

Learn about brain tumours

A brain tumour is an abnormal growth of cells within the brain or spine.



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Cancerous or non-cancerous?

- Tumours can be benign (non-cancerous) or malignant (cancerous).
- One-third of brain tumours are cancerous.
- Impact varies by type, location & size.



Ways to reduce the risk of brain tumour

- **Limit radiation:** Avoid unnecessary exposure to radiation.
- **Healthy diet:** Eat fruits, vegetables, and whole grains; avoid processed foods and red meat.
- **Exercise regularly:** Stay active and maintain a healthy weight.
- **Avoid carcinogens:** Minimize exposure to tobacco smoke and harmful chemicals.

Types of brain tumours

- **Meningiomas:** Most common primary brain tumour. Typically benign, affects women more.
- **Gliomas:** Most common malignant brain tumour in adults.
- **Metastatic/secondary:** Spread to the brain from cancers elsewhere; commonly from lung, breast, and skin cancers.

Symptoms of brain tumour

- Weakness or numbness in parts of the body
- Balance or coordination difficulties
- Changes in personality or behavior
- Memory issues or cognitive decline
- Vision or hearing problems
- Persistent headaches
- Nausea and vomiting
- Seizures



An **employee wellbeing program** doesn't have to be a brain teaser



Counsellors



Doctors



Dietitians



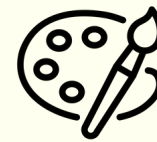
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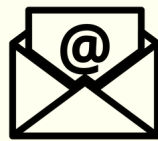
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