



## Bone Pain from Metastases

Online version with active resource links at: <http://cancer-help.me/BonePainMet>

### Having discomfort or pain in your bones.

Bone pain in patients with cancer is commonly caused by cancer cells that have spread to the bones called bone metastases, or bone mets. A bone metastases is not a new cancer; it is the original cancer that has spread to the bone.

This type of pain may be constant, but it may also come and go. Not everyone will have the same symptoms. Your pain may be mild, moderate, or severe. It may last a short time, come and go, or be constant.

There is medical care, known as palliative care, that can help you to feel as good as possible. Palliative care can treat the symptoms caused by the bone metastases. This type of care focuses on relieving pain and improving your quality of life; focuses on the whole person and what matters to them.

### Help with bone pain.

Keeping a diary of your bone pain such as when the pain started, what it feels like, and where it is located can help your care team to help you. Make note of activities that make the pain worse and anything makes the pain better.

- Relaxation exercises may be helpful.
- Support groups can be another option.
- Keeping yourself hydrated is important.
- Physical therapy and exercise can help also. Talk with your team before starting an exercise program. Radiation treatments or surgery may be an option.

### Important bone pain symptoms to share with you care team:

- Pain in your back or neck.
- Numbness or tingling in your legs or abdomen.
- Trouble urinating (peeing) or constipation, difficulty pooping.
- Nausea, loss of appetite, extreme thirst, feeling very tired and weak, sleepy or confused should all be shared.

**There are medications** that may be used to help with your bone pain.

- The medications may be in pill form, pain relieving patches, sprays, or a pump.
- Types of medications may include acetaminophen such as Tylenol or non-steroidal anti-inflammatory drugs such as ibuprofen.
- for severe pain, opioids, or narcotics, may be prescribed.
- Corticosteroids can decrease swelling.
- Bisphosphonates can help bones from damage.

You and your team can work together to find the right medications and dosage that can help relieve your pain. Discuss the side effects and how to help to control the side effects of medications you are given.

### Questions you may want to ask your care team.

- What are my treatment options, and how will they affect my daily life?
- What is the goal of the treatment?
- Are there any symptoms or side effects you need to know about?
- And any other questions you may have.

Content adapted from websites below.

### Resources for Additional Information:

- [Cancer.org, Managing Symptoms of Bone Metastases](#)
- [Cancer.org, Finding Bone Metastases](#)
- [Chemocare.com, Bone Pain](#)
- [Cancer.Net, Breast Cancer-Metastatic](#)
- [NIH, Metastatic Cancer](#)
- [Cancer.org, Treating Bone Metastases](#)

### Recursos en Español:

- [Cancer.org, Como Manejar los Sintomas](#)
- [Cancer.org, Como se Descubren las Metastasis](#)
- [Cancer.Net, Cancer de Mama Metastatico: Diagnostico](#)
- [NIH, Instituto Nacional Del Cancer, Cancer Metastatico](#)
- [Cancer.org, Tratamiento de las Metastasis en los Huesos](#)