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# Participation in the RadoNorm training course: “Radon therapy: theory and practice, benefits and health risks – RATH”

7–11 April 2025, Ludwig Maximilian University (LMU), Munich, Germany

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## 1. Background and Purpose

This course was directly relevant to the objectives of my activity within our environmental laboratory, which focuses on radon monitoring and evaluation of radon exposure.

## 2. Course Description and Content

The training covered theoretical foundations, current practices, and future challenges in radon therapy. The agenda combined lectures from international experts, site visits, and practical components. Below is a summary of the program:

### Day 1 – Munich:

Lectures on the history of radon therapy, biological effects of high-LET radiation, pre-clinical data, lung cancer risk, and dose calculations.

### Day 2 – Munich & Travel to Bad Gastein:

Sessions on radon dosimetry and spa centers, followed by travel to Bad Gastein.

### Day 3 – Bad Gastein:

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Site visit to the Radon Spa Gallery, medical check-up for participants, radon spring water sampling, and observation of therapy practices in the “Dunstbad”.

Day 4 – Erlangen:

Discussions on clinical applications of radon therapy and a guided visit to research laboratories.

Day 5 – Munich:

Practical session on sample measurement and final course summary.

### 3. Acquired knowledge

Participation in this course significantly enhanced my understanding of:

- Mechanisms underlying radon’s biological effects and therapeutic use.
- Risk-benefit analysis in the context of radon exposure.
- Experimental and clinical protocols used in radon therapy trials.
- Techniques for sample collection and environmental radon analysis.

These insights are directly applicable to my work objectives and will contribute to improving the quality of our analyses and results.

### 4. Outcomes and Future Directions

I established connections with researchers from LMU, BfS, and other institutions, paving the way for potential collaboration.

The knowledge gained will be integrated into our next studies, publications and procedures.

I plan to disseminate the course experience and content with my team and possibly in a seminar at our local radiation protection events.

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## Conclusion

I would like to thank the body for funding for making this participation possible. The course provided highly specialized knowledge that will support further advancements in my activity.

I attended the course as a representative of Dositracker SRL, where I am responsible for the quality assurance.

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