

Meningioma - After Treatment [1]

This section has been reviewed and approved by the [Cancer.Net Editorial Board](#) [2], 04/2014

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 meningioma 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.

People treated for benign meningioma typically have yearly follow-up visits with a neurosurgeon or neuro-oncologist. Because meningioma may come back, people are routinely monitored for new symptoms with regular MRI scans as well as physical examinations. The frequency of the checkups and scans varies widely from patient to patient; your plan will be determined by your oncologist or neuro-oncologist. People with a more aggressive tumor may need checkups more often and ongoing medical care after recovery from surgery. If radiation therapy was given to the pituitary gland, evaluations of hormone levels may be needed. 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, meningioma and its treatments can affect the functioning of the brain as well as your daily well-being. For this reason, it is sometimes helpful for the health care team to monitor your quality of life and evaluate your cognitive (thought-process) abilities through specialized tests, often given by a neuropsychologist. A neuropsychologist is a psychologist who studies causes of brain disorders and specializes in diagnosing and treating these disorders using mostly a medical approach. These evaluations could identify certain problems that may benefit from specific therapies, such as [speech or occupational therapy](#) [4], counseling with a social worker, or prescription medications that can help to reduce fatigue or improve memory. Whenever possible, participation in a [support group](#) [5] with other people diagnosed with a CNS tumor is highly encouraged.

In addition, people with difficulties moving or performing daily physical functions, such as weakness or imbalance, may benefit by talking with a doctor who specializes in rehabilitation medicine, because the specialist may be able to recommend specific strategies for recovery. Learn more about [rehabilitation](#) [4].

People recovering from meningioma are encouraged to follow established guidelines for good

health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer 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/meningioma/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/30666>

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

[7] <http://www.cancer.net/node/24583>