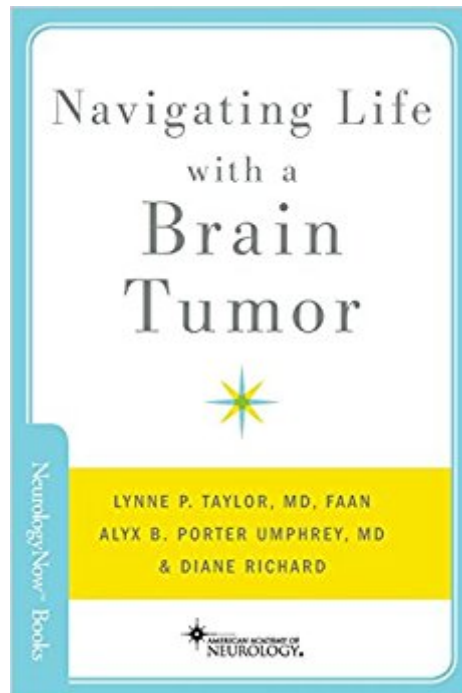




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# Navigating Life With A Brain Tumor (Neurology Now Books)



## Synopsis

Providing readily accessible information and real-world encouragement to people living with primary and metastatic brain tumors, this book discusses the basics of brain tumors, types of tumors, management of different tumors, related symptoms, treatments and side effects, the role of medical team members, and coping strategies from initial diagnosis throughout the course of the illness. At the same time, it also offers practical suggestions on symptom management and lifestyle modification, as well as real-life anecdotes and advice from both patients and family members and friends who are experiencing this diagnosis. Written by two experts working with a professional writer, as well as advice from other professionals, the book is crystal clear and easy to use. Balancing the uncertainties of prognosis with hope, *Navigating Life with a Brain Tumor* is an authoritative, realistic, yet compassionate guide to living with brain cancer.

## Book Information

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## Customer Reviews

"The legal advice dovetails perfectly with that of the medical specialists to make this an all-encompassing work. VERDICT According to the authors, knowledge is power, and information can be some comfort when everything is suddenly so unpredictable. This book would be an excellent companion to Virginia Stark-Vance's 100 Questions & Answers About Brain Tumors." -- Library Journal

Lynne P. Taylor, MD, FAAN, is Associate Professor (appointment pending), Hematology-Oncology and Neurology at Tufts Medical Center in Massachusetts. Dr. Taylor received her residency training in neurology at the University of Pennsylvania and fellowship training in neuro-oncology at Memorial Sloan-Kettering Cancer Center in New York. Alyx B. Porter Umphrey, MD, is the Director of Neuro-Oncology and is Assistant Professor of Medicine and Neurology at the Mayo Clinic in Arizona. She completed her residency and neuro-oncology fellowship at the Mayo Clinic in Rochester, Minnesota. Diane Richard is a Minneapolis-based reporter, radio producer, and writer. Her documentaries have aired on radio stations nationwide, and her writing has been published in magazines throughout the Twin Cities.

I have recently been diagnosed with a low grade brain tumor and I bought this book because it looked like it would help me cope and answer some questions...let me tell you.....DO NOT BUY THIS BOOK UNLESS YOU ARE COPING WITH A MALIGNANT, HIGH GRADE, DANGEROUS TUMOR and you KNOW your prognosis. This book is very much a book about coping with a LIFE THREATENING brain tumor. The book is informative about the different lobes of the brain and how brain tumors grow but the book may NOT cover YOUR SPECIFIC TUMOR ( mine wasn't discussed) and there are chapters about settling your estates and your Will.....so I found it incredibly morbid and a little scary for ME. They give treatment options and descriptions which I will bring to ask my oncology team....but they also mentioned life expectancies for the tumors discussed..... So it was a little scary to read while I'm coping with what I have....and trying to remember what my neurologists told me about my own situation.....it's written by neuro physicians so I trust the science included....but this book can be a little unhealthy to read if you are like me...and you are in the early stages of coping/prognosis when you are very vulnerable and desperately wanting answers.....I hope this helps other patients because I was feeling positive about my prognosis until reading this book...and then I took many steps backwards waking up with feeling of fear again...TRUST YOUR NEURO TEAM FOR ANSWERS ABOUT YOUR SPECIFIC TUMOR . BE PATIENT. BE PEACEFUL. BREATHE. LAUGH. SEE A FRIEND. YOU ARE NOT ALONE! GREY MATTERS!!!

Fantastic book for anyone dealing with brain tumors! We are so fortunate to have the author, Lynne Taylor, as our neuro oncologist, and this book has been the best form of schooling / therapy / information possible. If you find yourself in this hideous situation, please purchase this book, and you'll find an extremely readable wealth of information. Good luck to you!

Very helpful information in understanding my own brain tumor and navigating life with it! It's a comprehensive resource in three parts -- Part 1 "Where Do I Begin?" includes an Introduction section and chapters in understanding brain tumors, getting a diagnosis, getting help you need, understanding your prognosis, and understanding radiation therapy considerations. Part 2 "How Do I Deal With This?" includes information on Lifestyle Management, Symptom Management (The Big Picture), Caregiver care during your Treatment, future planning and managing personal affairs, trusts, power of attorneys, conservatorship, wills, etc. Part 3 "What Can I . . . Do About It?" covers issues related to different types of tumors, i.e., benign, primary, and metastatic brain tumors. Also included is a Glossary, a guide to drugs prescribed for brain tumors, and short bios of the various authors and contributors to the book. I so appreciate this book!

I suppose because my partner's case was a GBM there are more intricate issues that are not brought up in this book, but overall, it's like a dictionary of terminology for the most part. I would like to have seen the topic of the SHUNT in there, an explanation on how if at all, it effects the daily life of the patient. My partner's shunt surgery more than likely caused his meningitis, also a topic not brought up as a risk for someone who might have multiple surgeries. 37 days in the hospital, I saw 3 other shunt patients, so I know it's common enough to address. The book doesn't even define a shunt. Also, there isn't much to read about clinical trials. It's mentioned, but not really defined per tumor type. Lastly, cognitive changes is common, if not expected in every patient. How to understand and cope with those changes could be a great topic to address as well. Cognitive gets about a page in the book. Overall, it describes the types of cancer well (and is less scary than the online statistics), and radiation is clearly defined. Everything else is like a small blurb. It's worth the buy as a go-to guide, but don't expect to have all your answers here.

This book is comprehensive and easy to understand. It covers all the bases spanning the basics of the brain, diagnosis, radiation to symptom management. There is an exceptional section for the caregiver. It even covers: "how to get your affairs in order." I highly recommend it for anyone dealing with a brain tumor. I wish I had had a copy when I was first diagnosed.

Disclosure: I am a neuro-oncologist. I see patients with brain tumors every day and this is the book that I would have written. It explains many of the things I tell my patients on a daily basis: what is your diagnosis, what to consider when choosing treatment, when to get a second opinion, symptom management, caretaker, living will. It might not be the book for the advanced brain tumor patient, but

I highly recommend it to my patients.

I am still reading the book, but I purchased it when I saw that one of the authors is my current oncologist (who knew?). I like to read as much as I can about my condition and this book explains things in an easy to understand format.

I love it. For those of us who have been there; there is very little reading for what to expect after the surgery. I am a 20 plus survivor of an Acoustic Neuroma or Schwannoma Vestibular and after 20 years you find nothing at all. This is a must have and good source of those involved through different associations. Get it and be blessed with your health! Anthony Hopper

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