients diagnosed using the single tracer injection dual imaging acquisition protocol was noted.

On the next step, in two separated tumor subgroups, the estimated parameters were correlated. In G1/2 tumors, all PET parameters correlated well. In G3 tumors, PET parameters also have shown significant correlations. Finally, PET imaging based parameters values did not correlate with ADC_{mean} in both groups.

Measured parameters and response

According to Wilcoxon's rank-sum test, no statistically significant difference was found for the ADC_{mean} ($p = 0.88$) of patients that achieved a complete response and subjects with a viable tumor tissue after CRT. Nevertheless, SUV_{max} , SUL_{peak} , TLG, MTV ($p = 0.032$, $p = 0.01$, $p < 0.0001$, $p = 0.0004$) proved to be significantly different between the two different outcome groups.

Discussion

The radiotherapy of HNSCC patients based on modern complex oncological treatment is usually combined with chemotherapy and/or surgical resection. HNCs still have a bad overlook in the overall prognosis of the combined treatment modalities. An overall loco-regional recurrence may occur in up to 40% of locally advanced head and neck patients after the first 2 years. Due to the anatomical features of the head and neck region, organ preservation is important to maintain functions and to minimize aesthetic changes. Hoffman et al. raised some attention regarding neoadjuvant treatment strategies for tumor reduction before surgery. They also pointed out the efficacy of CRT and neoadjuvant chemotherapy followed with definitive radiotherapy for advanced HNSCC patients.

The study also highlighted the need to accurately predict the outcome of possible treatment options in daily clinical practice. The high mortality rate of advanced HNSCC

patients and the precise cancer staging of radical resections are, therefore, essential, as both allow clinicians to select the relevant treatment strategies that could predict the prognosis of the patients. Hence, it is essential to identify the potential predictive indicators for these treatments.

Pretreatment ^{18}F -FDG-PET/MR were evaluated for their predictive value for clinical outcomes. It is crucial to prognosticate the disease response of treatments in the pretreatment period to establish a more aggressive treatment for selected HNSCC patients. Overall, in this research we focused on the combined role of DWI and PET imaging parameters for predicting tumor response to therapy in the head and neck region.

In this examination, SUV_{max} , SUL_{peak} , MTV, TLG values of HNSCC patients were the predictive factors for determining response to therapy. After CRT, the risk of NCR was significantly higher in patients with high SUV_{max} , SUL_{peak} , MTV, and TLG values than in patients with low SUV_{max} , SUL_{peak} , MTV, and TLG values. Thus, the current results confirm that both TLG and MTV can add valuable information for prediction, further supporting Pak et al.'s finding, which argued that patients who have a higher risk of death and adverse events have high MTV or TLG. Additionally, in the current study, patients diagnosed using a single tracer injection double imaging acquisition protocol in PET/MR, and the non-complex (SUV_{max} , SUL_{peak}) parameters supported this finding as well.

The present study investigated numerous patients treated with CRT and diagnosed with histopathologically-proven HNSCC. Furthermore, the study also investigated the correlations between PET and MRI-DWI parameters that were acquired simultaneously.

Via this approach, these parameters could be used to select a treatment strategy to address the higher SUV_{max} , SUL_{peak} , TLG, and MTV values that indicate a poorer treatment outcome. Therefore, it is worth taking the parameters suggested above into daily routine, especially the ones that significantly predict the patient outcome in daily routines to achieve more patient-tailored therapy.

Several studies found negative associations between SUV_{max} and ADC values. However, in our study, no significant linear correlations were found between the investigated parameters. Our results are similar to the results found by Rasmussen et al. Furthermore, when we classified the patients into two different groups based on the primary tumor degree of differentiation, no significant correlations were found. Since we only measured ADC_{mean} .

Contrary to a study by Wong et al., who reported that the ADC was a predictive factor to assess response to chemo-radiotherapy, we couldn't find a significant difference in the post-treatment ADC_{mean} between the two groups, there was no noticeable difference in the ADC values.

The simultaneous imaging in PET/MR provides the same bed positions and acquisition at the same time, which leads to more accurate results compared to studies that have examined them separately on individual modalities. Compared to previous studies, this study found that both the parameters (SUV_{max} , SUL_{peak} , MTV, TLG) had predictive values while using the single tracer injection double imaging acquisition protocol. In this research, the SUV_{max} , SUL_{peak} , MTV, TLG values were measured; thus, their predictive value was discovered very first in homogeneously treated head and neck cancer patients.

Conclusion

Pre-treatment MRI-DWI values were unable to predict therapeutic response. However, ^{18}F -FDG PET parameters found to be more useful and were superior to DWI as a predictive parameter in patients with HNSCC.

