

QUESTIONS TO ASK YOUR HEALTHCARE TEAM



Radiation Therapy

- What type of radiation therapy am I receiving, and how does it work?
- What is the goal of this treatment and how long will it take?
- What side effects can we expect during treatment, and who should we contact if we are concerned?
- What are the possible long-term side-effects of having this treatment, and what can be done to relieve them?
- How will this treatment affect my daily life? Can I continue my usual activities during therapy?



Surgery

- What type of surgery do you recommend?
- What is the primary goal of the surgery?
- Are there specific steps to take to prepare for surgery?
- Should any medications or supplements be avoided before the surgery?
- How long will the surgery take?
- What is the average recovery time for this surgery, and what might recovery look like for me?
- What are the possible long-term side-effects of having this surgery, and what can be done to relieve them?
- What are the benefits of having my tumour tissue preserved for additional tests and / or clinical trials?
- Will I need to have any follow-up tests or treatments after my surgery?



Planning Follow-up Care

- What are the chances that the tumour will come back? Should we watch for specific signs or symptoms?
- What are the possible long-term side-effects or late effects are possible based on the treatment received?
- What follow-up tests will be required after treatment, and how often?
- Who will be leading follow-up care?
- How do we get a treatment summary and a survivorship care plan for our personal records?
- What survivorship support services are available to me?

QUESTIONS TO ASK YOUR HEALTHCARE TEAM

Having open communication with your health care team is important in making informed decisions. The following questions are meant to generate meaningful discussions, and some topics may not relate to your diagnosis. Feel free to bring this list of questions with you to your appointments, and include your own questions as well. Please keep in mind that one or more appointments may be necessary to thoroughly discuss the subject matter below



General Questions

- What is the name of the brain tumour I have been diagnosed with?
- What is the grade of the tumour? What does this mean?
- Can you explain my lab results in simple terms?
- Should we be concerned about any uncertainties with the tests/ diagnosis?
- Who will be part of my health care team? What does each member do?
- Where and how can I access a second opinion, if needed?
- Are there currently any clinical trials for this type of brain tumour?
- What are the next steps after this appointment?
- What support services are available to me and my family/friends/carers?
- If I have questions after I leave here, who can I call?



Treatment

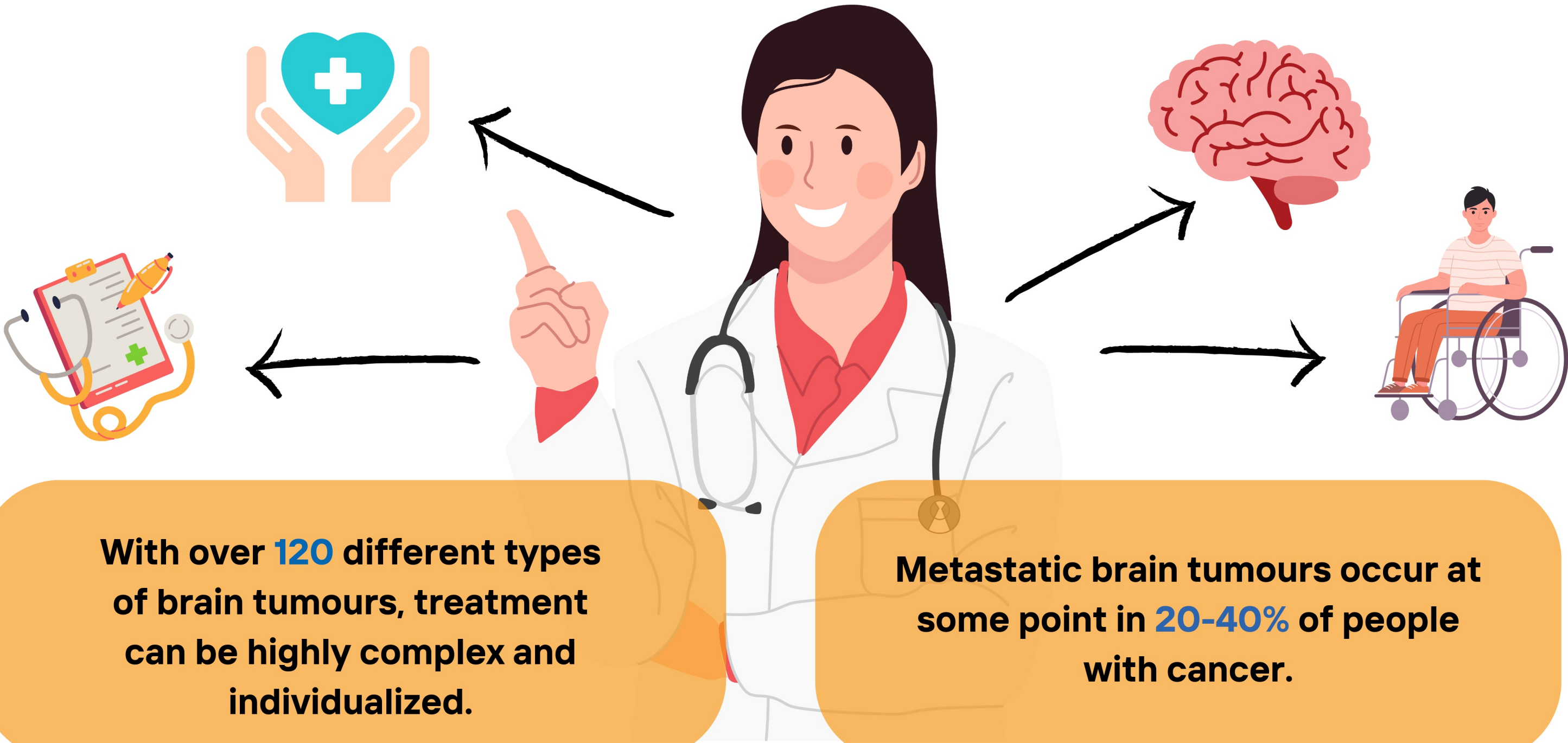
- How should I prepare for this financially
- What are my treatment options? What treatment plan would you recommend and why?
- What are the possible side-effects of each treatment option, both short-term and long-term?
- How could each of these treatment options impact my quality of life and daily activities?
- How long will treatment take to complete?
- How often will I have to come to hospital for treatment?



