



# Cancer Pain

Cancer-related pain cannot always be relieved entirely, but a comprehensive approach can reduce symptoms and improve everyday comfort for most people.

# We understand your pain

Not everyone with cancer will experience pain, but many do, particularly in cases where the cancer has spread or recurred. Cancer pain can significantly impact your quality of life, affecting your physical functioning, sleep, mood, and overall well-being.

At Nura, we diagnose and treat the physical side of cancer pain using a combination of physical therapy, behavioral health support, and precise, minimally invasive procedures.



## **WHAT IS CANCER PAIN?**

Cancer pain is one of the most common and distressing symptoms associated with the disease. The nature and intensity of cancer pain can vary widely depending on factors such as the type and stage of cancer, the individual's pain tolerance, and overall health. Cancer pain may be constant or intermittent, localized or widespread, and can range from mild to severe. It can also present as a dull ache, sharp or stabbing sensation, or a burning or throbbing pain.

## **WHAT CAUSES CANCER PAIN?**

Cancer pain can be caused by various factors, including the tumor itself, its growth or invasion into nearby tissues or organs, or the side effects of cancer treatments such as surgery, radiation therapy, chemotherapy, or immunotherapy.

## **COMMON PAIN PROBLEMS WITH CANCER AND TREATMENT**



**Peripheral neuropathy**

**Post-radiation nerve pain**

**Nerve pain from spinal metastasis**

**Bone and joint pain**

**Spinal pain from vertebral fractures**

**Abdominal and pelvic pain from abdominal cancers**

**Persistent pain after cancer surgery**

WHEN EVERY MOMENT COUNTS

#### END-OF-LIFE CARE

Managing end-of-life care for individuals with cancer involves providing comprehensive support and addressing their physical, emotional, and spiritual needs. The primary goals are to ensure comfort, maintain dignity, and enhance the quality of life during this challenging time.

It is important to note that end-of-life care is highly individualized, and should be tailored to the specific needs, wishes, and goals of you and your family. Collaborating with an interdisciplinary healthcare team and considering the unique circumstances of each individual can help provide effective and compassionate care.

Our team considers end-of-life cancer care a top priority and will schedule a consultation the same day or the next day to address your or your loved one's pain needs as quickly as possible.



#### HOW CAN NURA HELP?

Managing cancer pain requires a comprehensive, multidisciplinary approach to address your needs and preferences. Because pain can interfere with the effectiveness of your treatment plan, always tell your care team if you are feeling severe, unusual, or persistent pain.

#### OUR COMPREHENSIVE APPROACH TO PAIN MANAGEMENT

##### MEDICATION MANAGEMENT

In many cases, cancer pain can be adequately managed with standard pain medications, which may include opioids. However, side effects — including nausea, fatigue, mental fogginess, and the inability to think clearly — may limit the effectiveness of pain medication for some people.

##### IMPLANTABLE PAIN CONTROL SYSTEMS

When pain persists despite conservative treatment, we use advanced neuromodulation techniques, like neurostimulation and targeted drug delivery. These implantable pain control options may serve as alternatives to higher doses of pain medications.



##### INTERVENTIONAL PROCEDURES

Our pain specialists are experts at targeting specific nerves or nerve clusters to block the transmission of pain signals. The following procedures can relieve certain types of cancer pain: peripheral nerve blocks, celiac plexus blocks, lumbar sympathetic blocks, and hypogastric plexus blocks.

##### PHYSICAL THERAPY

Physical therapy tools such as soft tissue or joint mobilization, therapeutic exercises, and modalities (e.g., heat or cold therapy) can directly target pain, promote strength, and provide relief.

##### BEHAVIORAL HEALTH

Since people with cancer often experience emotional suffering as they battle the disease, we have specialized psychologists on staff to help with the emotional toll a cancer diagnosis can take.

*Nura is recognized as a national center of excellence for implantable pain control.*

To schedule an appointment with one of our pain management experts, please call 763-537-6000.

**763-537-6000**  
*nuraclinics.com*

**Edina Clinic**  
7400 France Avenue South  
Edina, MN 55435

**Edina Pump Services Division**  
7390 France Avenue South  
Edina, MN 55435

**Coon Rapids Clinic**  
2104 Northdale Boulevard NW, Suite 220  
Minneapolis, MN 55433

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