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# Dosimetric feasibility of MR-based dose calculation of prostate radiotherapy using multilevel threshold algorithm

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41 **Objective:** The development of magnetic resonance (MR) imaging systems has been  
42 extended for the entire radiotherapy process. However, MR images provide voxel values  
43 that are not directly related to electron densities (ED), thus MR images cannot be used  
44 directly for dose calculation. The aim of this study is to investigate the feasibility of dose  
45 calculations to be performed on MR images and evaluate the necessity of re-planning.

46 **Methods:** A prostate cancer patient was imaged using both MR and CT. The multilevel  
47 threshold algorithm (MLT) was used to categorise voxel values in the MR images into  
48 three segments (air, water and bone) with homogeneous Hounsfield units (HU). An  
49 intensity modulated radiation therapy (IMRT) plan was generated from CT images of the  
50 patient. The plan was then copied to the segmented MR data sets and the doses were  
51 recalculated using pencil beam, and collapsed cone (CC) algorithms and Monte Carlo (MC)  
52 modelling.

53 **Results:** Gamma evaluation showed that the percentage of points in regions of interest with  
54  $\gamma < 1$  (3%/3 mm) were more than 94% in the segmented MR. Compared with the planning  
55 CT (pCT) plan, the segmented MR plan resulted in a dose difference of -0.3%, 0.8% and  
56 -1.3% when using PB, CC and MC algorithms, respectively.

57 **Conclusion:** The segmentation and conversion of MR images into HUs data using the MLT  
58 algorithm, used in this feasibility study, can be used for dose calculation. This method can  
59 be used as a dosimetric assessment tool and can be easily implemented into the clinic.

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## 63        1        **Introduction**

64    In external beam radiotherapy of the prostate, magnetic resonance (MR) imaging is  
65    considered to be the gold standard imaging modality for prostate delineation and disease  
66    staging (1, 2). Compared with conventional CT, MR provides much better soft tissue  
67    contrast of the prostate, the surrounding normal tissues and organs at risk. In CT,  
68    identifying the prostate boundaries is challenging, whilst in MR images the boundaries of  
69    the prostate as well as the peripheral zone and central gland can be identified (3). With the  
70    development of more advanced radiotherapy treatment planning, such as intensity  
71    modulated radiotherapy (IMRT) and stereotactic body radiotherapy (SBRT), the desire for  
72    more accurate localization of tumours prior to and during the treatment delivery has  
73    increased, ensuring that the higher tumour dose is achieved whilst reducing the dose to  
74    organs at risk (OAR) and normal tissues. This can be achieved by the use of the cone-beam  
75    CT (CBCT) imaging system which is integrated in the linac, providing 3D volumetric  
76    images before or during the treatment delivery (4).

77        However, despite its major improvement in image guided radiotherapy (IGRT), the  
78    image quality of CBCT images makes it hard to accurately identify the prostate, due to the  
79    increased amount of scatter (5-7). More importantly, the CBCT imaging dose limits the  
80    frequency with which this technique can be used (8). For these reasons, the MR imaging  
81    system has been recently integrated in the linac system for offline/online treatment  
82    guidance, such as the MRI-Linac, and in the Cobalt source unit as ViewRay, and installed  
83    in the treatment room as the MR-on-rails (9-11). For a highly mobile and challenging  
84    target, such as a prostate, MR imaging allows more accurate localization of the prostate  
85    and intraprostatic lesions, as well as real-time imaging during beam delivery and thus

86 provides information for adaptive radiotherapy (ART) (3). Therefore, MR imaging can  
87 potentially manage inter- and intra-fraction motions. This would potentially decrease the  
88 clinical target volume (CTV)-to-planning tumour volume (PTV) margin and increase the  
89 confidence of boosting the target dose using fewer treatment fractions (12, 13).

90 Despite its excellent soft tissue contrast, there are factors that can limit the  
91 implementation of some MR imaging platforms into the radiotherapy process. These  
92 factors include cost, system-related and patient-related geometric distortions (3, 14, 15).  
93 One of the main factors that limits the use of MRI-only treatment planning, and the MRI-  
94 only simulator, is that MR images do not provide Hounsfield units (HU) and the intensity,  
95 or voxel values are not directly related to electron densities (ED). Therefore, if there are  
96 significant on-treatment patient shape changes observed on the MR images, as an IGRT  
97 tool in a MRI-Linac, acquiring another CT is necessary for an accurate assessment of dose  
98 differences. This procedure is time consuming across all staff groups involved in the  
99 radiotherapy pathway and additional dose is delivered to the patients.

