

For links to websites about cancer care, information and support, visit our website:  
[www.mariecurie.org.uk/patientsandcarers](http://www.mariecurie.org.uk/patientsandcarers)

## Support us

The services Marie Curie Cancer Care provides are always free to patients and families but we can only continue to do this through the generosity of our supporters. There are many ways to make a difference:

- make a donation
- leave a legacy in your will
- take part in a fundraising event
- volunteer your time for a wide range of activities
- sponsor a Light to Remember
- become a corporate partner

To find out more, phone: **0800 716 146**, visit our website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk) or talk to the hospice fundraiser.

Your local Marie Curie Hospice actively promotes quality of life for people with cancer and other illnesses and provides support for their families, completely free.



# Managing your pain



Marie Curie Hospice

Pain can affect just about every aspect of a person's life. It can affect a person's movement, their ability to take part in activity, sleep patterns and concentration. It can also affect confidence, optimism, enjoyment of life, and relationships with other people.

Pain can make everyday activities stressful and irritating, leaving people drained emotionally and physically, and families feeling powerless to help.

## What is pain management?

Pain management is not about trying to cure the cause of pain but about providing effective control of the pain and reducing the suffering experienced. Pain management has proven to be of benefit to patients who suffer chronic pain, helping improve their quality of life.

## What does it involve?

Everyone perceives pain in his or her own unique way. The intensity of our response to pain is largely subjective. This means that the severity of pain is most accurately defined by the person in pain, rather than those looking on.

Treatment of pain depends on its cause and the overall health of the person in pain. Good pain management involves health professionals such as doctors, nurses and physiotherapists, working with the person in pain to find an effective combination of approaches, such as:

- regular pain assessments
- combining the expertise of health care professionals
- analgesics (pain killers)
- pain modifiers (eg antidepressants or anticonvulsants)
- non-pharmacological measures (eg relaxation and massage)
- treatments such as transcutaneous electrical nerve stimulation (TENS) and acupuncture
- anaesthetic techniques (eg nerve blocks and epidurals)