

# Talking about your bone pain



Seventy percent of patients whose cancer has metastasized to the bones experience pain. If you are in discomfort, you can find relief. The first step: Fill out this worksheet and share it with your doctor.

1. Where it hurts (is the pain in one place? several places?): \_\_\_\_\_
2. What time of day pain occurs: \_\_\_\_\_
3. How many days of the week pain occurs: \_\_\_\_\_
4. How long pain lasts (example: one hour, four hours, all day): \_\_\_\_\_
5. How severe the pain is, on a scale of 0 to 10, with 0 as no pain and 10 as the worst pain possible: \_\_\_\_\_
6. What the pain feels like (dull, aching, burning, throbbing, stabbing, pressure, etc.): \_\_\_\_\_
7. What makes the pain worse? \_\_\_\_\_
8. What makes the pain better? \_\_\_\_\_
9. How does the pain affect your life? (your sleep, appetite, activities—the more specific you can be, the better) \_\_\_\_\_
10. What medications (and dosages) you've used, and how they've helped:  
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