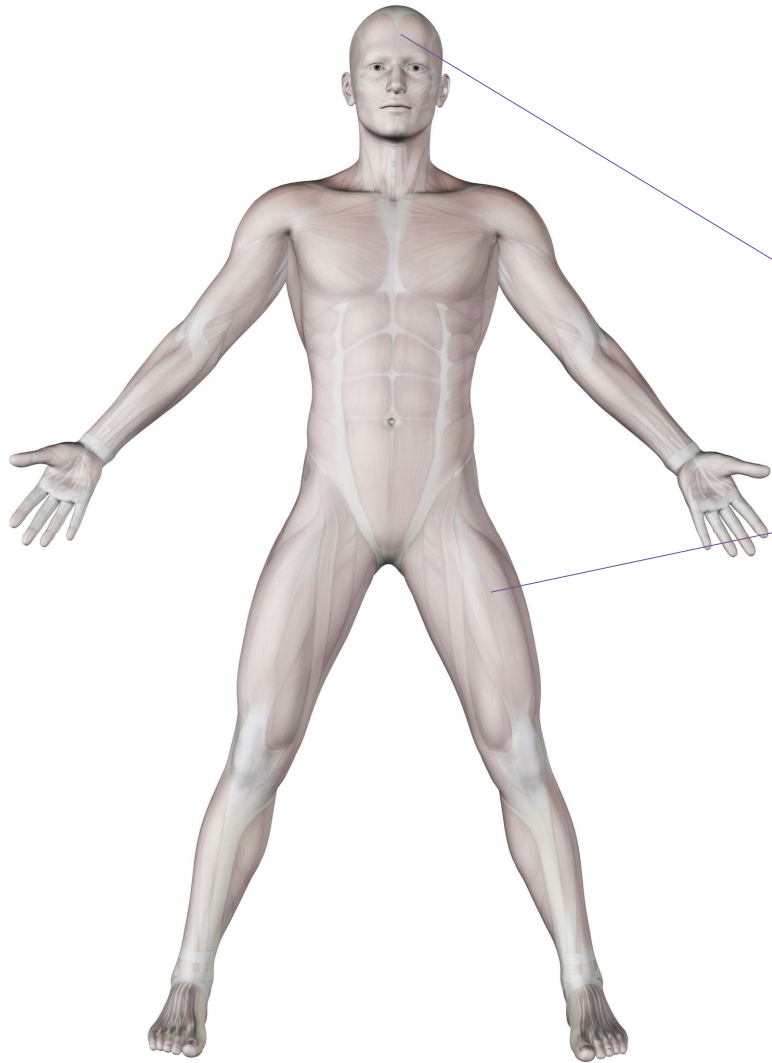


# Muscle Pain or Stiffness

# What are the symptoms?

- **Muscle pain**
- **Muscle stiffness**
- **Easily tired from activity**

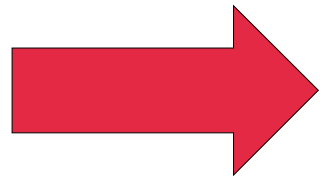
# Where are the symptoms?



- Easily tired from activity

- Muscle pain
- Muscle stiffness

# Why should you report these symptoms early to your oncology team?



**Reporting symptoms early increases your chances of staying on your treatment**

- Steps can be taken to address your symptoms early
- Muscle pain  reduced function and permanent damage

# Managing your side effects

## DO

- With the approval of your oncologist's office, take over-the-counter anti-inflammatories/pain relievers such as ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) to relieve pain and stiffness. Your oncology team member may give you stronger prescription drugs to ease joint problems
- Apply heat or take a warm bath to relax muscles
- Avoid activities that cause pain but do try to stretch and keep active

# Who will help me with muscular side effects?

## YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with medications and activity modification

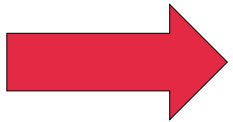
BUT, if symptoms progress

- A doctor who specializes in muscular issues (most often a rheumatologist) may need to help
- You may need additional scans, steroids, or other medications
- Severe or life-threatening symptoms
  - May require that you be admitted to the hospital and treated by a specialist
  - In that case, medicine or physical treatment may be given to you

# When should I be most concerned?

If you experience

- Sudden, severe, or continuous muscle pain/weakness
- Shortness of breath or chest pain
- Vomiting, tea-colored urine, fogginess, or confusion



**Call your oncologist IMMEDIATELY and be prepared to go to the emergency room**