



PATIENT EDUCATION

Bone metastases & radiation therapy

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What is this cancer?

When cancer travels to bone it can hurt, weaken the bone, or press on the spinal cord. Radiation is one of the most useful comfort and local-control tools we have. A short course often eases pain over days to weeks. Surgery or a procedure may be needed first if the bone is unstable. Systemic therapy still treats the rest of the cancer.

What you may notice

- Aching or stabbing bone pain, often worse at night
- Pain when you bear weight
- Numbness, weakness, or loss of bowel/bladder — emergency
- A scan that shows “hot spots” or lytic holes

Usual care — the big picture

Pain medicine, bone-strengthening shots or infusions (when appropriate), and treatment of the primary cancer continue. Radiation is local.

Where CureRays may fit. CureRays treats painful or threatening bone metastases with image guidance, often in a short schedule. We will say if a surgeon should see you first. Confirm the goal: pain, cord, or a weight-bearing bone.

What radiation treatment usually involves

- Urgent screening for cord compression when weakness is present
- Simulation of the painful bone
- A short outpatient course in many cases
- A pain-flare plan and a bowel plan if opioids rise

Immobilization — why it matters

A mold keeps the bone still. After treatment, ask what lifting and walking are safe.



Side effects you should know about

Effects depend on the area treated, the dose, and other therapies. This list is typical, not a promise and not complete. Confirm your personal list with your clinician.

- **Pain flare** for a few days can occur before improvement.
- **Skin** redness over the site.
- **Fatigue.**
- **Rare / serious.** New weakness, inability to walk, or fever.

What this means for you at CureRays

Most people are treated to feel better and keep moving — not because the bone site is the only cancer. We will put the expected time to pain relief in plain words (often not immediate).

Questions to ask

- Do I need a surgeon or brace before radiation?
- How many treatments, and when should pain ease?
- What activity is safe?
- Who manages my bone-strengthening medicine?

How to schedule or learn more

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