

# Benign Brain and Spine Tumors (Non-Cancerous Tumors)

This information will help prepare you and your caregiver for your treatment. The common types of non-cancerous tumors include:

- Meningioma
- Schwannomas
- Pituitary adenoma
- Glomus tumors
- Craniopharyngioma

## What is a Benign Brain Tumor?

A benign brain tumor is an abnormal mass of tissue in which cells multiply and grow. However, these are not considered cancer and are associated with excellent control rates and outcomes with modern radiation techniques.

## What to Expect

You will receive external beam radiation therapy, a noninvasive treatment.

## Side Effects

Some people will develop side effects that may occur following the start of radiation therapy. These may include:

- Fatigue, which is common during treatment
- Hair loss which may occur in the area being treated; when it grows back the texture or thickness might be slightly different
- Headaches and/or dizziness
- Changes in speech, memory, and/or thought-processing
- Inflammation of the ear canal with irritation or sense of stuffiness/fullness

- Altered sense of taste or smell
- Scalp irritation including redness, itching, or dry peeling of the skin

Please discuss problems or concerns about the side effects or any part of your treatment with your physician, nurse, or therapist while on treatment.

## Caution

- Report any skin changes to your physician, nurse, or therapist
- Heating pads and/or very hot water can cause pain or skin irritation to the treatment area
- Hot tubs or saunas are not encouraged while receiving radiation treatment
- **DO NOT** use products with alcohol, including alcohol pads, on your skin in the areas being treated
- **DO NOT** use makeups, perfumes, or powders in the area being treated

## Care

Bathe and shower using warm water and a mild unscented soap such as Dove<sup>®</sup>, Cetaphil<sup>®</sup>, or baby soap.

- **DO NOT** use a washcloth, scrubbing cloth, or brush when bathing
- Pat skin dry with a soft towel or allow to air dry
- **DO NOT** use moisturizers within 4 hours before your radiation treatment
- **DO NOT** dye your hair or use color treatment products (i.e. color treatment shampoos and conditioners)
- Avoid tanning or burning your skin during and after treatment
- Avoid extreme temperatures to the area being treated (hot tubs, heating pads, ice packs)
- A daily vitamin is OK during your treatment; **DO NOT** take other vitamins or any supplements, including both nutritional and herbal supplements, without talking to your physician

**Contact your medical team immediately for:**

- Altered mental status

- Change in speech
- Problems with balance
- Headaches that do not go away with Tylenol®
- Sudden weakness to the left or right side
- Blurry/double vision
- Numbness/tingling to extremities
- Persistent nausea and vomiting

## Contact Us

For any questions or concerns, please reach out to the radiation oncology clinic on MyChart or call **214-645-8525**.