



AWARENESS

WARNING SIGNS OF A BRAIN TUMOUR

Brain tumours come in all shapes and sizes, and so do their symptoms. In honour of World Brain Tumour Day on the 8th June, paying tribute to the individuals and their families who have experienced what it's like to have a brain tumour, or lose someone as a result, it's worth sparing a few moments to gain some insights, and help save lives.

Unlike tumours that may occur in other parts of your body, brain tumours have limited room for growth because of the skull, which can cause serious complications depending on their size, type, and location.

Medicine Net explains that symptoms usually become apparent when:

- a tumour "presses on a nerve or harms a part of the brain"
- a tumour "blocks the fluid that flows through and around the brain"
- or "when the brain swells because of the build-up of fluid."

Being aware of the possible symptoms of brain tumours can help you know when to seek professional help. According to Healthline and Cleveland Clinic medical experts;

Early warning signs of brain tumours include, but are not limited to:

Headache changes Many would assume that headaches are often an indicator of a brain tumour, but they are not usually one of the first symptoms. Do watch out for persistent head pain, which may be worse in the mornings.

Seizures Since brain tumours can push on nerve cells in the brain, they can interfere with electrical signals and result in a seizure, which is, in fact, one of the first signs of trouble.

Nausea and vomiting for no reason This may be due to hormonal imbalances. One might also experience weakness and fatigue. Some may also have trouble swallowing.

Personal or behavioural problems Frontal lobe tumours can cause happy, bubbly people to become more withdrawn. They can also cause a loss of inhibition, causing normally quiet people to become more talkative. Behaving in a clumsy manner is also common.

Vision changes and more Blurry vision, double vision, and loss of vision are all associated with tumours. There may also be changes in speech and hearing.

It's important to note that these symptoms are usually **not** due to a brain tumour and may be the result of many other health problems. Should you have one or more of these symptoms, it is important to go see a doctor so that problems can be diagnosed and treated early.