

Do you have new bone pain or bone pain that interrupts your day?

Your pain may be due to age, arthritis, previous injuries, but can also be caused by your cancer treatment. Certain breast and prostate cancer treatments can be related to pain and aches in your bones.

You may experience pain and stiffness in different bones or parts of your body. This discomfort can be mild and may go away by itself. Moderate pain may be relieved with over the counter pain medication. This type of pain can also be severe. There are treatments and medications to help you manage the pain and discomfort no matter the level.

Your care team can help you figure out what is best to ease this discomfort.

Content adapted from websites below.

Keeping and sharing a pain diary:

Writing down dates of when your pain started, where it is, and how often you feel it, will help you and your care team understand your pain better and help determine the cause of your pain.

Talk to your care team:

- if your pain is keeping you from doing what you would normally.
- if your bone pain started since being treated for cancer, especially if interrupting your normal day to day activity. If you are having bone, joint or muscle pain and it is due to a specific treatment, your team may be able to switch to another treatment. Helping to ease the pain and stiffness related to hormone therapies can help you continue your cancer treatment that is best for you.
- before starting any new exercise routine
- before starting any new medications or supplements to discuss possible side effects.
- if you are having any side effects, questions or concerns.

What you can do yourself for bone pain:

- **Hot or cold packs, or a combination of the two, can soothe sore areas.** Heat can help reduce muscle spasms and cold can help reduce inflammation.
- **Eat a healthy diet** that includes fruits, vegetables, nuts and whole grains as your main sources of nutrition. Consume calcium and vitamin D by dairy products to help keep your bones strong. Maintain a healthy weight to ease stress and strain on your joints.
- **Exercise regularly.** Regular exercise may help decrease the amount and severity of the pain. Exercise keeps your bones strong and helps your joints stay flexible.
- **Other complementary therapies** include acupuncture, chiropractic, hypnosis, massage, music therapy, Reiki and Shiatsu.

Resources for Additional Information:

- Breastcancer.org, Bone and Joint Pain
- [American Cancer Society](http://AmericanCancerSociety.org), Facts About Cancer Pain
- Chemocare.com, Bone Pain
- Cancer.gov, Hormone Therapy for Breast Cancer
- Cancer.gov, Hormone Therapy Prostate Cancer
- Cancer.org, Hormone Therapy Breast Cancer

Recursos en Español:

- Cancer.org, Terapia Hormonal
- Cancer.Net, Síntomas de Carencia Hormonal Hombres