

**HEAD
SMART**

EARLY
DIAGNOSIS
OF BRAIN
TUMOURS

HEADSMART SYMPTOMS DIARY

✓✓ BABIES ✓✓ CHILDREN ✓✓ TEENS

headsmart.org.uk

HeadSmart is a campaign, raising awareness of the common signs and symptoms of brain tumours in children and teens to help make sure they are diagnosed as quickly as possible.

Brain tumours are relatively rare, but early diagnosis can save lives, which is why keeping track of any potential symptoms can help to make the most out of a doctor's appointment and may lead to a quicker referral or better reassurance.

You can use the diary at your appointment to describe the symptoms and explain your concerns. If you have already talked to a doctor and the symptoms have not subsided, make another appointment and take the diary with you, you may also want to take a copy of the HeadSmart symptoms card.

This diary can be used by:

- ✓✓ Parents/carers who are concerned about their child's symptoms
- ✓✓ Teenagers who may be worried about their own symptoms.

How to use the diary:

If you're worried about any symptoms you or your child (if you're 12-18) are experiencing, monitor them daily using the diary and record them over at least a two week period. Tick the boxes on the days/times symptoms occur.

You can also use the notes section at the bottom of each page to highlight anything else you notice that might be of concern, or might help in the discussion with your GP.

Don't worry - these symptoms can be caused by any number of things, but this diary will help you be aware of what is happening and when.

Symptoms vary in young people but they include:



Persistent/recurrent headache *



Persistent/recurrent vomiting



Balance/co-ordination/walking problems



Abnormal eye movements *



Blurred or double vision/loss of vision *



Behaviour change, particularly lethargy



Fits or seizures



Delayed or arrested puberty



Abnormal head position such as wry neck, head tilt or stiff neck *



Increasing head circumference (crossing centiles)

One symptom

Arrange an appointment with your GP as soon as possible.

Starred symptoms (*)

Arrange an appointment with your Optician and GP as soon as possible.

Two or more symptoms

Request an immediate consultant referral from your GP as soon as possible.

Any child or teenager with symptoms that are unusual for him or her, or are persistent or unexplained, should be seen by a GP. If you are worried, make an appointment with your doctor.

Please remember any child or teenager needing urgent medical help should be taken to the nearest emergency department or dial 999.

If you would like to talk to someone about brain tumours, please contact the Information and Support Line at The Brain Tumour Charity on: Freephone - 0808 800 0004 or email - support@thebraintumourcharity.org

HEADSMART SYMPTOMS DIARY

Week commencing / /



Persistent/recurrent headache



Persistent/recurrent vomiting



Balance/co-ordination/walking problems



Abnormal eye movements



Blurred or double vision/loss of vision



Behaviour change



Fits or seizures



Abnormal head position, such as wry neck, head tilt or stiff neck



Increasing head circumference (cross centiles)



Delayed or arrested puberty

Monday AM PM	Tuesday AM PM	Wednesday AM PM	Thursday AM PM	Friday AM PM	Saturday AM PM	Sunday AM PM

Notes >

HEADSMART SYMPTOMS DIARY

Week commencing / /

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Notes 