Facts About Brain Tumours

Understanding Brain Tumours

The brain, as part of the Central Nervous System (CNS), controls movement, thought, emotions, and essential body functions. Primary brain tumours start in the brain, while metastatic tumours spread from other parts of the body, both potentially disrupting CNS function and affecting various aspects of health and wellbeing



With over **120** different types of brain tumours, treatment can be highly complex and individualized.

Metastatic brain tumours occur at some point in **20-40%** of people with cancer.

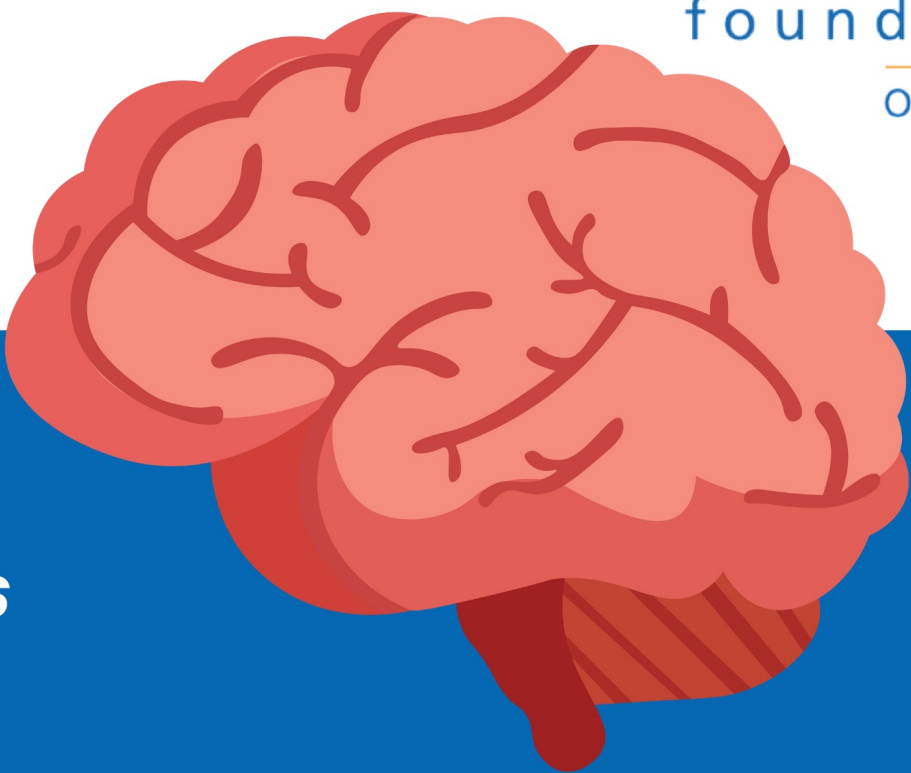
Brain cancers are the leading cause of death in children under the age of **20**.

Brain tumours can significantly impact a person's quality of life by affecting their thinking, physical abilities, behavior, and overall well-being.

With an **84%** survival rate, many children diagnosed with brain tumours now overcome the disease, but they often face long-term side effects that can impact their quality of life.

In May of 2019, the Brain Tumour Registry of Canada was launched in hopes of gathering more accurate data to help researchers understand the disease and improve treatments.

SIGNS AND SYMPTOMS IN ADULTS



Recognizing the most common signs and symptoms associated with brain tumours can help in early diagnosis and treatment.

Seizures



Weakness or paralysis

Morning nausea or vomiting



Visual disturbance (blurred or double vision)

Frequent headaches



Dizziness and unsteadiness, head tilt

Personality changes



Memory loss

Hearing impairment



The information provided in this resource is for educational purpose only.

If you or someone you care about is experiencing any of these symptoms, please consult your doctor.



For more information:
www.braintumour.ca | 1.800.265.5106



SIGNS AND SYMPTOMS IN CHILDREN AND INFANTS



Recognizing the most common signs and symptoms associated with brain tumours can help in early diagnosis and treatment.



Seizures



Weakness or paralysis



Morning nausea or vomiting



Frequent headaches



Visual disturbance
(blurred or double vision)



Personality changes



Dizziness or unsteadiness,
head tilt



Fatigue or lethargy



Excessive drinking and
urinating



Hearing impairment



Early puberty



FOR INFANTS



Loss of development
milestones



Increasing head
circumference

If your child or someone
you care about it
experiencing any of these
symptoms, please consult
your doctor.



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