Benign Brain Tumors May Not Be So Benign

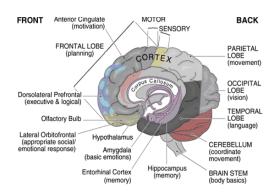
Benign brain tumors, although slowly growing and lacking the ability to spread to other parts of the body, do pose a real danger. The skull, unlike any other body cavity, does not have the ability to expand.

Therefore, when benign brain tumors and the swelling that they cause occupy some of the space in the skull, the brain, cerebellum, brainstem, cranial nerves, or vascular structures are compressed, causing debilitating symptoms. Removing benign brain lesions can also prove to be difficult since these tumors are invariably surrounded by vital, sensitive structures.

"Benign" brain tumors can be devastating when these structures are injured, leaving people with chronic problems such as headaches, dizziness, visual disturbances, weakness, and paralysis. Although benign brain tumors do not metastasize, they can be very "malignant" when these side effects occur.

Even so, with current technological and therapeutic advances, benign brain tumor treatments are becoming safer and more effective, offering much hope to patients. Accepted standard treatments for brain tumors include surgery, radiosurgery, radiation, and chemotherapy.

~Shabbar F. Danish, MD Director Stereotactic and Functional Neurosurgery Assistant Professor Robert Wood Johnson Medical School, New Brunswick, NJ



Adapted from www.BrainWaves.com Copyright Allen D. Bragdon, 2009





Three Survivors , L-R Maggie,Pam & IJB Founder Beth Rosenthal in Middle

Quotes from Members of It's Just Benign®

"Surviving a brain tumor, surgery, complications and navigating the recovery journey has been incredibly isolating. I have lost many friends and a sense of myself. When I discovered *It's Just Benign®*, I felt like I could breathe again. I am connecting with others who understand this experience in a way that no one else could."

..... Amanda

"It's Just Benign® has been a source of relief, comfort and most of all support. The other survivors on IJB understand my brain tumor struggles with everyday life and all the medical issues that come with it."

....Rhonda

"As a partner of a benign brain tumor patient the site helped by giving me an avenue to talk to people who know exactly how we feel and understand the physical effects of a benign tumor...During his illness we felt no one really understood or educated themselves about his illness and were very blasé in asking how he was... It's Just Benign® has made us feel like we do have a right to be devastated at this illness despite being told how lucky we are by those who don't understand."

.....Ali

I've never felt that I've ever fit in anywhere since my diagnosis. Even some of my friends & family need reminders that I'm limited with certain activities. It's very difficult feeling like explanations are always needed. I get asked questions or comments about my weak left hand, my hearing, etc. and there are no limits to who will ask. Many times they are by strangers I see in passing. *It's Just Benign*®, is a place to feel normal, where the "outcast" label does not exist

.....Beth



About the Founder of It's Just Benign®

In 1985, when only eleven years old, Beth F. Rosenthal -- a previously healthy and energetic little girl -- was diagnosed with a brain tumor. Although the tumor was "benign", it had to be removed because its location in the brain stem could impair many bodily functions eventually leading to death. Treatment included two craniotomies followed by several weeks of radiation therapy.

While these procedures saved Beth's life, they resulted in many permanent side-effects which began to manifest themselves during her teenage years: weakness on the left side of the body, problems with balance and walking, loss of hearing in the left ear, excruciating facial pain called trigeminal neuralgia, as well as anxiety, depression, and a sense of loss of her "normal life". In spite of these difficulties, Beth managed to graduate from high school and college. However, she felt that few people actually understood how this benign brain tumor, its diagnosis and treatment, had changed her life.

Since most support groups focused on individuals with malignant brain tumors, in 2008, Beth started *It's Just Benign*[®]. This social network allows benign brain tumor survivors and their loved ones to "connect" with each other and to address their specific concerns through the website www.ItsJustBenign.org.

With over 1000 members in countries around the world, *It's Just Benign*® helps its members live with uncertainty, not only in terms of their health and future prognosis, but also their ability to work, socialize, and deal with medical as well as emotional issues.



It's Just Benign® is Helping ...

- * Members Cope with Fear
- * Members Alleviate the Feeling of Isolation
- * Members Understand Medical Treatments
- Members Find Treatment and Medications
- * Members with Questions About Benign Brain Tumors
- * Members Connect Online and in Person
- ***** Educate Society and Develop Community Support

Ways to support It's Just Benign®



1. Purchase tee shirts. – Shirts are made from 100% cotton. Please purchase online at www.ItsJustBenign.org



2. Become a Sponsor – you or your company can sponsor pages on **www.ItsJustBenign.org**. You are supporting a good cause and your donation are tax deductible.



- 3. Become a donor. No amount is too small! You can make a donation through PayPal or send a check made out to *It's Just Benign*[®]. Mail checks to 195 Central Ave. P.O. Box 4254 Metuchen, NJ 08840 9997. There is a special section on www.ItsJustBenign.org which lists the names of donors.
- 4. You can also support *It's Just Benign*® by advertising your business on our website.

For more information please read the "How You Can Help" tab on the **www.ItsJustBenign.org** or contact Beth F. Rosenthal at 732-743-5122 or via email at **Info@ItsJustBenign.org**.

Thank you for your Support!

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It's Just Benign®, Inc.

It's Just Benign®

A 501(c)(3) nonprofit organization Connecting Benign Brain Tumor Survivors Everywhere



To provide information, support, and a means of communication for those diagnosed with benign brain tumors.

It's Just Benign®, Inc. 732-743-5122 www.ItsJustBenign.org

