



## **Pain**

Pain is an actual or perceived unpleasant sensory or emotional experience. Pain is always subjective and unique to the person experiencing it. Cancer pain varies in onset, duration, and intensity. Pain can be exhausting and can cause depression, fatigue, and anxiety.

### **Suggestion to help with pain:**

- Take pain medications as prescribed
- **Take prescribed pain medication at onset of pain – don't wait!!**
- Use distraction, meditation techniques and music therapy. For further information, ask your nurses.
- Use warm or cold compresses to the painful area.
- Change position and use assistive devices such as pillows or rolled towels for support or cushioning.
- Massage

### **Notify your physician:**

- If your pain is unrelieved by your prescribed pain medications.
- If the nature or intensity of your pain changes.
- If you are experiencing unpleasant side effect from the pain medications.