Take Control: Maintain a Healthy Lifestyle

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• I have clinical trial support from the Women’s Board of Northwestern Medicine.
Taking Control

- You can take control by taking care of yourself and maintaining a healthy lifestyle:
  - Eat well
  - Exercise
  - Sleep well
  - Maintain a healthy mindset
  - Sleep well
  - Seek support
  - Be an active partner in your care
  - Put technology to work for you
Eat Well

• Eat a balanced diet- eat 3-6 meals/day; 5 servings of fruits, vegetables a day; substitute plant-based protein for meat once a week

• Limit high fat foods, preservatives, processed foods

• Maintain a healthy weight

• Quit smoking and avoid other unhealthy habits
Exercise

- Aerobic exercise
- Strength training
- Consult a physical therapist or personal trainer
- Keep physically active
- Avoid resting and conserve energy when needed
- Try to work through fatigue
Maintain a Healthy Mindset

- Work on creating your new normal
- Keep mentally active- video games, crossword puzzles, read
- Incorporate relaxation or meditation technique into your life
- Limit negative thinking
- Exercise
- Identify and minimize stressors in your life
- Put your best coping mechanisms to work
- Consult a counselor if needed
Sleep Well

- Develop sleep rituals
- Get up and go to bed the same time every day
- Avoid exercise, caffeine, nicotine and alcohol at least 4 hours before bed
- Have a light snack before bed
- If you can’t fall asleep within 20 minutes, get up
- Get treatment for your sleep apnea
- Use sleeping medication only when necessary
Seek Support

• Identify and use your “true” supporters
• Seek support from family and friends
• Engage in support groups
• Identify and use other resources
  • Online resources
  • Wellness Centers
  • Resources through care centers
  • Resources through insurance
  • Resources through work
Be An Active Partner in Your Care

- Seek out information
- Ask questions, take notes
- Consider second opinions
Put Technology to Work for You

- Brain tumor support apps
- Electronic tracking of medications, treatments, care plans
- Use electronic reminders
What have you found to be most helpful in your experience of living with a brain tumor?

What is the most important suggestion you have to offer someone who is newly diagnosed with a brain tumor?

What new development would you like to see that would help you live better with your brain tumor?
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