

Additional Resources

National Brain Tumor Society
www.braintumor.org

American Cancer Society
www.cancer.org

National Children's Cancer Society
www.children-cancer.org

National Cancer Institute
www.cancer.gov

American Brain Tumor Association
www.abta.org

UMDNJ Neurological Surgery
www.njneurosurgeons.com



NEUROLOGICAL INSTITUTE OF NEW JERSEY

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UMDNJ
Brain Tumor
Support Group



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What Is A Brain Tumor?

A brain tumor is a mass of cells that have grown and multiplied uncontrollably. Primary brain tumors can be benign or malignant.

Benign brain tumors do not contain cancer cells:

- Usually, benign tumors can be removed, and they seldom grow back.
- Benign brain tumors typically have an obvious border or edge.
- Cells from benign tumors rarely invade tissues around them. They don't spread to other parts of the body. However, benign tumors can press on sensitive areas of the brain and cause serious health problems.
- Benign brain tumors may become malignant.

Malignant brain tumors (also called **brain cancer**) contain cancer cells:

- Malignant brain tumors are generally more serious and often are a threat to life.
- They are likely to grow rapidly and crowd or invade the nearby healthy brain tissue.
- Cancer cells may break away from malignant brain tumors and spread to other parts of the brain or to the spinal cord.

Common Brain Tumor Symptoms

- Headache- most severe in the morning
- Seizures or Convulsions
- Unexplained Nausea or Vomiting
- Vision or Hearing Problems
- Weakness of the arms, legs or face muscles
- Strange sensations in your head or hands
- Behavioral or Cognitive problems
- Loss of Balance

Facts About Brain Tumors

- A tumor is classified as benign or malignant based on the behavior and characteristics of its cells. Classification is one major predictor of outcome.
- Over 44,500 people in the United States and 10,000 people in Canada are diagnosed with a primary tumor in the brain or spine each year. Approximately 20,500 Americans are diagnosed with primary malignant brain tumors each year. Another 24,500 Americans will be diagnosed with a primary "benign" brain tumor.
- There are more than 126 different types of primary brain tumors, which complicates the development of effective treatments.
- Metastatic brain tumors involve cancer that spreads to the brain from another part of the body, and are more common than primary brain tumors. All metastatic tumors are, by definition, malignant.
- The incidence of metastatic brain tumors is not fully documented, but it is estimated that at least 140,000 people are diagnosed every year.
- Metastatic brain tumors occur in roughly 25% of all cancers that metastasize.

References

- CBRUS (2005) Statistical Report: Primary Brain Tumors in the United States, 1998-2002. Published by the Central Brain Tumor Registry of the United States.
- SEER Cancer Stat Fact Sheets—Cancer of the Brain and Other Nervous System, 2007.
- National Cancer Institute. A Snapshot of Brain and Central Nervous System Cancers. Last updated September 2006
- Brain Tumor Registry of the United States.

Support Group Benefits

Learning you have a brain tumor can change your life and the lives of those close to you. These changes can be hard to handle. It's normal for you, your family, and your friends to need help coping with the feelings that such a diagnosis can bring.

Evidence has shown that participating in a support group can greatly benefit patients and families coping with a brain tumor. A group setting offers a ready-made support network and furthers the chances that others will have shared one's particular experience throughout treatment and recovery. In the group, patients, survivors and caregivers have a chance to tell their stories, from beginning to end, and hear their feelings and experiences validated and supported.

Please join us every 3rd Thursday of the month from 5:00pm-6:30pm in the Doctor Office Building, Suite 8100, 90 Bergen St; to ask questions, express feelings / concerns and discover you are not alone in the way you feel. Brain tumor survivors and caregivers both are encouraged to attend.
Light refreshments will be served and registration is required.

To register or for more information about the Brain Tumor Support Group Offered at UMDNJ Please Contact:

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