

## Living with bone pain

Name: [REDACTED]

Date of diagnosis: June 2008

Age at diagnosis: 46

Diagnosis: Metastatic castration resistant prostate cancer (MCRPC)

Skeletal involvement: Spinal cord compression at T12. Extensive spinal Metastases and a nerve root compression at L5

Contact: [REDACTED]

Since my original diagnosis my cancer has continued to progress and this year it has invaded my spine in particular causing various problems including spinal cord compression and significant pain.

To describe bone pain, a good comparison is toothache. Some toothache is a nagging dull ache that lasts all day and sometimes its acute needing intervention by an emergency dentist. I would suggest it's common to take painkillers but over the counter treatments aren't always good enough to fully relieve the pain. It may dominate your day and you can't think of anything else as there is no proper relief. I have experienced both sorts of pain in my back and ribs and I can honestly say at its worst it takes over your life, I've been hospitalised on constant morphine for three days during an episode that caused my cancer to compress a nerve in my spine. Radiotherapy cured the problem but I won't forget the time spent in hospital and the extent of the pain.

The lesions in my spine cause day to day pain that sometimes means I cancel any arrangements and tend to go to bed to relieve the symptoms. I take morphine, diclofenac, pregabalin, paracetamol and oramorph to help me cope with the pain.

On good days I am able to function normally however the pain never really goes away, like a toothache dull and constant but bearable.

I am lucky that Macmillan have prescribed the above drugs and have managed to get my regime at such a level for me to live a fairly normal life. I have recently had a procedure called Kyphoplasty on my spine to repair damage caused by my cancer, I have been offered further similar procedures on other areas of my spine as the surgeon recognises the need for pain relief as palliative care, this is current and ongoing.

To conclude, bone pain, for me is a daily challenge. It affects my life considerable and any arrangements I make depend on how I am managing that day. As a fifty year old man who has been fit and active this has affected my life considerably. I would always consider available treatments and support the application to licence Denosumab, Any advancement that considers the management of bone pain is encouraging and needed to help those coping with bone pain lead as normal a life as possible.