100 There are different approaches to convert the voxel values of MR images into HUs to  
101 produce pseudo-CT images, also known as substitute CT or synthetic CT (16-18). One of  
102 these approaches uses a CT-based ED atlas with non-rigid registration to transfer CT ED  
103 to MR images (19, 20). For prostate cancer patients using this approach, the dose difference  
104 between the pseudo-CT and planning CT is within 2% (19). A limitation of this approach  
105 is that it can be time consuming for multiple atlas and lead to greater uncertainty if the  
106 patient is dissimilar to the database used for the atlas (20, 21).

107 Another approach for converting voxel values in MR images into HUs is by segmenting

108 MR images into a number of materials and subsequently applying bulk density assignment.  
109 In this approach, the whole body can be considered as water-only, or water and air materials  
110 (3). Lambert et al (2011) showed that the bone region should be included for a more  
111 accurate dose calculation in the pelvic region (22). However, bone regions and boundaries  
112 are hard to visualize in conventional or standard MR images (T1- or T2-weighted), which  
113 is the standard sequence for diagnosis, due to the low proton densities in these regions and  
114 short T2 (23, 24). Therefore, it is hard to differentiate between air, lung and bone regions.  
115 To separate bone voxels, additional MR sequences are used, such as ultra-short echo times  
116 (UTE) or T1/T2\*-weighted (17, 25). However, these MR sequences may increase signal-  
117 to-noise ratio at tissue interfaces, and consequently lead to greater uncertainty in the  
118 conversion to HUs. In addition, these extra MR sequences are time consuming and are not  
119 used in clinical radiotherapy (20, 21). The bone regions can be manually or automatically  
120 contoured and then assigned with different HUs, whilst soft tissues are converted to HUs  
121 using dual model conversion techniques (24, 26). This approach, excluding the water-only  
122 method, resulted in a dose accuracy of 1-3%.

123 The aim of this study is to convert voxel values in MR images into HUs by segmenting  
124 MR images into a number of materials using the multilevel threshold (MLT) algorithm.  
125 The MLT algorithm has been used to enable dose calculation to be performed on CBCT  
126 images by the authors previously, even for more challenging circumstances as for a prostate  
127 patient with hip prostheses (6, 7). This method does not require database, as for the atlas  
128 approach, nor extra non-clinical MR sequence. Furthermore, the effect of the segmentation  
129 process on the dose calculation algorithm accuracy is investigated using the treatment  
130 planning system pencil beam (PB) and collapsed cone (CC) algorithms and Monte Carlo



131 (MC) modelling. With the simplicity of this approach, it can be used as a fast decision-  
132 making, dosimetric, tool regarding on-treatment patient shape changes and whether a new  
133 CT is required. It is envisaged that the method can be applicable for the automation of dose  
134 calculation on segmented MR images and could be of interest to MR-based ART (7, 27).

## 135 **2 Method and materials**

### 136 **2.1 Patient study**

137 This study was performed on a patient with prostate cancer (High Risk) treated at the  
138 Department of Clinical Oncology and Radiotherapy, South West Wales Cancer Centre  
139 ABM University Health Board, Swansea, Wales. An IMRT treatment with five 6-MV  
140 photon fields, at gantry angles of 180°, 100°, 35°, 260°, and 325° was performed. Dose  
141 distribution was calculated using the Oncentra MasterPlan (OMP) treatment planning  
142 system (version 4.3 Elekta, Best, Netherlands), PB and CC algorithms, to allow the  
143 comparison with MC algorithm and to identify the effects of HU on dose calculation.

### 144 **2.2 CT and MR image acquisition**

145 The planning CT (pCT) images of a patient with prostate cancer was acquired using a  
146 Philips Brilliance Big Bore CT scanner (version 2·3; Philips Medical Systems, Cleveland,  
147 OH, USA). The pCT images were acquired with 120 kVp and the tube current was  
148 modulated during the scan based on patient anatomy. The matrix size of the reconstructed  
149 images was  $512 \times 512$  and voxel sizes were  $1.19 \times 1.19 \times 3 \text{ mm}^3$ . The acquisition of the  
150 MR images of the patient was performed with the T2-weighted sequence using the Toshiba  
151 scanner (1.5 Tesla, Toshiba Atlas, Tokyo, Japan), with a flat table as in the CT simulator.

