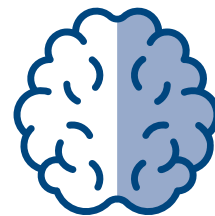


Brain Tumors – What's Next?

What are brain tumors?

Brain tumors occur when normal cells in the brain change into abnormal cells and grow out of control. There are different types of brain tumors. Some types grow very slowly. Others grow much faster.

As a brain tumor grows, it can spread into normal parts of the brain. It can also cause swelling in the brain. This swelling can cause symptoms. You may have experienced some before your brain surgery.



Brain tumors can start in the brain (primary) or in other parts of the body and progress to the brain (metastatic).

How are brain tumors generally treated?

Brain tumors are generally treated in more than one way at once. These can include

- **Surgery:** During surgery, doctors take out as much of the tumor as they can. This can help with symptoms and help people live longer. But surgery can hurt healthy areas of the brain. During surgery, doctors take out what they can without hurting healthy areas.
- **Radiation therapy:** Radiation uses intense beams of energy to kill cancer cells.
- **Chemotherapy:** Chemotherapy is the medical term for medicines that kill cancer cells or stop them from growing. Most people have chemotherapy at the same time as radiation. The chemo often continues 6-12 months after radiation ends.
- **Tumor Treating Fields:** This is another treatment option for some patients. The Tumor Treating Fields device goes directly on a shaved scalp. It gives off low-strength electric fields around the tumor to stop it from growing. You will not feel the electric fields. If you use this device, wear it for at least 18 hours a day for the best results.

After treatment, you will have regular checkups to see if the tumor comes back. This includes having imaging tests of the brain (usually MRIs).



Helpful Information

- **As soon as you know the date of your first radiation treatment, please contact us to let us know.** That way we can schedule follow up appointments and monitor your chemo regimen.
- The **MyOchsner app** allows you to easily see appointments, check lab results, and communicate with our office through messages. If you do not have a MyOchsner account, you can download the app from the App Store or Google Play, or ask your provider for help.
- We are always happy to set up a **virtual visit** if you must travel far for appointments or feel you need to see Dr. Goldin quickly.

We know this is a difficult process and we are here for whatever you need. If you feel you need clarification or are struggling with your diagnosis, contact us at 504-842-3980 or via MyOchsner.



Your treatment plan

Your provider will explain your treatment options. The typical treatment consists of two phases with a month-long break between. After your surgery, you will be scheduled to see both Neuro-Oncology (Dr. Goldin) and Radiation Oncology to begin your treatment.

Phase I – 6 Weeks			
Chemotherapy	By mouth – pill or pills	At bedtime, 7 days a week	At home
Radiation	At the tumor site	Monday – Friday	Ochsner (or local) facility
Lab Work *	Blood tests	Weekly	At lab
Clinic check with Dr. Goldin	Virtual or in-person (?)	3 weeks and 6 weeks	Clinic or at home
1-month break from treatment Near the end of this break, you will have an MRI to check on the progress of your treatment.			
Phase II – 6 Months			
Chemotherapy	By mouth	Every 28 days, for 5 days each round	At home
Lab work	Blood tests	Before each round of chemo	At lab
MRI		Every 2 months	At Imaging Center

* Lab tests help us monitor how well your body is responding to chemotherapy.



Do not start your chemo without the okay from Dr. Goldin. Contact your Radiation Oncology provider for dates and times of your radiation treatments.

Obtaining your Chemotherapy Medication

Dr. Goldin will order your chemotherapy medication electronically during your first appointment. This will automatically be sent to your insurance company for authorization. Specialty pharmacists here at Ochsner help with this process.

You do not have to contact your insurance company.

Insurance authorization can take up to a week. Once we get the authorization, a pharmacist may call you to discuss which pharmacy will handle your medication. Often, the pharmacy filling your chemo medication is not in Louisiana. That pharmacy will call you to discuss when and how you would like your medication delivered.

If more than a week passes after your appointment with Dr. Goldin and you have not heard from a pharmacist, please call us at 504-842-0682 or send a message via MyOchsner.

As soon as you receive your chemo at home, read the dosage instructions carefully. You might be taking more than 1 pill to achieve your prescribed dose.

- For example, if your prescribed dose is 120 mg, you may be taking a 100 mg pill and a 20 mg pill.

If you have questions about the dose of your chemo, call us at 504-842-0682.

When to Start Your Chemo

We recommend you take the first dose of chemo the night before starting radiation. It is also okay to take the first chemo pill(s) the same day you receive the first dose of radiation.

Refilling Your Chemo Prescription

When you receive your chemo, look at the bottle to see how many chemo pills you received. Some insurance companies will only allow one 30-day supply at a time.

- **If you only receive a 30-day supply, be sure to refill your chemo prescription ONE WEEK in advance.**
This way your treatment will not be interrupted. Interrupting your chemo schedule can make it less effective.
- Most pharmacies can ship the medication to arrive in 24 hours if absolutely necessary.

Treatment Plan Checklist

Once you have signed consent for treatment
<div><input type="checkbox"/> Are your radiation planning images scheduled? If not, was there a plan communicated to you to get these scheduled?<ul style="list-style-type: none">• If there is any confusion here, please contact the Radiation Oncology department.• Remember - it takes up to two weeks to plan your radiation treatment.</div>
One week after you have consented to treatment
<div><input type="checkbox"/> Have you received a phone call or MyOchsner patient portal message about obtaining your chemotherapy?<ul style="list-style-type: none">• If not, please contact our office to check in on the status and ensure there are no delays.</div>
Within a week of consenting to treatment
<div><input type="checkbox"/> Have you picked up your anti-nausea medication prescription (Zofran®)?</div> <div><input type="checkbox"/> Have you obtained both a stool softener and a laxative (Docusate and Miralax®)?</div>
Once you receive a treatment start date
<div><input type="checkbox"/> Do you have your chemo medication in hand?</div> <div><input type="checkbox"/> Do you understand how to take your chemo medication?<ul style="list-style-type: none">• If the answer is no to either of these questions, contact the Neuro-Oncology clinic right away.• Remember: you should start taking your chemotherapy medication the night before your first scheduled day of radiation.</div>
Once you begin treatment
<div><input type="checkbox"/> Has your halfway point visit with your neuro-oncologist been scheduled yet?<ul style="list-style-type: none">• If not or you are unsure, please contact the Neuro-Oncology clinic to schedule.</div>



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