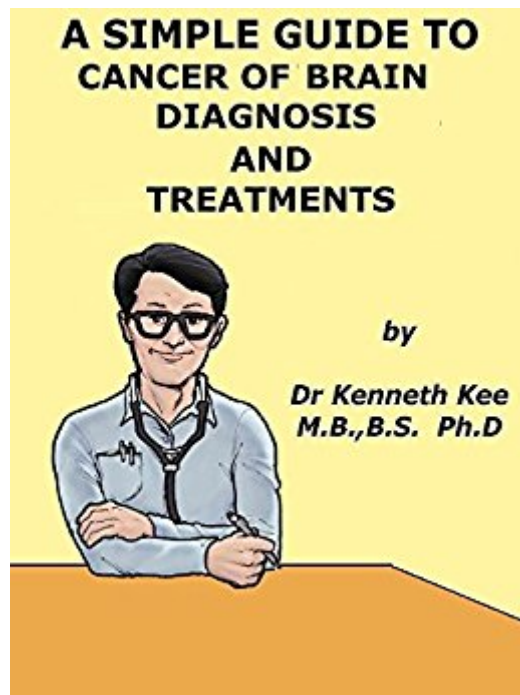




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A Simple Guide To Brain Cancer, Diagnosis And Treatment (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode to Brain Cancer
No one wants cancer or his body cell to become mutant
But when the body mutates and becomes malignant
There is nothing much that you can do about it
All you do is hope the cancer cells can be removed by surgery
The other treatments in the past are radiation or chemotherapy
Now there are stem cells, hormone treatment and immunotherapy
Targeted therapy is focused directly on a particular cluster of cancer cells
The exact location where the cancer cells dwell
Avoid smoking if possible; cigarette smoke has 40 types of carcinogens
Avoid alcohol which can cause cancer of mouth, esophagus and liver conditions
Avoid chemicals like asbestos, aflatoxins from nuts and silica
Avoid sun rays, radiation from phones, viral infections and trauma
-An original poem by Kenneth Kee
Interesting Tips about the Brain Cancer
A Healthy Lifestyle
1. Take a well Balanced Diet
2. As usual the treatment of cancer consists of Surgery, Radiation treatment and chemotherapy. The choice of treatment depends on the size, extent and the type of ovarian cancer and the general health of the patient. Goals of treatment may be to cure the cancer, relieve symptoms, and improve brain function or comfort.
Surgery: In small brain cancer without spread, surgical removal is the best option. Before surgery usually dexamethasone (a steroid) is given to reduce swelling in the brain. Most surgery is done under general anesthesia. Some are done with light sedation in order to map the brain cells. The brain cancers that are deep inside the brain or that enter brain tissue may be debulked instead of removal. Cancers may be difficult to remove completely by surgery alone. This is because the cancer spreads into the surrounding brain tissue. When the cancer cannot be removed, surgery may still reduce pressure and relieve symptoms.
Radiation treatment: Gamma knife brain surgery is done using high energy radiation beams directed at the cancer after determining its location on MRI.
Chemotherapy: Chemotherapy is by the use of potent drugs like Temodar or Avastin especially for primary cancer. Other medicines used to treat primary brain cancers in children may include:
a. Medicines to reduce brain swelling and pressure
b. Anticonvulsants to reduce seizures
c. Pain medicines
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol can affect the neurons and

brain cells.7. Stop or do not begin smoking.It also interferes with blood supply and healing. Chapter 1Brain CancerBrain cancer can be very devastating to the cancer patients. I have one patient who was put on dexamethasone to reduce cerebral edema (swelling in the brain) before and after surgery.She managed to live for 1 year before succumbing to the disease.Most Brain Cancer patients are seen in Hospital.Brain Cancer develops when the brain cells undergo abnormal changes to form cancer cells or from spread of cancer cells from other organs.Most Primary cancer of the brain begins as mutated primary brain cells.Secondary brain cancer is the most common cancer found in the brainCONTENTSIntroductionChapter 1 Brain CancerChapter 2

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