152 This acquisition sequence is the standard sequence used in the local department for prostate  
153 localization and delineation. The matrix size of the reconstructed MR images was  $512 \times$   
154  $512$  and the voxel sizes were  $0.74 \times 0.74 \times 5 \text{ mm}^3$ .

### 155 **2.3 Modification of MR image**

156 As mentioned before, acquiring MR images with the conventional or standard sequence  
157 produces images with no contrast between bone and air (Figure 1b). In addition, the femoral  
158 heads are mostly composed of bone marrow tissue, which has a wide intensity range due  
159 to the proportions of adipose and water (24). Therefore, it is challenging to accurately  
160 contour bone regions. However, MATLAB (version 2013a, Mathworks, Natick, MA)  
161 scripts were developed so that contours could be drawn on the MR images. There were 5  
162 contours drawn (defined by the user and associated with its uncertainties in defining bone  
163 region boundaries) on the MR image to enable accurate bone representation, and to isolate  
164 bone tissue from the surrounding adipose and water tissues, as shown in Figure 1b. This  
165 was done for each MR slice (total of 24 slices), and the operator time was about 2 hours.  
166 In each region of interest (ROI), the MLT algorithm (using a MATLAB script) was applied  
167 to convert voxel values into CT numbers that are comparable with the pCT to generate  
168 segmented MR (sMR) images (Figure 1c). These assigned CT numbers are based on the  
169 local fixed HU-ED calibration. Thus, for a wider patient group, the same assigned CT  
170 numbers would be used for the same materials.

