Managing Cancer-Related Pain

Both cancer itself and cancer treatments may cause pain, but cancer pain can be managed successfully. Many very effective methods are available to help control pain. When pain is treated early, it is more easily managed. Pain can worsen the longer you wait before addressing the problem and could take longer for you to feel relief. So it is very important to regularly monitor your pain. Care considerations include:

- **See a pain specialist.** Doctors specializing in pain management understand the various ways that cancer causes pain and are able to determine the most appropriate treatment for your pain.

- **Update your team.** You are the only person who really knows what your pain feels like. Talking about your pain with your care team will help them help you feel better. If your pain is getting worse, do not hesitate to call your clinician right away.

- **Keep your own records.** Bring your records with you to every appointment. Note the location of your pain and what offers the most relief. To avoid any potential drug interactions, keep track of your prescriptions and share the information with all members of your care team.

- **Understand medication side effects.** Discuss side effects with your doctor so you know what to expect.

- **Consider integrative therapies.** We offer many integrative therapies at the Center through our integrative therapy department, such as exercise, yoga, massage, acupuncture and Reiki. Please call (781) 624-4786 for more information.

- **Assistive devices may be helpful.** Assistive devices are available to reduce the risk of falls, enhance balance and lessen pain. Consult your care team about the assistive devices that may be appropriate for you.

Pain medication should not be avoided because of any unwarranted fears you may have about drug dependency. If you have concerns about such issues, please talk with your doctor about the differences between addiction, physical dependence and tolerance to pain medication.

*NOTE: This information is not intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider prior to making decisions about your treatment.*