

Brain Tumour Diagnosis: Understanding the Journey and Treatment Options



My Brain Tumour - Brain Tumour Diagnosis

by Farhad B. Naini

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A brain tumour is a growth of abnormal cells in the brain. It can be a primary tumour, meaning it originated in the brain, or a secondary tumour, meaning it spread to the brain from another part of the body. Brain tumours can be benign (non-cancerous) or malignant (cancerous).

Brain tumours are the second leading cause of cancer death in people under the age of 40. They can occur at any age, but they are most common in adults between the ages of 40 and 60.



Symptoms

The symptoms of a brain tumour can vary depending on the size, location, and type of tumour. Some common symptoms include:

- * Headaches
- * Seizures
- * Nausea and vomiting
- * Vision problems
- * Speech problems
- * Weakness or numbness in the arms or legs
- * Balance problems
- * Memory problems
- * Mood changes

Diagnosis

If you are experiencing any of the symptoms of a brain tumour, it is important to see a doctor right away. The doctor will perform a physical examination and ask about your medical history. They may also order one or more of the following tests:

* **Magnetic resonance imaging (MRI):** This test uses magnets and radio waves to create detailed images of the brain. * **Computed tomography (CT) scan:** This test uses X-rays and computer technology to create detailed images of the brain. * **Positron emission tomography (PET) scan:** This test uses a radioactive tracer to highlight areas of increased activity in the brain. * **Biopsy:** This test involves removing a small sample of tissue from the brain for examination under a microscope.

Treatment Options

The treatment options for a brain tumour will depend on the size, location, and type of tumour. The main treatment options include:

* **Surgery:** Surgery is the most common treatment for brain tumours. The goal of surgery is to remove as much of the tumour as possible. *

Radiation therapy: Radiation therapy uses high-energy X-rays or other forms of radiation to kill tumour cells. * **Chemotherapy:** Chemotherapy uses drugs to kill tumour cells. * **Targeted therapy:** Targeted therapy uses drugs that target specific molecules that are involved in the growth of tumour cells. * **Immunotherapy:** Immunotherapy uses the body's own immune system to fight cancer.

Long-Term Care

After treatment for a brain tumour, you will need to follow up with your doctor regularly to monitor your progress and check for any signs of recurrence. You may also need to undergo rehabilitation to help you regain any function that was lost due to the tumour or its treatment.

Living with a brain tumour can be a challenging experience, but there are many resources available to help you and your family. There are support

groups, online communities, and organizations that can provide information, emotional support, and financial assistance.

Brain tumours are a serious medical condition, but they can be treated successfully. If you are experiencing any of the symptoms of a brain tumour, it is important to see a doctor right away. Early diagnosis and treatment can improve your chances of a successful outcome.

[1] American Brain Tumor Association. (2020). Brain tumor statistics. Retrieved from <https://www.abta.org/brain-tumor-statistics/> [2] National Cancer Institute. (2020). Brain and spinal cord tumors. Retrieved from <https://www.cancer.gov/types/brain> [3] Mayo Clinic. (2020). Brain tumor. Retrieved from <https://www.mayoclinic.org/diseases-conditions/brain-tumor/symptoms-causes/syc-20350080>



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