

**SAY NO TO PAIN**

Talk to your  
oncologist!



**Angelini**  
Pharma



# What is cancer pain and how common is it?

Cancer pain takes many forms. It can be dull, achy, sharp, or burning. It can be constant, intermittent, mild, moderate, or severe.<sup>1</sup>

Pain is common for cancer patients: an estimated 90% of patients with cancer experience at least moderate pain at some point in their illness.<sup>2,3</sup>

At the earlier stages of the disease, about 30% of patients who have undergone curative treatment experience pain.<sup>2</sup>

This percentage can rise to more than 60% in patients with advanced, metastatic, or terminal disease.<sup>2</sup>

## What causes cancer pain?

Cancer pain can be due to the cancer itself, the cancer treatment, or a combination of both, and the severity of the pain is not necessarily related to the growth of the tumor, since a very small tumor pressing on a nerve can be extremely painful, while a very large tumor somewhere else might not cause any pain at all.<sup>2</sup>

## Are there solutions for cancer pain?

Patients do not have to tolerate pain: this is not part of therapy, and there are solutions.<sup>2</sup>

Most cancer pain is manageable, and controlling your pain is an essential part of your treatment.<sup>1</sup>

A number of treatments are available for cancer pain. Your options may depend on what's causing your cancer pain and the intensity of the pain you're feeling. You may need a combination of pain treatments to find the most relief.<sup>1</sup>

Whichever type of pain you experience, your doctor or nurse will begin treatment with the most suitable pain relief medication for the specific intensity of your pain.<sup>2</sup>

# Why and how should you talk to your doctor/nurses about your pain?

Pain management in cancer care could be improved through better physician-patient communication.<sup>3</sup>

## **TALK:**

If you talk more openly about this issue, physicians might gain a better understanding of how to provide more personalized care focused on your unique pain control needs.<sup>3</sup>

It is very important that you tell your doctor or nurse all about the pain you are experiencing, including any new pain arising from new or unknown locations.<sup>2</sup>

Try to provide a detailed description about the sensation you are feeling, using word such as “stabbing”, “burning”, “shooting” or “shock-like” to describe your pain.<sup>2</sup>

## **ASK:**

Clinicians give more information and are more supportive when you ask questions, express concerns, state your preferences, and make requests.<sup>3</sup>

Doctors will be happy to answer any question patients might have about their pain treatment and management.<sup>2</sup>

Four simple questions may be helpful for you to manage your pain:<sup>2</sup>

1. What is the cause of my pain?
2. What pain relief options do I have?
3. What are the possible advantages and disadvantages of these options?
4. How likely am I to experience these advantages and disadvantages?

**It is important to understand that cancer pain can be effectively managed; multiple treatments are available, and patients should not have to tolerate pain.<sup>2</sup>**

Patients do not have to tolerate pain: this is not part of therapy, and there are solutions to manage it.<sup>2</sup>



#### References

1. Mayo Clinic. Cancer pain: Relief is possible. Available at: <https://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-pain/art-20045118#:~:text=Cancer%20pain%20takes%20many%20forms,situated%20and%20your%20pain%20tolerance.>
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