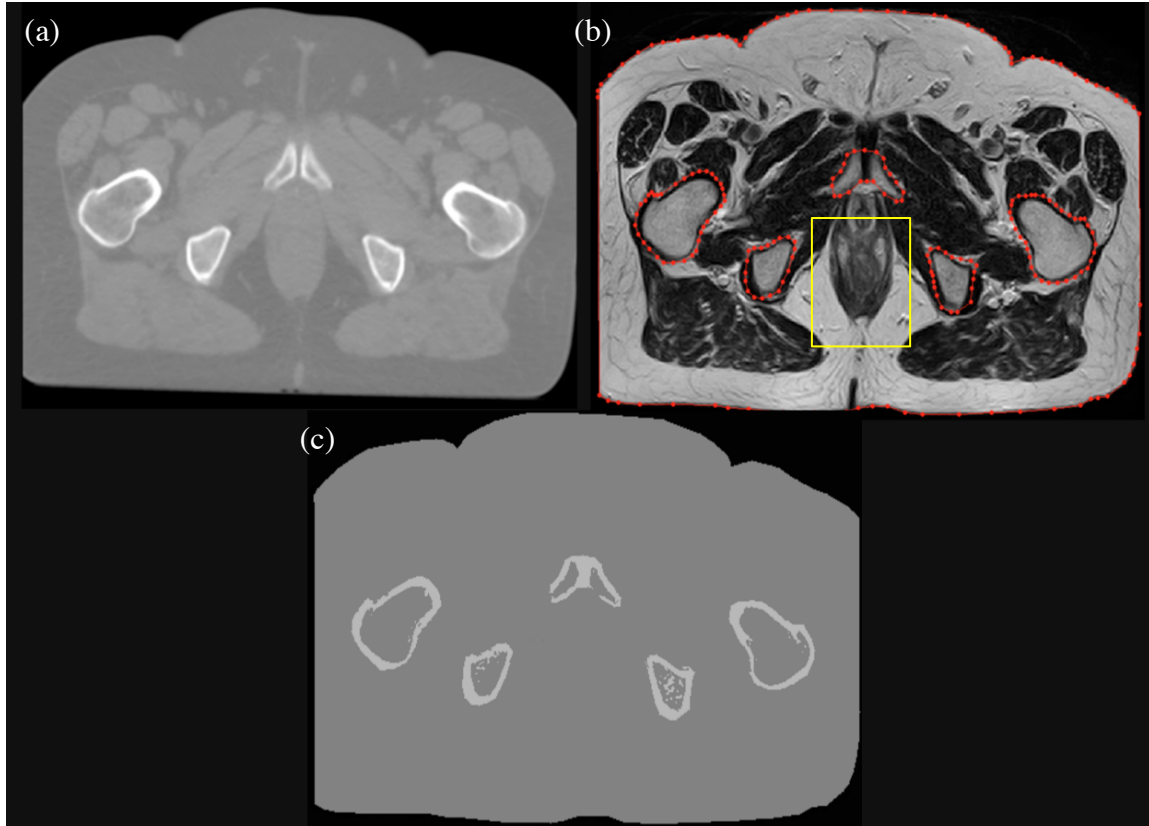


Figure 1: A prostate patient scan using (a) pCT, (b) MR and (c) the resultant image after segmenting MR (sMR).

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172 Furthermore, an additional contour was drawn as a body contour around the patient. To  
173 reduce manual delineation or contouring time, regional coordinates were written in the  
174 MLT algorithm that were expected to encompass the whole rectum, through all the slices  
175 (Figure 1c). Any voxel inside this region only with a range voxel value between 0 and 110  
176 was considered as air with  $-976$  HU otherwise they were considered as water with 0 HU.  
177 Any voxel inside the bone contours, and outside the rectum region, with a range value  
178 between 0 and 1150 was considered as bone with 528 HU otherwise they were considered  
179 as water. Any voxel inside the body contour and outside both the bone contours and the  
180 rectum region was considered as water. Moreover, as shown in Figure 1, there is a missing

181 volume laterally in the MR images, so the external contour of the MR images was copied  
182 onto the pCT and any voxel outside this contour was considered as air, thus matching the  
183 field of view (FOV) between the two scans. Even though the cropped pCT and sMR images  
184 are not clinically acceptable, this is a feasibility study and the general concept of  
185 segmenting MR images still holds. This method does not require additional MR sequences  
186 that are not used in clinical radiotherapy, which is time consuming. Finally, to enable dose  
187 calculation to be performed within sMR images using OMP, the DICOM tags were  
188 modified to match pCT DICOM tags, otherwise OMP calculates the dose with overriding  
189 the density.

## 190 **2.4 Monte Carlo calculation**

191 The Elekta Synergy linear accelerator was modeled using Electron Gamma Shower  
192 (EGSnrc), which is one of the most popular MC codes for medical physics (28). BEAMnrc  
193 and DOSXYZnrc are two applications in EGSnrc code that are used to simulate the beam  
194 generated from the treatment head and to score dose deposition in voxel grids, respectively.  
195 An automated procedure was developed and applied to the DICOM-RT file to extract the  
196 treatment plan parameters, using a MATLAB script, and then convert and write them in a  
197 MC-format input file (egsinp file) for BEAMnrc and DOSXYZnrc, separately. In this  
198 study, 80 million particles were used for each beam to provide an accurate simulation with  
199 a low (<2%) statistical uncertainty. High performance computing (HPC-Wales) was used  
200 to speed up MC calculations (29). The MC normalization was performed by calculating  
201 the dose in a water phantom under the standard reference conditions (10 ×10 field size, 100  
202 cm source-to-surface distance, 5 cm depth). There is a 95% chance of the MC model being

203 within the error bars.

## 204 **2.5 Treatment planning evaluation and comparison**

205 The fusion of the sMR and pCT images was accomplished with manual rigid registration  
206 using ProSoma software (v3.3, MedCom, Darmstadt, Germany). The pCT images were  
207 resampled to the sMR images to enable direct comparison of dose calculations. The  
208 resultant pCT data set contained 24 slices with a voxel size of  $0.74 \times 0.74 \times 5 \text{ mm}^3$ . The  
209 structure sets were then transferred to the sMR images without any modification except the  
210 external contour. The plans were then copied to sMR using the same geometry and monitor  
211 unit (MU) values and the doses were recalculated using PB, CC and MC algorithms. The  
212 MC dose calculation was then performed on pCT and sMR images using the same HU-ED  
213 calibration as in OMP. The MC dose file (.3ddose) and the DICOM-RT file were then  
214 imported into the computational environment for radiotherapy research (CERR) software  
215 to compare the resultant dose distribution. The clinical target volume (CTV) comprises the  
216 prostate, and involved seminal vesicles, and was increased by a 1 cm anterior, left, right,  
217 superior and inferior margin and 0.5 cm posterior margin to give the PTV. For the rectum,  
218 the circumference of the rectum was outlined in its entirety and included the faecal  
219 contents. The entire bladder was outlined and the outside of the bladder wall was included.  
220 The femoral heads, both left and right, were outlined to the bottom of the curvature of their  
221 heads. The dose volume histograms (DVHs) were generated for PTV, rectum, bladder and  
222 left and right femoral heads structures, and compared between pCT and sMR plans. The  
223 coverage of the PTV, the dose to 95% of the PTV ( $D_{95\%}$ ) and the mean dose ( $D_{\text{mean}}$ ) were  
224 compared. The relative volume doses to the rectum and bladder ( $V_{60}$ ) and to the left and

