

## Living with Fatigue– Help for people diagnosed with or had treatment of an Acoustic Neuroma Brain Tumour

An Acoustic Neuroma is a rare brain tumour that grows on the balance nerve behind the inner ear where there are many delicate connections between varying parts of the brain and body, the brainstem. AN's grow on the nerve which helps to control hearing and balance and close to the facial nerve. Depending on the size of the neuroma it may cause pressure on these nerves and potentially the brainstem itself and can disrupt certain functions and information travelling between various parts of the brain and body. Radiotherapy or surgery may also disrupt connections depending on how tricky it has been to remove the tumour.

There can be a number of reasons why fatigue may occur this can be the extra mental and physical effort you may need to make to compensate for the symptoms you may experience. Examples of this may be struggling to hear, poor balance, difficulty with vision or speech due to facial palsy or finding it harder to concentrate and think things through. It may also be the emotional effort of coming to terms with the diagnosis and the implications on your everyday life. It is also important to remember that activities that rely on certain functions may have been affected and will drain you more quickly and symptoms such as tinnitus, dizziness, vertigo and headaches will have an emotional impact that may well contribute to fatigue.

There are a number of ways that may assist you in managing your fatigue:

**Pacing** is commonly recommended for people experiencing fatigue this includes having regular breaks, planning your time, prioritising and working within your available resources. Knowing what activities trigger fatigue helps pacing.

**Energy conservation techniques** ways to get around some of the practical consequences of the AN, such as using a diary, smartphone calendar or notebook, to help slow down the drain on your 'energy battery'.

**Recharging the battery** take a short nap (not after 4pm as this will disrupt the sleep-wake cycle), relaxation exercises, Mindfulness techniques, listening to music, going for a walk, changing from a physical to a mental activity, or vice versa.

**Leading a healthy lifestyle** establish a regular sleep-wake routine, eat a healthy balanced diet -that includes slow release carbohydrates and regular meals - hydrating throughout the day and taking small amounts of regular exercise (seek medical advice if you are uncertain what you are able to do).

Other medical conditions or any medication you are taking could be contributing factor to your fatigue so it is important to rule this out by speaking to your doctor.

Although not medically trained we are happy to answer any questions for you, please contact us at [admin@bana-uk.com](mailto:admin@bana-uk.com) or telephone on 01246 550011 we are available Monday to Friday 10am -3pm

***NOTE: This Help Sheet is for information only and should not be a substitute for medical advice. Please seek assistance from you medical support team to understand and manage your fatigue.***