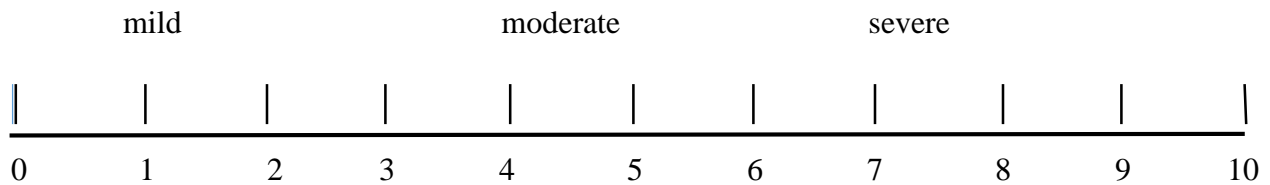


## Pain Rating Scales

You may experience some pain from cancer or cancer treatment. Only you know how much pain you have. You need to be able to describe your pain to your health care team.

### Describe How Much Pain You Feel

Using a rating scale is helpful to describe how much pain you are feeling.



Assign a number from 0 (zero) to 10 (ten) to your pain level. If you have no pain, use a 0. As the numbers get higher, they stand for pain that is getting worse. A 10 means the pain is as bad as it can be.

Some people use the FACES scale



Wong-Baker FACES® Pain Rating Scale

### Personal Pain Goal

There are many ways to control pain. Reaching a level of no pain is not always possible. Set a personal pain goal – the level of pain you can manage. It may change at times. Identifying the goal helps you and your team make decisions about pain control methods.