Many people experience pain as a result of their cancer or from cancer treatment. Physical or emotional pain can almost always be relieved. If you are experiencing pain, talk with your healthcare provider about available relief options.

**How can I describe my pain to my healthcare provider?**

Below are some common terms associated with the pain experienced from cancer or its treatment:

- Burning
- Throbbing
- Stabbing
- Aching
- Radiating
- Stiffness
- Cramping

**How Can I Make Each Day Better?**

www.NHCancerPlan.org | info@NHCancerPlan.org
Talk with your cancer treatment team to develop an individualized plan for preventing or managing your pain.

Below is a list of options that may be effective in relieving cancer pain. Empower yourself by locating these options in your community.

- Acupuncture
- Aromatherapy
- Art therapy
- Counseling
- Exercise Plan
- Imagery/Hypnosis
- Interventional Radiology
- Journaling/Expressive Writing
- Massage
- Meditation/Mindfulness
- Music Therapy
- Pain Clinic
- Palliative Care
- Pharmaceuticals
- Psychiatry
- Radiation Oncology
- Rehabilitation (PT/OT/Speech)
- Reiki
- Relaxation Techniques
- Psychosocial Support
- Spiritual Care
- Support Groups
- Surgery
- Yoga

For help in identifying resources available in your community, speak to your treatment team:

- Oncology Social Worker
- Patient Navigator
- Palliative Care Provider
- Rehabilitation Team

Let your provider know what you discover!

Additional Resources

- New Hampshire Hospice & Palliative Care
  www.nhhpc.org
- American Cancer Society
  www.cancer.org
- National Cancer Institute
  www.cancer.gov
- National Comprehensive Cancer Network
  www.nccn.org
- Oncology Nursing Society
  www.ons.org