Your doctor recommends radiation to your bone(s). Response to radiation treatment varies from person to person. This sheet discusses possible side effects and ways to manage them.

**Possible Side Effects**

**Pain.** Pain is a possible side effect. Relief from pain may happen within a few days of starting treatment, towards the end, or after ending treatment.

Your health care team can suggest or prescribe medications to help with pain. They will assess your pain often to make sure it is controlled. The goal is to achieve pain relief without adverse side effects. For example, some pain medicines cause constipation. If you require medication for long-term pain control, you will probably need to take other medicines to help relieve constipation on a daily basis. Please tell your health care team if your pain is not under control.

**Fatigue.** Feeling tired is a common side effect of radiation treatments. Take good care of yourself while you are in treatment. Keep a balance between exercise and rest. Talk to your health care team before you begin exercise.

**Skin changes.** Usually, bone radiation treatments are so few in number that skin changes are minor, so special skin treatment is not needed. Your skin may turn slightly red toward the end of your treatment, or even after it is complete.

Radiation therapy causes skin dryness, so apply a moisturizing cream, lotion, gel, or oil to radiated skin after you bathe or shower. Specific products and frequency of use depend on your condition and preference.

**Fractures.** Having tumors in weight-bearing bones raises your risk of a bone fracture. You should avoid heavy lifting, pushing, or pulling. Take extra care when walking on slippery or uneven surfaces.

Symptoms of a fracture include the following:

- Sudden new pain
- Difficulty or inability to move the affected part
- Loss of function
- Weakness and numbness

Call your health care provider right away if any of these signs or symptoms happen.

**Symptoms may go on after your last treatment.** If you have any concerns, please call your health care provider.