

Acoustic Neuroma Patients Need a Multidisciplinary Care Team

After an acoustic neuroma diagnosis, you're faced with complex decisions about treatment options. But you don't have to make those decisions on your own—a multidisciplinary care team can evaluate your whole health and work with you to develop a plan based on your needs and goals.

At Cedars-Sinai's Acoustic Neuroma and Lateral Skull Base Tumor Program, top surgeons work alongside specialized clinicians to guide you through diagnosis and treatment and get you back to your life.

Here, program co-directors Mia Miller, M.D., an otologist/neurotologist, and neurosurgeon John Yu, M.D., share three reasons why receiving care from a multidisciplinary team of acoustic neuroma experts is crucial to long-term recovery.

Decision-Making Guidance

At Cedars-Sinai, acoustic neuroma experts jointly evaluate your health, the tumor, and how to address it—whether with observation, radiosurgery or microsurgery. A facial nerve specialist, a vestibular therapist, a physical therapist, and audiologists work alongside surgeons to determine how the tumor disrupts your hearing and balance, and what the likelihood is of preserving your remaining hearing and facial function.

“There can often be a gray area as to which path is best,” says Dr. Yu. “Our multidisciplinary team can work together to make a recommendation, and walk patients through that.”

If you're experiencing dizziness, the team's vestibular specialist, Edward Cho, M.D., can analyze whether the tumor is the cause, so you can be assured that the treatment you get is effective.

If you opt to monitor the tumor with an MRI scan every six months, you can



always reevaluate with the help of your clinicians.

“Our teams help patients make decisions based on risks and benefits,” says Dr. Miller, “but ultimately you choose which approach to take.”

A knowledgeable facial plastic surgery team is also part of the group, helping patients with any temporary facial weakness or rare permanent facial weakness.

The Support of a Patient Navigator

At Cedars-Sinai, patients are also paired with patient navigator, Maria Bihis, who serves as a partner to guide you through diagnosis, treatment, and recovery.

A patient navigator helps you get comfortable with your options so you can ease into a well-considered course of action. Patient navigators can arrange your appointments to fit your schedule and ensure you get the care you need as quickly as possible.

Patient navigators can also put you in touch with other acoustic neuroma patients who can offer you support and connection through sharing their treatment experiences.

Access to Research

At academic institutions such as Cedars-Sinai, multidisciplinary teams also include researchers seeking to improve care for acoustic neuroma patients. For example, in a current clinical trial, Yu uses a substance derived from scorpion venom to “light up” a tumor, which may help the surgery team perform a safer and more precise resection to avoid disrupting healthy nerve tissue.

Miller and Yu also are studying whether acoustic neuroma can be treated with targeted immunotherapy. Additional studies seek to better understand the way acoustic neuromas grow by analyzing stem cells that propagate tumors. ♥

To set up a consultation with an acoustic neuroma expert at Cedars-Sinai, call us at 424-314-0628 or email us acousticneuroma@cshs.org. You can also visit [Cedars-Sinai.org/SecondOpinion](https://www.cedars-sinai.org/SecondOpinion) to schedule a virtual second opinion with an acoustic neuroma expert.

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