The strength of this study is the use of an MRI-DWI parameter, which includes diffusion evaluations that were collected simultaneously during PET/MR. SUV_{max} , SUL_{peak} , MTV, and TLG values, significantly predicted the clinical outcome; thus their inclusion in risk stratification may be of additional value for predicting patient treatment outcomes.

Short question: How can ^{18}F -FDG PET/MR values predict the prognosis of head and neck cancer before treatment?

Pertinent finding:

- The retrospective study reveals correlations between baseline single ^{18}F -FDG tracer injection dual imaging acquisition PET-based parameters (SUV_{max} , SUL_{peak} , MTV, TLG) and MR DWI (ADC_{mean})-based parameter, and therapy response, after treatment (CR, NCR).

Implications for patient care: Clinicians should measure and integrate the suggested parameters (SUV_{max} , SUL_{peak} , MTV, TLG) with PET/MR to provide the most accurate therapy for the patient.

Limitations

In contrast, a few limitations must be acknowledged. The first weak point of this study was the retrospective analysis and the single-institute implementation. Moreover, a long term follow-up might be more accurate to determine the therapeutic response. A multi-center and prospective study with more patients could be more representative of the population.

Surov et al. found that combined DWI and PET imaging parameters were useful to predict several histopathological features, which might be more accurate to

understand how tumors interact with these imaging modalities, however, our study was included only the conventional parameters, which might be one of the limitations of this research.

Despite these limitations, this report provides important contributions to the field because it is the first study to show the predictive value of SUV_{max} , SUL_{peak} MTV, and TLG, in patients with diagnostically-confirmed HNSCC that were diagnosed with single tracer injection dual imaging acquisition. The usefulness of the ^{18}F -FDG PET/MR is important, nevertheless, it has questionable added value, because ADC_{mean} has not shown significant differences between 2 patient groups (CR: n=36 and non-CR: n=32), probably due to the small number of patients (n=68). Besides, this study also reported no correlations between PET and MRI-DWI based parameters. The findings suggest a need for further studies that involve more patients and more PET parameters, as well as wider patient treatment modalities.

Summary of novel findings

Retrospective validation of coverage probability based simultaneous integrated nodal boost in locally advanced cervical cancer: a mono-institutional analysis

With daily imaging guidance, CovP-SIB-N achieved nodal control and a low risk of late toxicity.

Correlations between initial volume and clinical outcome are reported in the retrospective analysis (OS, CSS, LFFS, DMFS).

Predictive value of diffusion, glucose metabolism parameters of PET/MR in patients with head and neck squamous cell carcinoma treated with chemoradiotherapy

The retrospective investigation found a significant between baseline single ^{18}F -FDG tracer injection dual imaging acquisition PET-based parameters (SUV_{max} , SUL_{peak} , MTV, TLG) and MR DWI (ADC_{mean})-based parameters.

There are correlations occurred in terms of therapy response following treatment (CR, NCR) and PET parameters.

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Published journal papers within the topic

Freihat O, Zoltán T, Pinter T, **Kedves A**, Sipos D, Repa I, Kovács Á, Zsolt C. Correlation between Tissue Cellularity and Metabolism Represented by Diffusion-Weighted Imaging (DWI) and 18F-FDG PET/MRI in Head and Neck Cancer (HNC). *Cancers*. 2022; 14(3):847. <https://doi.org/10.3390/cancers14030847> **Q1 6.16 IF**

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Campus Mundi Scholarship - Biomedical Engineer Intern - Scholar in the Department of Biomedical Engineering (programme: “artificial intelligence (AI) in medical imaging”) - University of Houston, Houston, Texas, USA
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Minister of Education awards the Fellowship granted by the Republic (“Köztársasági ösztöndíj”)
Issued by Ministry of Human Capacities · Sep 2022

New National Excellence Program
Issued by National Research Development and Innovation Office · Aug 2022

MEDISO-Award
Issued by George de Hevesy Hungarian Society of Nuclear Medicine · May 2022

New National Excellence Program of the Ministry of Human Capacities and the Ministry for Innovation and Technology
Issued by Ministry of Human Capacities · Aug 2020

Shape Your Skills Award European Congress of Radiology 2020
Issued by European Society of Radiology · Dec 2019

Best Paper Abstract Award European Congress of Radiology (ECR) 2019
Issued by European Society of Radiology (ESR), Vienna, Austria · Mar 2019

National Conference of Scientific Students' Association ("OTDK") 1st place
Issued by Council of National Scientific Students' Association · May 2017