

Mayo Clinic Minute: Radiation therapy for cancer pain relief

Patients with cancer have another tool in their toolbox for managing pain. Palliative radiation therapy is an effective option for relieving body aches associated with cancer.

[Dr. Adam Holtzman](#), a Mayo Clinic radiation oncologist, shows us how innovation improves [radiation therapy](#).

Video	Audio
	(nats of machine) Doctors often use radiation to target cancer cells, but did you know radiation therapy can also provide relief from pain?
Adam Holtzman, M.D. Radiation Oncology Mayo Clinic 11:03-11:10 TRT: 7	“Radiation therapy is typically used in about 50 to 60% of all cancer patients, it's very, very common.”
	Dr. Adam Holtzman says high-powered energy eradicates cancer cells, shrinking the tumors and helping to ease agonizing aches.
	“Typically, 60 to 80% of patients usually have partial or even complete relief of relief of their pain, in two to four weeks.”
	Mayo Clinic is using innovation to streamline the process. Even before patients walk through the door, they undergo a virtual planning scan which was created from a prior CT.

	<p>“What that means is patients using a diagnostic scan that was previously obtained, we map out the radiation plan, so we can deliver it quicker and more efficiently to maximize that patient's time and quality of life.”</p>
	<p>For the Mayo Clinic News Network, I'm Sonya Goins.</p>