



February 13, 2025

February 3rd-7th was the [Kidney Cancer Awareness Week in UK](#). It's important to raise awareness about the risks, symptoms, and early detection of kidney cancer. This often-overlooked disease can show signs like blood in urine, persistent back pain, and unexplained weight loss. By educating ourselves and our networks, we can help improve early diagnosis, treatment outcomes, and support for those affected. Let's come together to spread knowledge, support research, and promote proactive health measures. Every conversation counts in the fight against kidney cancer.

February is also known as the [Oesophageal Cancer Awareness](#) Month. Let's come together to raise awareness about this often-misunderstood disease. Oesophageal cancer can be difficult to detect in its early stages, but understanding risk factors like smoking, obesity, and chronic acid reflux can lead to earlier diagnosis and improved outcomes. By sharing information and supporting ongoing research, we can help improve survival rates and provide hope for those affected. Let's continue to educate, advocate, and raise awareness in the fight against oesophageal cancer.



Cancer science news:

- "AI helps doctors detect more breast cancer in the largest real-world study. The results show AI could streamline the cancer screening process." [Read full article at Science News.](#)
- "Study establishes link between early side effects from prostate cancer radiation and long-term side effects. Men undergoing radiation therapy for prostate cancer who experience side effects early in treatment may face a higher risk of developing more serious long-term urinary and bowel health issues, according to a new study." [Read full article at Science Daily.](#)

Signed agreements for research and development:

- [Kaunas University of Technology Department of Physics](#)
- [Vilnius University Hospital Santaros Clinics branch National Cancer Centre](#)

Previous events

- *BrachyDOSE* has successfully attended [sTARUp Day 2025](#) in Tartu, Estonia. We won up to €50,000 in investment from the [Estonian Business Angels Network \(EstBAN\)](#) and an additional €3000 prize for [Sorainen](#) services.



Photo by sTARUp Day 2025 organizers



- On January 15th we celebrated 1 year [BrachyDOSE's anniversary](#).
- On February 6-7th the *BrachyDOSE* team has attended [TechChill Riga startups event](#) in Latvia.



Upcoming events

Our CEO Neringa will be attending [Tech Champ Hackathon](#) organized by Tech-Park Kaunas on March 14-15th.



Cancer treatment in Lithuania

MD Ms Erika Šuopytė – an innovative urologist with a positive mindset shares her thoughts on cancer treatment and the importance of technological development. Ms Šuopytė works in Telšiai regional hospital (Lithuania) since 2021.

1. What current trends in cancer treatment do you see in your work recently?

Based on my personal experience working in a secondary hospital, I've observed that we primarily manage prostate and bladder cancer cases late. With access to the latest diagnostic equipment, we can detect oncological diseases early and provide effective treatment. However, the key factor in patient's care is preventive health. Regular annual check-ups with a family doctor are essential for identifying any health changes early. If you notice even minor symptoms, it's crucial to inform your family doctor, who can refer you to a specialist as needed. Additionally, sticking to the prescribed treatment plan is vital. Even if you start feeling better, continue attending scheduled appointments, as the disease might progress, and future treatments could become more complicated. Maintaining a healthy lifestyle—through physical activity, balanced nutrition, avoiding harmful habits, and managing stress—is equally important.

2. What innovations you already have in your hospital and what you see coming soon for cancer treatment?

We are pleased that in Lithuania, we have the opportunity to utilize new technologies that enhance the diagnosis of oncological diseases. We incorporate a range of radiological tools, including ultrasound, CT, and MRI, as well as advanced image fusion systems. The latest PET/CT PSMA test for prostate cancer allows us to evaluate disease spread and recurrence more accurately, enabling us to

prescribe the most suitable treatment promptly, without the need for patients to travel abroad. When diagnosed correctly and in a timely manner, we have various treatment options available, which we select based on the tumor's location, risk of spread, the patient's overall health, and personal preferences. We increasingly consider not just the radical removal of cancer but also the patient's functional recovery post-treatment. Laparoscopic and robotic surgeries are becoming more common, alongside with various forms of ablation, radiotherapy, hormone therapy, chemotherapy, and combination therapies.

3. Can you share some advice in making healthier choices or undergoing preventive health checks?

While prostate cancer is the most commonly discussed urological oncological disease, it's important to remember that kidney, urinary tract, bladder, testicles, and penis cancers also exist. Men should regularly perform a thorough self-examination of their genital area, checking for skin changes, hard lumps, unusual secretions or bleeding. Both men and women should be vigilant about any changes in urination, the appearance of blood in urine, persistent pain or discomfort in the lower abdomen, sides, or bones, as well as unexplained weight loss. It is advisable to visit your family doctor regularly for urine tests, kidney function assessments and PSA tests for men. Men should begin prostate cancer screenings at age 50, or at 45 if there is a family history of the disease.

BrachyDOSE team



www.brachydose.net | info@brachydose.com | K. Baršausko g. 59-B507, Kaunas, Lithuania