



PATIENT EDUCATION

Memory and focus during brain radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What you may feel

Brain radiation, the tumor itself, steroids, sleep loss, and stress can all slow thinking. You might lose a word, reread a page, or feel “a step behind.” This is common enough that we plan for it. It does not mean you are failing or that nothing will improve.

What you may notice

- Slower recall of names or appointments
- Headache, fatigue, or mood change in the same week
- Steroid energy by day and poor sleep by night
- Family noticing change before you do — that is useful information, not a betrayal

Simple supports that help

One notebook or phone list for medicines and questions. A pill box. A regular sleep and meal time. Short walks if safe. Do one task at a time. Ask a trusted person to come to visits. Write our answers down before you leave.

Where CureRays may fit. A mask holds the head still so the beam matches the plan. Tell us if the mask causes panic or pain — we can add time, padding, or a practice run. Confirm steroid tapers; do not stop them suddenly. This handout is education, not a cognitive test result.

What treatment usually involves

- A custom mask and daily images for accuracy
- Hair thinning in the field (see the hair-loss handout)
- Weekly checks of headache, nausea, steroids, and mood



Practical tips

- **Driving.** Ask when it is safe. Do not drive if seizures, double vision, or sedation are issues.
- **Work and bills.** A short-term helper for deadlines reduces errors.
- **Screens.** Breaks help more than pushing through fog.
- **Kids.** A simple script ("the doctors are treating the area that was making Dad tired") is enough.

When to call the clinic

- Worst headache, sudden weakness, seizure, or a big personality change
- Fever while on steroids
- Vomiting that prevents pills
- You or your family worry you are not safe alone

Questions to ask

- How much thinking change is typical for my dose and field?
- What is my steroid schedule, and how do we taper?
- When may I drive or return to detailed work?
- Would rehab, counseling, or a neuro-oncology visit help?

How to schedule or learn more

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