

How did it go?


Fill this in at the end of the week.

This week, how much has your pain interfered with these aspects of your life? Circle one number for each aspect of your life.

Has not interfered → Completely interfered
0 → 4

 Work	0	1	2	3	4
Social activities	0	1	2	3	4
Hobbies and sports	0	1	2	3	4
Sleep	0	1	2	3	4
Appetite	0	1	2	3	4
Mood	0	1	2	3	4
Concentration	0	1	2	3	4
Relationships	0	1	2	3	4
Sexual activity	0	1	2	3	4


Notes on how my pain has affected me this week:




Action plan

Fill this in at the end of the week.


Things I want to try, to help manage my pain next week:



Treatments to ask my doctor or nurse about:



Other things to ask my doctor or nurse about:



You shouldn't have to accept pain as a normal part of having cancer. Pain can affect your quality of life if it is not properly controlled. The earlier you ask for help, the easier it will be to get your pain under control. With the right treatment and management, your doctor and nurse should be able to help you control your pain.

If you have questions about treating or managing pain speak to our Specialist Nurses on **0800 074 8383** or chat to them online at prostatecanceruk.org