



Contact Us

Your primary care physician or any other doctor can refer you to a Pain Management specialist, or you may contact our Physician Referral Service by calling (818) 409-8100.

Contributing To The Community's Health

Frequently people inquire as to how they may make a contribution to the community's health. We encourage you to consider Glendale Adventist Medical Center's Healthcare Foundation whenever you or your family desire to make a difference in the health of our community. For more information, please call (818) 409-8055.

Physician Referral (818) 409-8100

CANCER SERVICES
CANCER-RELATED PAIN

HEALTH CONNECTIONS

Relief from Cancer Pain

18



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Glendale Adventist
Medical Center

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It is difficult enough to cope with a diagnosis of cancer, but when cancer is accompanied by pain, the misery of the disease is compounded. If the cancer involves bones or nerves, pain is virtually inevitable. Some cancers, such as certain types of prostate cancer, even create substances that cause pain. In addition, some types of chemotherapy and other cancer treatments can themselves cause pain.

However, there is hope. Modern pain management techniques can often eliminate pain associated with cancer.

You Don't Have To Live With Cancer Pain

No one has to suffer from cancer pain. If you are experiencing pain, the first important step is to talk with your oncologist or primary care physician.

Often, pain results not from the cancer itself, but from more everyday sources such as backache, muscle strain, carpal tunnel and so forth. In those cases, your physician can prescribe standard medications or other therapies, such as massage or relaxation techniques.

When these standard treatments aren't enough, however, the Pain Management

physicians at Glendale Adventist Medical Center can help you overcome your pain and regain control of your life.

Pain Management specialists start with a thorough physical examination and analysis of your pain to determine its source. Then they recommend treatment options, which may include:

- Nerve blocks, which keep pain signals from reaching the brain and registering as pain.
- Nerve ablation, which employs chemicals or radio waves to permanently disconnect the nerves that carry pain messages to the brain. This procedure is performed under light sedation with a very thin needle.
- Implantable pumps, which are placed during a brief surgical procedure and deliver continuous, high doses of powerful pain medications without causing drowsiness, constipation or the other side effects of injections or pills.
- Radiation or radiosurgery, which can relieve the pain of bone cancer or other cancers.

Because Pain Management specialists believe in a whole-body approach to wellness, they go beyond physical treatment to address other factors that may contribute to pain, such as stress, poor nutrition, lack of exercise, inadequate social connections and so forth. As appropriate, they can refer you to other physician specialists, counseling services, medical massage practitioners, nutritionists and other caregivers.

Tailoring Treatment To Your Lifestyle

Pain Management specialists believe that the best, most balanced medical care comes from a team approach. Therefore, they work closely with your primary care physician, oncologist and any other care providers you have to ensure that you receive the best possible care to help you overcome cancer pain and return to a healthy lifestyle.

The Pain Management physicians at Glendale Adventist Medical Center are compassionate caregivers who listen to your particular needs and wishes and work with you to choose an individual treatment plan that matches your lifestyle.

You have the opportunity to try your suggested pain treatment out in the real world to make sure that it fits with your life at home, at work and in other situations you normally encounter.