



New Hampshire
C O M P R E H E N S I V E
C A N C E R
C O L L A B O R A T I O N

Together-Eliminating Cancer

What if I Have Pain?

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