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Central Nervous System Tumors - Childhood - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 05/2014

ON THIS PAGE: You will read about your child's 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 CNS tumor ends, talk with your child's doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your child's recovery for the coming months and years. All children treated for a CNS tumor should have life-long, follow-up care.

Based on the type of treatment your child received, the doctor will determine what examinations and tests are needed to check for long-term side effects and the possibility of secondary tumors. For example, radiation therapy to the head and spine can cause cognitive (thought-process) and hormonal symptoms over time, although the severity can vary greatly depending on the dose given and the age of the child. Similarly, the risks and potential side effects of surgery vary widely, depending on the location of the tumor and how it grew. Likewise, the risks of chemotherapy and the likelihood of secondary tumors also strongly depend on the drugs and doses used. Your child's doctor can recommend the necessary screening tests. Follow-up care should also address your child's quality of life, including any developmental or emotional concerns.

The child's family is encouraged to organize and keep a record of the child's medical information. That way, as the child enters adulthood, he or she has a clear, written history of the diagnosis, the treatment given, and the doctor's recommendations about the schedule for follow-up care. The doctor's office can help you create this. This information will be valuable to doctors who care for your child during his or her lifetime. ASCO offers [treatment summary forms](#) [3] to help keep track of the treatment your child received and develop a survivorship care plan once treatment is completed.

Children who have had a CNS tumor can also enhance the quality of their future by following established guidelines for good health into and through adulthood, including not smoking,

maintaining a healthy weight, eating a balanced diet, and participating in regular physical activity. Talk with the doctor about developing a plan that is best for your child's needs. Learn more about the [next steps to take in survivorship](#) [4].

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/central-nervous-system-tumors-childhood/after-treatment>

[2] <http://www.cancer.net/about-us>

[3] <http://www.cancer.net/node/25394>

[4] <http://www.cancer.net/node/22>