

A Worksheet for Thinking Through a Treatment Decision

THE ACOUSTIC NEUROMA (VESTIBULAR SCHWANNOMA) HANDBOOK

This worksheet will not make the decision for you, and it is not a substitute for the conversations with your clinical team. It is a way of laying out what you are actually deciding between, so that fear and fact are not tangled together. Work through it slowly, and return to it after your appointments.

■ What is certain in my situation?

Write down only what your team has told you is established: the size and grade of the tumour, whether it has grown, the current state of your hearing and balance.

■ What is uncertain?

Write down what is not yet known: whether the tumour will grow, how your hearing will change, how you would recover from each option.

■ What do I fear most?

Name the specific fears rather than a general dread. Fear of surgery, fear of facial weakness, fear of waiting, fear of the scan. Naming them lets you check each against what your team has actually said.

Treatment Decision Worksheet (continued)

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■ What does each option trade?

For each of surveillance, surgery, and radiation, write what it offers and what it costs. No option is only benefit or only cost.

	What it offers	What it costs
Surveillance		
Surgery		
Radiation		

■ What would change the picture?

Note what future finding would move you towards a different decision. This turns an open-ended worry into a defined trigger, which is easier to live with.

■ What matters most to me?

Hearing, avoiding surgery, ending the uncertainty, protecting a particular activity or responsibility. The clinical evidence cannot weigh these for you. This is the part of the decision that is yours.
