

Pain is a common side effect of cancer treatment, including chemotherapy and radiation, but it is highly treatable. Most people with cancer pain can achieve significant relief using a combination of approaches tailored to their needs⁴⁵.

Common strategies for managing cancer treatment pain include:

- **Medications:**

- Over-the-counter pain relievers (such as acetaminophen or ibuprofen) are often used for mild pain¹⁵⁶.
- Opioids (such as morphine or oxycodone) may be prescribed for moderate to severe pain. These are safe when used as directed for cancer pain and are not associated with addiction in this context¹⁵⁶.
- Adjuvant medications (such as antidepressants or anticonvulsants) can help with nerve pain, which is common after some chemotherapy drugs⁶.

- **Integrative therapies:**

- Techniques such as relaxation, meditation, acupuncture, massage, and movement therapies (like yoga or tai chi) can help reduce pain and improve well-being¹²⁵.

- **Medical procedures:**

- In cases where pain is difficult to control, options like nerve blocks, targeted radiation, or surgical interventions may be considered³⁶.

- **Comprehensive pain plans:**

- Pain management should be individualized, considering the type, location, and severity of your pain, as well as how it affects your daily life⁵⁸.

Key points:

- **Report any pain to your oncology team promptly.** Uncontrolled pain can affect your quality of life and may signal a need to adjust your treatment plan⁴⁸.
- **Most cancer pain can be controlled.** About 90% of patients find relief with the right combination of therapies⁴.

- **Don't hesitate to use prescribed pain medications.** Concerns about addiction or side effects are understandable, but effective pain control is essential for your recovery and quality of life⁵⁶.

If your pain is not well controlled, ask your care team about seeing a pain specialist or palliative care provider. They can help you find the best combination of treatments for your situation³⁴⁷.

1. <https://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-pain/art-20045118>
2. <https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/pain-management/treating-pain>
3. <https://www.cancer.gov/about-cancer/treatment/side-effects/pain/pain-pdq>
4. <https://www.mdanderson.org/patients-family/diagnosis-treatment/emotional-physical-effects/cancer-pain-management.html>
5. <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cancer-pain-management>
6. <https://PMC5980731/>
7. <https://my.clevelandclinic.org/health/symptoms/17316-pain-management--cancer-care>
8. <https://www.cancer.org/cancer/managing-cancer/side-effects/pain/cancer-pain/developing-a-pain-control-plan.html>