225 right femoral heads (V35) as well as the mean dose ( $D_{\text{mean}}$ ) were compared. The dose  
226 differences are quoted as percentages of local values. In addition, the Student t-test (using  
227 MATLAB) was performed in the mean value of dose in the PTV, rectum, bladder and left  
228 and right femoral heads. To quantitatively appraise the differences between pCT and sMR  
229 plans, especially for the structures mentioned above, a gamma index analysis was  
230 performed using the pCT plan as a reference. The criteria were set as 3 mm distance to  
231 agreement (DTA) and 3% dose difference (DD) and 5% low dose threshold. Finally, dose  
232 at the isocentre (at the geometric centre of the prostate PTV) was compared between the  
233 pCT and sMR plans.

### 234       **3       Results and discussion**

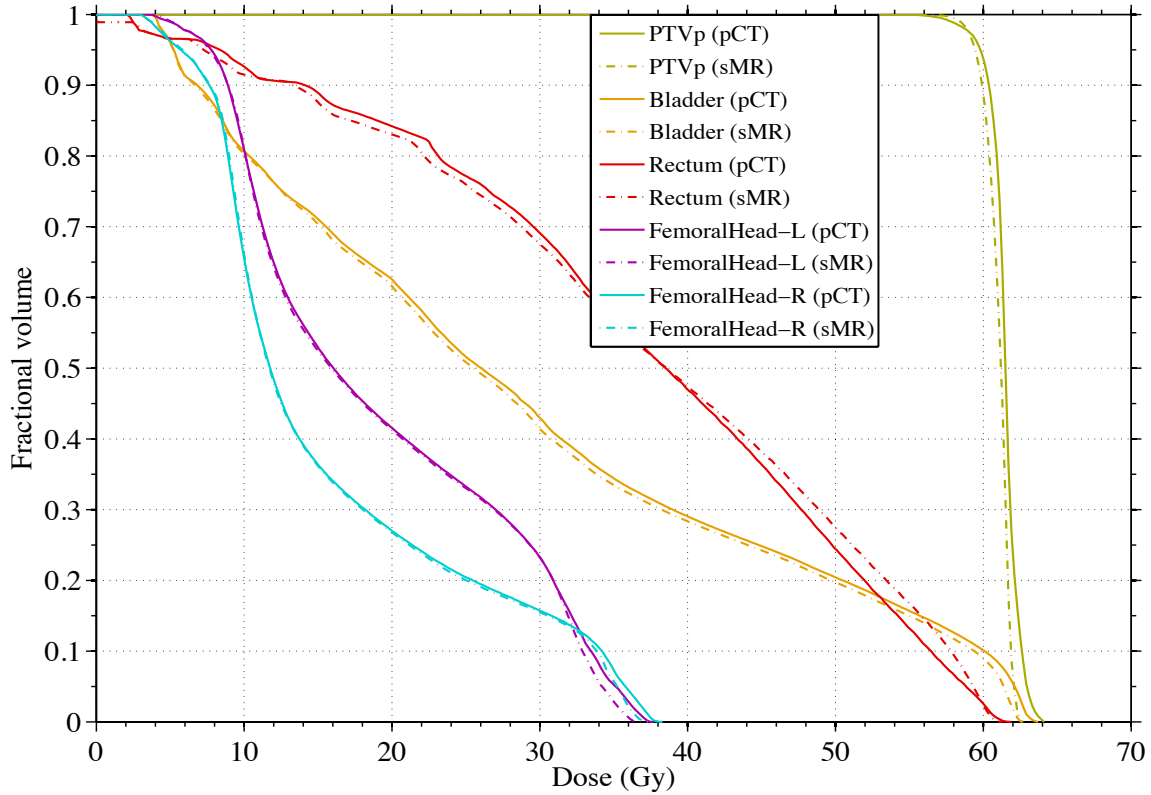


Figure 2: DVHs comparison between pCT (solid) and sMR (broken) plans for planning target volume, rectum, bladder and left and right femoral heads using collapsed cone algorithm (prescription dose 60 Gy).

