

## INTRODUCTION

Your Radiation Oncologist has decided that you would benefit from a course of palliative Radiation Therapy to the bone area that is causing you pain.

You may have a history of cancer, or you may have been just recently diagnosed. Cancer in the bones can originate from prostate cancer, breast cancer, bowel cancer and lung cancers amongst others. In some instances the lesions in the bone can be the first indication that a cancer exists in the body. The bones of the shoulders, ribs, thighs, knees, arms, and pelvis are the common sites to which cancer can spread.

The decision to proceed with Radiation Therapy to the bone is a decision that is usually made quite quickly as the pain can be severe and treatment is necessary to

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## HOW WILL RADIATION THERAPY BENEFIT ME?

The cancer in your bones may be causing you symptoms such as pain, weakness or tingling in your limbs.

By delivering a course of Radiation Therapy to your affected bones, the aim is to achieve pain control. The Radiation Therapy will not have an immediate effect and in some instances the pain may actually get worse before the benefits of the treatment are felt. This is a normal reaction. The benefits from the Radiation Therapy may only be noticed, by you, in some instances a week or two after treatment delivery.

Radiation Therapy can also help to make bones stronger. Cancer in the bones can weaken them by damaging healthy bone cells. By delivering a course of Radiation Therapy to the site that is causing you pain, some of the cancer cells die, so the bone begins to replace the lost tissue with normal

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## WHAT TO EXPECT DURING TREATMENT?

**Remember! Everyone is different and not everyone will experience reactions.**

### **Temporary Skin Changes:**

Temporary skin changes within the treated area may occur. These may include redness, dryness, scaling, and itching of the treated area. Please follow the advice in our Information leaflet on Skin Care during Radiation Therapy.

### **Fatigue/Tiredness:**

Rest when possible. Follow the advice in our Information Leaflet on Fatigue.

### **Bone Pain:**

Don't be alarmed if you experience a slight increase in your pain levels before you see an improvement, this is often the case and medication can be used to alleviate it.

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achieve relief.

While your Radiation Therapy is designed to minimise side effects as much as possible, we want to warn you about potential side effects at the outset, so that you are not alarmed if/when they develop.

bone cells and becomes stronger, less painful. The Radiation Therapy will help to maintain the overall strength of the affected bone.

Radiation Therapy for cancer that has spread to bones can also help to prevent new painful areas developing. Having this treatment may slow down the cancer and give you a better quality of life for a longer time.

More than one area can be treated at any one time. Your Radiation Oncologist will review your scans and your symptoms with you and may decide to treat multiple areas.

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**All the side effects relevant to your Radiation Therapy will be fully discussed with you before your treatment begins.**

**If you have any questions or problems at any time during your treatment, bring them to the attention of anyone on your radiation therapy team – they are the best people to advise and help you.**

**USEFUL INFORMATION**

**Address:** UPMC Whitfield Cancer Centre,  
Cork Road, Co. Waterford

**Telephone:** 051337444

**Website:** [UPMCWhitfieldCancerCentre.ie](http://UPMCWhitfieldCancerCentre.ie)

**RADIATION THERAPY  
FOR BONE PAIN**



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