



## Pain & Cancer Survivorship

### Screening Questions:

1. Are you having any pain?
2. How would you rate your pain on a scale of 0 (none) to 10 (extreme) over the past month?

### There are many types of pain, including:

- Neuropathic (resulting from injury to the nervous system)
- Chronic post-operative syndromes
- Myalgias (muscle pain)/Arthralgias (joint pain)
- Myofascial (muscle pain due to inflammation in the body's soft tissues)
- Gastrointestinal
- Urinary
- Pelvic
- Lymphedema (localized fluid retention and tissue swelling)
- Post-radiation

### As part of your treatment plan, it may be suggested that you try:

- ❖ Physical Therapy
- ❖ Medications, such as
  - Medication to treat neuropathic pain
  - Anti-inflammatory medication
  - Pain medication
- ❖ Myofascial release/Massage
- ❖ Nerve blocks