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236 Figure 2 shows the DVH of the prostate IMRT plan with a prescription dose of 60 Gy in  
 237 20 fractions. It shows the dose of the pCT and sMR plans to the PTV, rectum, bladder,  
 238 right and left femoral head using the CC algorithm.

239 It can be seen that the sMR plan is in a good agreement with the pCT plan. In general,  
 240 the sMR plan slightly underestimated the dose to all the structures when using all  
 241 algorithms. There are some differences and outlines but the general trend holds. The largest  
 242 differences were found in the rectal volume receiving 60 Gy where it was underestimated  
 243 by  $-56\%$ ,  $-17\%$  and  $-66\%$  when using PB, CC and MC algorithms, respectively, as shown  
 244 in Table 1. This may be due to the fact that the air/gas pocket volume in the rectum in the

245 sMR was less than in the pCT. This rectal volume difference between sMR and pCT scans  
 246 may be due to a real difference in the rectum volume between the two scans. Another reason  
 247 for the rectal volume difference may be due to the threshold method, where the partial  
 248 volume in the rectum was considered either air or water based on the threshold values. For  
 249 the left and right femoral heads, the largest difference was found for the left femoral head  
 250 volume receiving 35 Gy where it was underestimated by  $-31\%$  and  $-49\%$  when using PB  
 251 and CC algorithms, respectively. However, these findings show that the MLT algorithm  
 252 used in this study to segment MR images resulted in a dose calculation that is comparable  
 253 to the pCT.

254 Table 1 shows the Student t-test (last column) results against the hypothesis that the mean  
 255 value of dose in the PTV, rectum, bladder and left and right femoral heads for sMR plans  
 256 differ. For the PTV, the results show that there is no support for a difference in the mean  
 257 dose, but with poor confidence ( $p = 0.08$ ). Only in the case of the bladder is support ( $p =$   
 258  $0.008$ ) for a small difference in the mean.

259 Table 1: Dose and coverage differences between pCT and sMR plans for the PTV, rectum, bladder,  
 260 left and right femoral head. The dose to 95% of PTV volume and mean dose and the percentage of  
 261 rectal and bladder volumes receiving 60 Gy and the percentage of left and right femoral head  
 262 volumes receiving 35 Gy.

		pCT			sMR			PVAL
		PB	CC	MC	PB	CC	MC	
PTV	<b>D95</b>	61.1	59.8	58.7	60.3	59.4	59.2	-
	<b>D<sub>mean</sub></b>	62.5	61.5	60.9	62.1	61.1	60.8	0.08
Rectum	<b>V60</b>	12.3	2.3	4.5	5.3	1.9	1.5	-
	<b>D<sub>mean</sub></b>	39.1	37.1	33.3	37.8	37.2	36.1	0.64
Bladder	<b>V60</b>	10.8	9.9	9.8	10.1	8.8	8.6	-



	<b>D<sub>mean</sub></b>	29.8	29.5	28.8	29.4	29.1	28.3	0.008
<b>Left femoral head</b>	<b>V35</b>	6.6	5.1	3.5	4.5	2.6	3.4	-
	<b>D<sub>mean</sub></b>	19.8	19.4	18.5	19.5	19.2	18.7	0.57
<b>Right femoral head</b>	<b>V35</b>	9.3	6.9	5.1	7.4	5.5	6.1	-
	<b>D<sub>mean</sub></b>	16.5	16.2	15.5	16.3	16.1	15.7	0.91

263 **D<sub>mean</sub>**, mean dose; D95, dose to 95% of the PTV; CC, collapsed cone; MC, Monte Carlo algorithm;  
 264 PB, pencil beam; pCT, planning CT; PTV, planning target volume; PVAL, p-value; sMR,  
 265 segmented magnetic resonance; V35 and V60, volumes receiving 35 Gy and 60 Gy.

