



Living Well North Tyneside

Supporting Health and Wellbeing

Brain Tumour Awareness Month takes place every **March** to raise awareness, support research, and improve outcomes for individuals diagnosed with brain tumours. In the UK, over **12,000** people are diagnosed with a primary brain tumour each year, and brain tumours remain the biggest cancer killer of children and adults under 40.

This awareness month is a time to educate, fundraise, and advocate for better treatments and earlier diagnoses.

Understanding Brain Tumours

What is a Brain Tumour?

A brain tumour is a mass or growth of abnormal cells in or around the brain. Tumours can be:

- **Benign (non-cancerous)** – Slow-growing, but can still cause health issues due to pressure on the brain.
- **Malignant (cancerous)** – Aggressive and more likely to spread, requiring urgent treatment.

Common Types of Brain Tumours

There are over 130 types of brain tumours, with some of the most common including:

- **Glioblastoma** – A highly aggressive brain cancer.
- **Meningioma** – A tumour that develops in the membranes surrounding the brain and spinal cord.
- **Medulloblastoma** – A fast-growing tumour, more common in children.
- **Acoustic neuroma** – A benign tumour affecting the nerve responsible for hearing and balance.

Signs & Symptoms of a Brain Tumour

Brain tumours can present a wide range of symptoms, often mistaken for other conditions. Some of the most common include:

- Persistent headaches – Often worse in the morning or when coughing/sneezing.
- Seizures or convulsions – A sudden onset of seizures could be an early sign.
- Vision problems – Blurred vision, double vision, or loss of peripheral sight.
- Nausea and vomiting – Especially when unexplained or persistent.
- Balance and coordination issues – Difficulty walking or unsteadiness.
- Speech or memory problems – Trouble finding words or difficulty concentrating.
- Extreme fatigue – Constant tiredness even after rest.

If you or someone you know is experiencing these symptoms, it's essential to seek medical advice as soon as possible. Early diagnosis can improve treatment options and outcomes.

Why Brain Tumour Awareness Month Matters

1. Brain tumours receive less than 3% of cancer research funding in the UK. Increased awareness can push for more research into better treatments and a potential cure.
2. Early detection saves lives. Recognising symptoms and seeking medical attention quickly can improve survival rates.
3. Support for patients and families. A brain tumour diagnosis affects not just the patient but their entire support network. Raising awareness helps build stronger community support.

How to Get Involved

1. Wear a Hat for Brain Tumour Awareness

Every March, people across the UK take part in "Wear A Hat Day", a fun event to raise awareness and funds for

Brain Tumour Research. Whether it's a silly hat, a fancy hat, or a homemade creation, it's an easy way to show support.

2. Fundraise or Donate

Support organisations working towards better treatment and patient care. You can:

- Organise a charity walk, bake sale, or quiz night.
- Take part in a sponsored run or cycle event.
- Donate directly to brain tumour charities.

3. Share Information on Social Media

Help spread awareness by sharing facts, personal stories, and support resources online. Use hashtags like **#BrainTumourAwarenessMonth #WearAHatDay #BrainTumourResearch**.

4. Support Local and National Organisations

There are many organisations offering vital support, research, and advocacy:

Brain Tumour Research – Funds vital research and campaigns for increased government funding.

The Brain Tumour Charity – Offers support services for patients and families.

Brainstrust – Provides personalised support for brain tumour patients.

Support in North Tyneside

If you or a loved one has been affected by a brain tumour, here are local resources that may help:

North Tyneside Macmillan Centre – Cancer support services and information.

Maggie's Newcastle – Provides practical and emotional support for people with cancer.

Newcastle Hospitals Neuro-oncology Service – Specialist brain tumour treatment in the North East.

North Tyneside Carers' Centre – Offers support for carers of those with serious health conditions.

Final Thoughts

Brain Tumour Awareness Month is a reminder of the urgent need for research, better treatments, and improved support for those affected by brain tumours. By learning, sharing, and supporting, we can help make a difference in the lives of those fighting this disease.

Knowledge is power. Awareness brings change. Together, we can take action.

Related Links

- [Brain Tumour Research](#)
- [The Brain Tumour Charity](#)
- [Brainstrust](#)
- [North Tyneside Macmillan Centre](#)
- [Maggie's Newcastle](#)
- [Newcastle Hospitals Neuro-oncology Service](#)
- [North Tyneside Carers' Centre](#)



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