

**HERPES ZOSTER (HZ) TREATED WITH
RADIOTHERAPY(RT): RETROSPECTIVE STUDY
WITH LONG TERM FOLLOW UP**

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Objective:

Our goals were to determine the efficacy of radiotherapy to cure HZ and to reduce Postherpetic neuralgia PHN, identify risk predictors for the occurrence of PHN and the risk of tumor.

Material and Methods:

159 patients (pts) with HZ treated, between November 1975 – November 2003. Median age was 69 years. The treatment consisted in irradiation of the affected dorsal-root ganglion with a energy of 250 Kv. Between 1975-2000, the total dose was 1250-1500 cGy and the single dose 125 –150 cGy, and after 2000 respectively, 225-640 cGy and 30 cGy at 5-7 cm depth. Univariate, stratified, and multivariate analysis were implemented

Results:

For pts younger than 60 years, the risk of PHN three months after the end of RT was 21% After 6 months and more then one year they were respectively 18% and 14. In pts older than 60 years, the risks of PHN were 33% , 30%, 23 % after respectively 3 months, 6 months and more then one year. None of the pts less than 60 years for which RT was started in the acute phase develop PHN (100% pain relief). No tumor event was observed in relation to RT.

Conclusion:

RT is efficacious to reduce PHN. Age and delay from the acute phase of HZ, as well as start of RT more than 2 months are predictors of PHN