

Caring! Sharing! Supporting!

## LOCAL CHAPTER SUPPORT GROUPS

Chapters of ANAC are active in several cities across Canada. They are led by Chapter Leaders who offer support and the opportunity for patients to communicate and network with others. For information on the Chapter nearest you, contact the National Office, by calling 1-800-561-2622 or emailing [info@anac.ca](mailto:info@anac.ca).

## WEBSITE ([www.anac.ca](http://www.anac.ca))

The ANAC website gives access to a Message Board and broadens the information and networking opportunities available to AN patients.

## MESSAGE BOARD

Visit [www.anac.ca](http://www.anac.ca) to register on our Message Board. Share your experiences and gain information from AN peers.



Acoustic Neuroma  
Association  
of Canada

## National Office

## Contact Information

Telephone: 1-800-561-2622

Email: [info@anac.ca](mailto:info@anac.ca)

Website: [www.anac.ca](http://www.anac.ca)

Caring! Sharing! Supporting!

## MEMBERSHIP

Your membership is integral to the support and growth of ANAC. Members have voting privileges, participate in the decision making of the organization and receive three issues per year of our newsletter, "The Connection". Membership is available to AN people, their families, friends, medical professionals and other interested individuals.

## SHARING PROGRAMME .....YOU ARE NOT ALONE!

AN survivors who are registered on our data base registry have agreed to share their personal experience with others for support and information purposes. This programme has been invaluable to help support people and offer this organization the opportunity to assist them. **Peer Database Registry** is by choice and each person's AN experience is unique and important. By registering you can be part of the future of ANAC, together, we can help the lives of future AN people.

## NEWSLETTER: "The Connection"

ANAC is committed to keeping members informed with professionally authored medical information and self-help aids, personal accounts from AN patients and Chapter Support group updates. "The Connection" is included with regular membership.

## Membership and how you can Pay it Forward!

... Caring!

### REGULAR MEMBERSHIP

ANAC is a patient-led volunteer organization. The services provided continue because of the many dedicated volunteers across the country.

... Sharing!

### MEMBERSHIP REGISTRY

As a newly diagnosed AN patient you may have already been the recipient of our "sharing program". You can pay it forward by registering on our database which contains names and medical history of Canadian AN patients. You can be a part of the database and/or you may choose to share your experience by networking with other newly diagnosed patients who are making very important decisions on their treatment options.

... Supporting!

### ANAC RELIES ON THE GENEROUS SUPPORT OF MEMBERS AND SURVIVORS, CORPORATIONS, ORGANIZATIONS, EMPLOYEE GROUPS & CAMPAIGN DRIVES. YOU CAN HELP BY:

- BECOMING A MEMBER
- GENERAL DONATION - a single gift designated to the area of your choice
- PLANNED GIFT - make monthly payments or designate the Acoustic Neuroma Association of Canada as a beneficiary of your estate
- IN HONOUR OR IN-MEMORY - a one time gift in your loved one's name
- COMMUNITY EVENT - Run an event in your community and have the proceeds go to ANAC



Acoustic Neuroma  
Association  
of Canada

Proudly offering information and support for over 25 years to Acoustic Neuroma (Vestibular Schwannoma) patients.

Caring!

Sharing!

Supporting!

PATIENTS · FAMILY MEMBERS · FRIENDS



HEALTH CARE PROFESSIONALS

[www.anac.ca](http://www.anac.ca)

... Patient Founded ... Patient Funded  
... Patient Focused

## ANAC History

The Acoustic Neuroma Association of Canada (ANAC) was founded in 1983 when Virginia Garossino, Velma Campbell and Linda Gray met for the first time. The three Edmonton ladies discovered there was no support or information system in place for AN patients and decided to establish a charitable organization to meet those needs and to allow others across Canada to share experiences and information. The National Office resided in Edmonton, Alberta until October, 2007 then relocated to Peterborough, Ontario. During the first 25 years ANAC has grown into a patient-led organization of several hundred members with local ANAC Support Chapters active in several cities across Canada. By visiting our informational website at [www.anac.ca](http://www.anac.ca) you may also register on our Message Board to

### ***What are ANAC's Purposes?***

1. To provide support and information to individuals who have experienced acoustic neuromas or other tumours affecting the cranial nerves.
2. To furnish information in the treatment of benign tumours and the alleviation of post-surgical problems.
3. To promote and support research on the cause, development and treatment of acoustic neuromas and other benign cranial tumours
4. To educate the public regarding symptoms suggestive of acoustic neuromas, thus promoting early diagnosis and consequent successful treatment.



Acoustic Neuroma  
Association  
of Canada

### **Acoustic Neuroma**

Acoustic Neuroma (sometimes termed a vestibular schwannoma or neurolemmoma) is a benign (non-cancerous) tissue growth that arises on the eighth cranial nerve leading from the brain to the inner ear. This nerve has two distinct parts, one part associated with transmitting sound and the other with sending balance information to the brain from the inner ear.

### **Treatment options for acoustic neuroma are:**

- Observation - Watch and Wait
- Microsurgery
- Radiosurgery



***“ANAC recommends treatment from a medical team with substantial acoustic neuroma experience.”***

## ANAC's Patient Resource Handbook includes

### **ACOUSTIC NEUROMA - BASIC OVERVIEW**

General information on acoustic neuroma, including treatment options and common symptoms.

### **DIAGNOSIS: ACOUSTIC NEUROMA - WHAT NEXT?**

An in-depth description of acoustic neuroma treatments, including questions to ask of the treating physicians and what patients may expect as a result of the treatment option they choose.

### **A GLIMPSE OF THE BRAIN**

A thorough explanation of where acoustic neuromas grow and how they affect the cranial nerves.

**MANAGEMENT AND REHABILITATION RESOURCE BOOKLETS FOLLOWING THE TREATMENT OF ACOUSTIC NEUROMA are available in electronic format. To obtain a copy please contact the National Office.**

## ANAC Patient Information E-booklets

### **EYECARE:**

Details on caring for eye problems caused by facial weakness following acoustic neuroma treatment; includes information on corrective procedures and patient managed eye care.

### **HEADACHE:**

Information on the nature, causes of and therapy for headaches following treatment for acoustic neuroma.

### **HEARING LOSS:**

The degree of hearing loss from an acoustic neuroma varies among patients. This booklet will detail rehabilitation through the use of hearing aids and/or assisted hearing devices.

### **IMPROVING BALANCE:**

Explains the balance system and causes of balance disturbance and offers exercises with easy-to-follow instructions that patients can use to improve balance function.

### **THE FACIAL NERVE:**

Tips and information for patients who have facial weakness or paralysis after treatment for acoustic neuroma. Includes an explanation of the facial grading system and some exercises that can be performed at home to improve facial tone.