Pain Management
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

Pain Control. National Cancer Institute. 2012.
Understanding Peripheral Neuropathy. CancerCare. 2008.

Books

American Cancer Society's Guide to Pain Control: Understanding and Managing Cancer Pain. American Cancer Society. WL 704 A512 2004.
*Cancer Pain Management. Fisch M, Burton A. QZ 200 C2144 2007.
Cleveland Clinic Guide to Pain Management. Stanton-Hicks M. WL 704 S792c 2010.
The Complete Guide to Relieving Cancer Pain and Suffering. Lang S, Patt R. QZ 200 P315c 2004.

*Indicates reference only (unavailable for check out)

© 2001, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/28/12

Effortless Pain Relief: A Guide to Self-Healing From Chronic Pain. Bacci I. WL 704 B117e 2005.
*Guideline for the Management of Cancer Pain in Adults and Children. American Pain Society. QZ 200 G9462 2005.
Managing Pain Before It Manages You. Caudill M. WL 704 C371m 2009.
*MD Anderson Supportive and Palliative Care Handbook. Elsayem A, Bruera E. WB 310 E49m 2008.
100 Questions & Answers About Chronic Pain. Maletic V. WL 704 M247o 2012.
Pain Free Living: The Egoscue Method for Strength, Harmony and Happiness. Egoscue P. WL 704 E31p 2011.
Pain Management for Older Adults: A Self-Help Guide. Hadjistavropoulos T, Hadjistavropoulos H. WL 704 P1464 2008.
Pelvic Pain: A Proven Stretching, Strengthening and Nutrition Program for Relieving Pain, Incontinence, IBS and Other Symptoms Without Surgery. Stein A. WP 155 S819h 2009.
Understanding Pain: Exploring the Perception of Pain. Cervero F. WL 704 C419u 2012.
Understanding Pain: What It Is, Why It Happens and How It's Managed. Gould H. WL 704 G696u 2007.
The War on Pain: How Breakthroughs in the New Field of Pain Medicine Are Turning the Tide Against Suffering. Fishman S. WL 704 F537w 2000.

Audio

Breathing: The Master Key to Self Healing and Mediation for Optimum Health. Weil A. WB 541 W422b 1999 CD.
Full Catastrophe Living. Kabat-Zinn J. WM 172 K11f 2008.
Meditation for Optimum Health. Weil A. WB 880 W422m 2001 CD.
A Meditation to Ease Pain. Naparstek B. WL 704 N195m 1995 CD.
Mindfulness for Beginners. Kabat-Zinn J. WB 880 K11m 2006.
Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind. Kabat-Zinn J. BF 637 .M4 K11m 1995 CD.
Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life. Kabat-Zinn J. WL 704 K11m 2010.

Video

Controlling Cancer Pain. National Cancer Institute, Johns Hopkins Oncology Center. QZ 267 DVD 1039 2001.
Living With Chronic Pain. Krichmar P. WL 704 DVD 981 2006.
Pain Management. Krichmar P. WL 704 DVD 981 2006.

*Indicates reference only (unavailable for check out)

© 2001, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/28/12

Websites

The University of Texas MD Anderson Cancer Pain Management Page
http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/dealing-with-cancer-treatment/pain-management/index.html
This site offers a variety of resources, including information on treatment, brochures, full text articles and links to other reputable sites.

National Cancer Institute – Coping with Cancer
http://www.cancer.gov/cancertopics/coping/physicaleffects#Pain
The National Cancer Institute provides expert-reviewed information about pain as a complication of cancer and practical advice to help people with cancer during treatment.

America Cancer Society – Coping with Cancer Pain: Don't Suffer in Silence
http://www.cancer.org/docroot/SPC/content/SPC_1_Cancer_Pain_Dont_Suffer_in_Silence.asp
This site has information for patients and caregivers including caring for a patient at home and a "Pain Diary."

Home Care Guide for Advanced Cancer: Cancer Pain
http://www.acponline.org/patients_families/end_of_life_issues/cancer/download/pain.doc
This document contains the chapter "Cancer Pain" from the book "Home Care Guide for Advanced Cancer" that is published by the American College of Physicians.

American Chronic Pain Association
http://www.theacpa.org
This site has information about pain management, resources to help you be better informed, first-person stories plus a "Consumer Guide to Pain Medication & Treatment."

© 2001, 2012 The University of Texas MD Anderson Cancer Center, Revised 12/28/12