

# 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 consult your health care provider to discuss your specific concerns.

**The Learning Center locations provide a wide range of materials, and each site's resources are different.** Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail or visit The Learning Center.

### Levit Learning Center

#### Mays Clinic

Floor 2, near The Tree Sculpture,  
Room ACB2.1120

Monday – Friday, 9 a.m.-4 p.m.

713-563-8010

E-mail: [asktlcstaff@mdanderson.org](mailto:asktlcstaff@mdanderson.org)

### 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

American Cancer Society and National Comprehensive Cancer Network. *Cancer Pain Treatment Guidelines for Patients*. American Cancer Society; 2005. Publication 9498-01.

National Cancer Institute. *Pain Control: A Guide for People With Cancer and Their Families*. NIH; 2003. Publication 03-4746.

The University of Texas M. D. Anderson Cancer Center. *Guide to Cancer Pain Relief*. 2001.

### Books

#### \*Indicates reference only (unavailable for check out)

American Cancer Society. *American Cancer Society's Guide to Pain Control: Understanding and Managing Cancer Pain*. Atlanta, Ga: American Cancer Society; 2004.  
WL 704 A512

\*American Pain Society. *Guideline for the Management of Cancer Pain in Adults and Children*. Glenview, Ill: American Pain Society; 2005. [QZ 200 G9462 2005](#)

Bacci I. *Effortless Pain Relief: A Guide to Self-healing From Chronic Pain*. New York, NY: Free Press; 2005. WL 704 B117e 2005

Caudill M. *Managing Pain Before It Manages You*. New York, NY: Guilford Press; 2002.  
WL 704 C371m 2002

- \*Driver L, Bruera E. *The M. D. Anderson Palliative Care Handbook*. Houston, Tex; 2000.  
WB 310 D782m
- \*Fisch M, Burton A. *Cancer Pain Management*. New York, NY: McGraw-Hill; 2007.  
QZ 200 C2144 2007
- Fishman S. *The War on Pain: How Breakthroughs in the New Field of Pain Medicine Are Turning the Tide Against Suffering*. New York, NY: Harper Collins Publishers Inc; 2000.  
WL 704 F537w
- Gould H. *Understanding Pain: What It Is, Why It Happens, and How It's Managed*. Saint Paul, Minn: AAN Press; 2007. WL 704 G696u 2007
- Lang S, Patt R. *The Complete Guide to Relieving Cancer Pain and Suffering*. New York, NY: Oxford University Press; 2004. QZ 200 P315c
- Wall P. *Pain: The Science of Suffering*. New York, NY: Columbia University Press; 2000.  
WL 704 W187p

## Videos

**Some videos are available for check out; ask a staff member for assistance.**

- Krichmar, Perry. *Living With Chronic Pain*. Boca Raton, Fla: Information Television Network; 2006. WL 704 DVD 981
- Krichmar, Perry. *Pain Management*. Boca Raton, Fla: Information Television Network; 2006.  
WL 704 DVD 981
- National Cancer Institute, Johns Hopkins Oncology Center. *Controlling Cancer Pain*. Bethesda, Md: National Cancer Institute; 2001. QZ 267 VHS 1039
- The University of Texas M. D. Anderson Cancer Center. *Controlling Pain: A Step Toward Healing*. Houston, Tex: The University of Texas M. D. Anderson Cancer Center; 1996.  
WL 704 VHS 1037

## Audios

- Kabat-Zinn J. *Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind*. New York, NY: Simon & Schuster Audio; 1995. BF 637 .M4 K11m 1995 CD
- Kabat-Zinn J. *Mindfulness for Beginners*. Boulder, Colo: Sounds True; 2006.  
WB 880 K11m 2006
- Naparstek B. *A Meditation to Ease Pain*. Akron, Ohio: Health Journeys; 1995.  
WL 704 N195m 1995 CD
- Weil A. *Meditation for Optimum Health*. Boulder, Colo: Sounds True; 2001.  
WB 880 W422m 2001 CD
- Weil A. *Breathing: The Master Key to Self Healing and Meditation for Optimum Health*. Boulder, Colo: Sounds True; 1999. WB 541 W422b 1999 CD

## Internet Resources

### **The University of Texas M. D. Anderson Cancer Pain Management Page**

<http://www.mdanderson.org/topics/paincontrol>

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://cancer.gov/cancerinfo/coping>

Under Pain (PDQ<sup>®</sup>) click on *patient* to access the PDQ cancer information summary. (PDQ is the National Cancer Institute's comprehensive cancer information database.)

### **NCCN/ACS Cancer Pain Treatment Guidelines for Patients**

[http://www.nccn.org/patients/patient\\_gls/english/pain/contents.asp](http://www.nccn.org/patients/patient_gls/english/pain/contents.asp)

This report shows patients how cancer pain is treated at the nation's leading cancer centers.

### **Cancer – Pain.org**

<http://www.cancer-pain.org/>

This site has in depth information for patients, caregivers and healthcare professionals. It also includes news items, a dictionary and answers to frequently asked questions.

### **Alliance of State Pain Initiatives**

<http://aspi.wisc.edu/>

At the home page, click on *The Resource Center* to find a list of free or low cost patient/public education materials. This site also provides information about events and initiatives underway at the state level.

### **Home Care Guide for Advanced Cancer: Cancer Pain**

[http://www.acponline.org/public/h\\_care/3-pain.htm](http://www.acponline.org/public/h_care/3-pain.htm)

This site contains the chapter “Cancer Pain” from the book “Home Care Guide for Advanced Cancer” that is published by the American College of Physicians.

### **Cancer Pain Release**

<http://www.whocancerpain.wisc.edu/>

Click on *Index* to access current issues of *Cancer Pain Release*, a publication of the World Health Organization.

### **American Pain Society**

<http://www.ampainsoc.org/>

In the *Search the APS Web Site* field, type *cancer pain*, and click GO or hit Enter on the keyboard. The site will return full text citations on cancer pain management.