

Brain Tumor - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 06/2014

ON THIS PAGE: You will read about your medical care after treatment is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After treatment for a brain tumor ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your recovery for the coming months and years. Many brain tumors are very likely to recur, so you should be routinely monitored for new symptoms and with regular MRI scans. How often you schedule follow-up visits and have scans depends on the type of the tumor and other factors, so your health care team will talk with you about your exact schedule.

ASCO offers [treatment summary forms](#) [3] to help keep track of the treatment you received and develop a survivorship care plan once treatment is completed.

As described in previous sections, a brain tumor and its treatment can affect how your brain functions, as well as your overall well-being. For this reason, it is important for your health care team to evaluate your quality of life and your cognitive and functional abilities through specialized tests, typically given by a neuropsychologist. A neuropsychologist is a psychologist who has special training in the brain's capacity and behaviors. These evaluations could identify situations when specific rehabilitative therapies would be helpful, such as speech therapy, occupational therapy, counseling with a social worker, and/or medications that can help to reduce fatigue or enhance memory. Learn more about [rehabilitation](#) [4].

Whenever possible, participation in a [support group](#) [5] with other people diagnosed with brain tumors is highly encouraged.

People recovering from a brain tumor are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended health screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the [next steps to take in survivorship](#) [6], including making [positive lifestyle changes](#) [7].

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links:

- [1] <http://www.cancer.net/cancer-types/brain-tumor/after-treatment>
- [2] <http://www.cancer.net/about-us>
- [3] <http://www.cancer.net/node/25394>
- [4] <http://www.cancer.net/node/25397>
- [5] <http://www.cancer.net/node/25383>
- [6] <http://www.cancer.net/node/22>
- [7] <http://www.cancer.net/node/24583>