

You have a right to pain control for cancer. And you should ask for it.

Use this card when talking with your doctor or nurse. During the visit, be ready to tell your doctor or nurse the following:

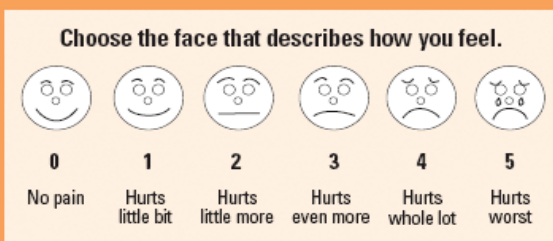
Where it hurts: _____

When it hurts more: _____

When it hurts less: _____

It feels like, for example, sharp, dull, throbbing or steady, tingling or electrical. Does it move around or stay in one place?

How much does it hurt?



What would you like to do but can't because it hurts too much?

What makes you feel better? _____

What makes you feel worse? _____

List the current medicine(s) you are taking for pain control.



After talking with your doctor, make sure you understand

How often you should take your pain medicine:

When you should take your pain medicine:

What side effects you might have:

What you can do if you have side effects:

What you can do if the pain medicine isn't
working:

Write down any additional information:

For more information - call the

National Cancer Institute's
Cancer Information Service
1-800-422-6237

or

American Cancer Society
1-800-ACS-2345

This information is provided to you as a courtesy of the Quality of Life Team of the Pennsylvania Cancer Control Consortium (PAC3), a non-profit volunteer organization working to reduce the burden of cancer for Pennsylvanians. For more information about PAC3, visit www.pac3.org or call 412-623-0033.

