

## Myalgia During Cancer Treatment

*If you have  
any questions,  
please ask  
your physician  
or nurse.*

You may have muscle weakness, aches or pain while receiving cancer treatment. This is called myalgia. Once your treatment is over, these discomforts often go away.

### Symptoms

Your muscle pain and discomfort may be sharp or a dull ache. It may affect a small or large area. It can be mild or very bad. It may be constant or last just a few minutes. During your cancer treatment, you may also have pain in your joints. You may feel very tired or weak. All of these symptoms can prevent you from doing the activities you enjoy

### Managing myalgia

Make sure you get enough rest. Do not overexert yourself. If moving around is hard or painful, plan your daily activities and allow for rest periods. Do what is most important first. When needed, ask others for help.

Keep a pain diary. Things you may want to record include:

- What you were doing when you felt pain
- Type of pain
- Level of pain you feel
- Anything you did that helped the pain or made the pain worse
- Location of the pain
- How long the pain lasts
- Your mood

Share the diary with your care team to help plan ways to relieve the pain and discomfort with medications or other treatments. Ask about options such as:

- Massage or applying heat or cold to the affected area
- Physical therapy or ways to reposition your body
- Relaxation exercises or acupuncture

### When to call your physician

Call your physician if your symptoms do not improve with care or if you feel pain that cannot be managed.