

## Myalgia During Cancer Treatment

### What is myalgia?

During cancer treatment, patients often have muscle weakness, tiredness or pain. This is called myalgia (my-AL-juh). Once treatment is over, these discomforts often go away.

### What are some symptoms of myalgia?

Muscle pain/discomfort may:

- Be sharp or a dull ache.
- Affect a small or large area.
- Be mild or severe.

It can last a few minutes or may be constant. You may have pain in your joints. You may feel very tired or weak. This can prevent you from doing the activities you enjoy.

### What are some of the things you can do to help manage myalgia?

Make sure you get enough rest. Do not overexert yourself. If movement is difficult or painful, plan your activities and allow for rest periods. Do what is most important first. When needed, request help from others.

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

- Type of pain.
- Location.
- Severity.
- How long it lasts.
- Your mood.
- Anything you did that helped the pain or that made the pain worse.

Share the diary with your doctor or Advanced Practice Nurse to help plan ways to relieve the pain/discomfort (medicines or treatments). Ask about other 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.

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

## **Call your doctor if:**

Your symptoms persist and/or do not improve with care.

You feel uncontrolled, severe pain.

## **Northwestern Medicine – Health Information Resources**

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at [hlc@nm.org](mailto:hlc@nm.org), or by calling 312.926.5465. You may also visit the HLC on the 3rd floor, Galter Pavilion at 251 E. Huron St., Chicago, IL. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363, the Northwestern Lake Forest Patient Relations manager at 847.535.8282 and/or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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