

## Diagnosis brain tumour: 10 hints for patients

There are about 130 different kinds of tumours of the central nervous system listed under the term brain tumour, malignant as well as benign ones. Fighting those, several treatments, such as modern methods of surgery, chemo- and radiation therapy, immune- and antibody therapies are applied. Yet many brain tumours are still not curable.

Therefore it is particularly important to inform oneself thoroughly to become acquainted with therapeutic opportunities and available offers of assistance, such as to use them. Aiming to guide you in this situation, we hereby collected some advice as to how you can get a first orientation.

### 1. Inform yourself about the topic brain tumour!

The most crucial basis for being able to handle the situation, is to get comprehensive and currently relevant information. This will lead to an improvement of your therapy, help coping with the disease and coming to conclusions. Knowing your options will be a psychological relief and might thereby result in an enhancement of your chances of survival.

You can find a lot of information about this topic visiting the websites of the neurosurgical clinics, which you can find at [www.hirntumorhilfe.de](http://www.hirntumorhilfe.de), such as in our magazine *Brainstorm*, requestable online or dialling +49-341 590 93 96.

### 2. Include your relatives and friends!

You should try to talk about your disease, your feelings and fears, with relatives and friends. Their support can take a huge emotional burden off your shoulders. Guide your surrounding through first care measures, as for how to e.g. handle a possible epileptic seizure.

Bring your relatives to your doctor's appointments. Encourage a chosen person to participate in the medical dialogue and to ask questions, to stand by your side. As a lot of emotions might burst out during a doctor's visit, someone to lean on and an extra pair of ears could turn out to be precious.

### 3. Get yourself an expert!

Brain tumours are still rather uncommon and demand an individual treatment, such as a specialist being able

to give it to you. Ask your treating physician or one of our colleagues at the Brain Tumour Information Service for special clinics or experts treating neurooncological diseases interdisciplinary. You can reach our service by dialling +49-3437 702 702.

### 4. Ask for a second opinion, whenever you have doubts!

Whenever insecurities should come up, it is to be recommended to consider a second opinion from another physician. This could either confirm your existing diagnosis or give you a new perspective on other therapeutic opportunities. Ask your treating physician, where to get a second opinion or contact our Brain Tumour Information Service.

### 5. Be prepared at your doctor's appointments!

Prepare yourself for your next appointment delving into your disease. Take notes about questions coming into your mind that you want to ask to your physician. This way you might avoid forgetting about topics you were concerned about. Further it might be equally useful to take notes during the conversation with your doctor, to capture the most significant facts. Try to broach uncertainties immediately and ask for unfamiliar words, since your doctor is the most important contact person in this situation.

### 6. Get all the explanations you need!

Inquire yourself about the upcoming therapy and likewise about the reasons for choosing this exact treatment. Collect information about other opportunities and clinical trials. We are here to help you with that, too.

### 7. Compile yourself an own clinical record!

Get yourself all the copies of your examination results, physician letters and MRI pictures. You are legally entitled to own those and your treating physician is forced to give them to you upon request. Structure your own folder, where you can keep your medical records.

### 8. Consider getting psychooncological counselling!

You have the possibility of getting professional help as for your psychic concerns. Psychooncologists are

the specialists to go to for help or advice, who you can find in most of the hospitals and clinics or at external cancer counselling centres. In addition our Helpline is reachable at +49-3437 999 68 67 every Tuesday from 10am-15pm. Patients and their beloved can get professional support, as well as information concerning contact numbers to local patient groups and counselling centres.

### 9. Let someone help you with socio-legal problems!

Concerning topics such as a disabled person's pass, statutory sick pay, attendance allowance and finding a rehabilitation clinic, you should in the first instance contact social services at your treating hospital. They are prepared to give you counselling advice, as well as assisting you when having to fill in your first application forms. Whenever you are looking for more contact partners, our colleagues from the German Brain Tumour Association are ready to help you out.

### 10. Benefit from the opportunities for help and support!

You are not alone looking for information and the right contact person to help you with your problem. Besides the Brain Tumour Information Service the German Brain Tumour Association offers a variety of facts as to several topics on the internet. Our Online Forum is there to give you the opportunity of asking

your questions anonymously at any time and getting appropriate answers by other affected, as well as from our experts. Moreover German speakers may order our magazine "Brainstorm" for free, as well as visit our nationwide Brain Tumour Information Days, to get additional information on site. Benefit from the given opportunities and contact us – we are gladly answering to your further questions.

#### Brain Tumour Information Service

+49 3437.702 702

Monday – Friday, 10am - 4pm

#### Psychooncological Counselling

+49 3437.999 68 67

every Tuesday, 10am - 3pm

#### Brainstorm

+49 341.590 93 96

free order

#### Internet

[www.hirntumorhilfe.de](http://www.hirntumorhilfe.de)

#### Brain Tumour Forum

[forum.hirntumorhilfe.de](http://forum.hirntumorhilfe.de)

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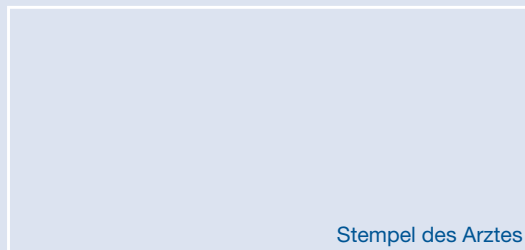
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