

Not every cancer patient has cancer-related pain, but many do, particularly in cases where cancer has spread or recurred. Cancer pain can take many forms, from dull and achy to sharp or burning, and can range from mild to severe, varying from person to person.

Cancer patients should tell their care team if they are feeling severe, unusual or persistent pain. Because pain can actually interfere with the effectiveness of cancer treatment, it is important that the care team know about any pain a patient may be experiencing.

To schedule an appointment,  
call: **763-537-6000**

#### Edina Clinic

7400 France Avenue South Edina, MN 55435  
Phone: 763-537-6000

Clinic #100  
Physical Therapy #100  
Behavioral Health #107  
Surgical Center #102

#### Coon Rapids Clinic

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Clinic #220  
Physical Therapy #220  
Behavioral Health #220

#### Business Office

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2104 Northdale Blvd NW Suite 220  
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# Managing Cancer Pain



## Causes of Cancer Pain

Cancer may cause pain by applying pressure to or destroying biological structures such as nerves, organs and bones. Cancer can spread from its original site (primary tumor) and travel to other parts of the body (metastasis), causing injury and pain at these sites as well.

Pain may also result from cancer treatments like chemotherapy and radiation, which can damage nerves and cause nerve pain in the arms and legs. Patients recovering from cancer surgery frequently experience acute postoperative pain as surgical wounds heal. Aggressive surgery may cause more painful damage; this pain may resolve with healing or it may become chronic.

Common pain problems associated with cancer and cancer treatment include:

- Peripheral neuropathy — numbness and painful sensations in the feet, legs, fingers, hands and arms from chemotherapy
- Post-radiation nerve pain
- Nerve pain from spinal metastasis
- Bone and joint pain
- Spinal pain from vertebral fractures
- Abdominal and pelvic pain from abdominal cancers
- Persistent pain after cancer surgery



## Treating Cancer Pain

Although cancer-related pain cannot always be relieved completely, a comprehensive plan can reduce pain for nearly all people with cancer, relieving symptoms and improving quality of life.

In many cases, cancer pain can be adequately treated with standard pain medications, which may include opioids. However, side effects — including nausea, fatigue, mental fogging and the inability to think clearly — may limit the effectiveness of pain medication in some patients.

At Nura, we diagnose and treat the physical side of cancer pain with thorough evaluation and precise, minimally invasive procedures. If pain persists despite treatment, we utilize advanced neuromodulation techniques including trials and implants of neurostimulation systems and targeted drug delivery pain pumps for the most severe cases. These pain control options may serve as alternatives to higher doses of pain medications.

Treatment options include:

- Peripheral Nerve Block
- Celiac Plexus Block
- Lumbar Sympathetic Block
- Hypogastric Plexus Block
- Neurostimulation systems to treat nerve pain
- Pain Pump for Targeted Spinal Drug Delivery

In addition, since patients with cancer often experience emotional suffering as they battle the disease, we have specialized psychologists on staff to help with the emotional toll that a cancer diagnosis can take.

Our experience has shown that most cancer pain can be managed with conservative treatment, but when pain persists, the most advanced treatment options are available within our clinic. As a national center of excellence for implantable pain control, Nura is ready to help with even the most challenging cases of cancer pain.

**To schedule an appointment, call 763-537-6000. We will coordinate with your oncologist to ensure you have the best care.**