266 Table 2 shows the  $\gamma$  index evaluation for the calculation points falling inside the PTV,  
 267 rectum, bladder and right and left femoral heads for the sMR plan using PB, CC and MC  
 268 algorithms. The results are shown as the percentage of calculation points resulting in  $\gamma \leq$   
 269 1. As mentioned before, there was a difference in the rectal volume between the pCT and  
 270 sMR. This difference resulted in 84%, 82% and 81% of the calculation points passed the  
 271 test, for the rectum region, when using PB, CC and MC algorithms, respectively. For the  
 272 left and right femoral head regions, almost all calculation points passed the 3%/3mm  
 273 criteria when using PB, CC and MC algorithms. This shows that the MLT algorithm  
 274 correctly replaced the voxel values with bone HU value, with an acceptable level of  
 275 accuracy.

276 Table 2: Summary of the gamma ( $\gamma$ ) index with fixed distance to agreement = 3 mm and dose  
 277 difference = 3% for the calculation points falling inside the PTV, rectum, bladder, right and left  
 278 femoral head. It shows the percentage of points resulting with  $\gamma \leq 1$ .

	<b>sMR</b>		
	<b>PB</b>	<b>CC</b>	<b>MC</b>
<b>PTV</b>	94.90	97.83	99.66
<b>Rectum</b>	84.05	81.92	81.44
<b>Bladder</b>	100	100	100

<b>Left femoral head</b>	100	100	99.87
<b>Right femoral head</b>	100	100	99.94

279 CC, collapsed cone; MC, Monte Carlo algorithm; PB, pencil beam; PTV, planning target volume;  
 280 sMR, segmented magnetic resonance.

281 Table 3 shows the dose, in Gy, of the pCT and sMR plans at the isocentre (the geometric  
 282 centre of the prostate PTV) using PB, CC and MC algorithms. The segmentation of MR  
 283 images using the MLT algorithm used in this study resulted in a dose difference of  $-0.3\%$ ,  
 284  $0.8\%$  and  $-1.3\%$  when using PB, CC and MC algorithms, respectively. This is expected as  
 285 that the PB algorithm in OMP calculates dose to water, whereas the CC algorithm  
 286 calculates dose to medium as does the MC algorithm (30). Therefore, the PB algorithm  
 287 would be less sensitive than CC and MC algorithms. However, this showed that sMR plan  
 288 resulted in differences of less than  $-2\%$  compared with the pCT plan when using all  
 289 algorithms, which is considered to be clinically acceptable. As a result, this segmentation  
 290 technique is applicable for MR images and can be used as a quick-decision making tool for  
 291 re-planning regarding on-treatment patient shape changes and whether a new CT is  
 292 required. The operator time associated with this technique would be greatly reduced  
 293 (approximately to 10-15 mins) with automation, which is currently being investigated.  
 294 Reduction of approximately  $95\%$  was achieved with an automated MLT algorithm that  
 295 developed for segmenting CBCT images (7). However, compared with the proposed  
 296 technique in this paper, acquiring a new CT is more time consuming, increase work load  
 297 on physicists, physicians, and radiographers, which can take up to a day in a busy  
 298 radiotherapy department, and more importantly additional dose is delivered to the patient.

299 Table 3: Dose comparison between pCT and sMR plans at the isocentre using PB, CC and MC  
 300 algorithms.

Scan	pCT			sMR		
	PB	CC	MC	PB	CC	MC
Dose at isocentre (Gy)	61.9	60.6	61.3	61.7	61.1	60.5

301 CC, collapsed cone; MC, Monte Carlo algorithm; PB, pencil beam; pCT, planning CT; sMR,  
 302 segmented magnetic resonance.

### 303 **4 Conclusion**

304 The segmentation and conversion of MR images into HUs/EDs data using the MLT  
 305 algorithm used in this study can be used for dose calculation. The MR images were  
 306 segmented into three materials mainly air, water and bone. The bone regions were  
 307 contoured to isolate bone tissue from the surrounding tissues before the segmentation  
 308 process. The segmented MR images provide accurate dose calculations with differences of  
 309 less than 2%. The simplicity of this method makes it easier to be implemented into the  
 310 clinic. Therefore, this method can be as a dosimetric assessment tool and can be of interest  
 311 to MRI-only based radiotherapy treatment planning and MR-based ART.

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