



Mirjam Mast

RTT

Haaglanden Medical Center

Leidschendam, The Netherlands

ESTRO background

I first came across the ESTRO in 2004 in Amsterdam at the annual ESTRO congress and soon I became a member of the RTT committee. I made many friends at the committee and we carried out several projects together. In the RTT committee I carried out various tasks: I composed the ESTRO Newsletter and was part of the Scientific Advisory Group and the Scientific Programme Committee for several times, which I enjoyed very much.

Furthermore, I was an RTT member of the ESTRO ACROP guideline committee from 2013 until 2020. An actively driven group which strived to bring the quality of the radiotherapy community to a next level. Also, I was fortunate to work with the IAEA several times. The congress “Perspectives of Advanced Radiotherapy in Middle Income Countries” in 2018 which took place in Tehran, Iran has given me more insight in the difficulties these countries are facing.

From 2017 onwards I have been a member of the Editorial Board of the Journal of Technical Innovations & Patient Support in Radiation Oncology (TipsRO), which brings technology and patient care together in the field of radiation oncology. And finally, I worked on ESTRO ACROP guidelines together with a team of experts. These guidelines are of importance to further improve the radiation therapy treatment. Two of them are under review: “ESTRO-ACROP guideline: recommendations on implementation of breath-hold techniques in radiotherapy” and “ESTRO-ACROP radiation therapists (RTTs) immobilisation, positioning and set-up verification guideline for breast cancer irradiation”.

Experience

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| 2003 - present | Staff member Research & Development Department: radiation therapy. Haaglanden Medical Center, Leidschendam |
| 1994 – 2003 | Radiation Therapist (RTT) Centrale Bestralingsafdeling, The Hague |

Education and Qualifications

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| 2015 | PhD, Leiden University. Thesis: Avoiding the heart. About optimising whole breast irradiation. Promotor: Prof. dr. H. Struikmans |
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ESTRO

2006 – 2009	Postinitieel masteronderwijs epidemiologie, Institute for research in extramural medicine, EMGO instituut, VUMC, Amsterdam
2000 - 2003	Master of Science in Radiation-Oncology in Europe (Masters Course – Graduate School of Health, Haarlem, The Netherlands)
1990 - 1994	HBO-Medical Imaging and Radiation Techniques (Bachelor's Course – Hogeschool Haarlem, Haarlem, The Netherlands)

Publications

- Original peer-reviewed: 23.
- ESTRO guideline: Leech M, Coffey M, Mast M, Moura F, Osztavics A, Pasini D, Vaandering A. ESTRO ACROP guidelines for positioning, immobilisation and position verification of head and neck patients for radiation therapists. Technical Innovations & Patient Support in Radiation Oncology, Volume 1, March 2017, 1–7.
- ESTRO guidelines under review: “ESTRO-ACROP guideline: recommendations on implementation of breath-hold techniques in radiotherapy” and “ESTRO-ACROP radiation therapists (RTTs) immobilisation, positioning and set-up verification guideline for breast cancer irradiation”.
- Book: Froma A, Mast M, Welleweerd H, editors, Techniek in de radiotherapie, 3rd edition, Maarssen: Elsevier gezondheidszorg; 2020.

Personal

I was born in the Netherlands in 1970 in Haarlem, near Amsterdam. My roots are in Friesland in the north of the Netherlands and in Germany. In 2012 I married Jaap van Egmond, medical physics engineer Radiotherapy. I am grateful that my parents are still alive, 86 and 92 years old, and I spend a lot of time caring for them. I also like walks in nature, listening to the birds and trying to determine them. And I like spending time with friends, drinking coffee and having fun.

Election statement

High-quality radiotherapy is of great importance to our patients. Achieving this goal is a team effort. Furthermore, we must strive to further decrease side-effects. Besides being important for the patient's quality of life, limiting side-effects serves another purpose: reducing the pressure on healthcare. Finally, the radiotherapy departments must also reduce the pressure on the environment and see whether materials and resources can be re-used.

