

# COMFORT MEASURES ONLY

## WHAT ARE COMFORT MEASURES?

“Comfort measures only” refers to treatments used to ease pain and distress when life-prolonging options are not available, very hard to tolerate and/or cause more harm than good. **Comfort measures** focus on relieving symptoms and keeping you comfortable.

### COMFORT MEASURES MAY INCLUDE SOME OF THE FOLLOWING:

- Stop invasive and aggressive treatments
- Do not add new treatments for the illness
- Focus on symptom and pain relief therapies
- Provide emotional support to family
- Focus on quality time for patient and family
- Involve a hospice team

## WHY WOULD I CHOOSE COMFORT MEASURES ONLY?

People with cancer or other chronic illnesses cannot always be cured. Some patients only want comfort measures and do not want aggressive treatment. Below are some reasons patients choose comfort measures only.

**“THESE TREATMENTS ARE TOO TIRING AND PAINFUL FOR ME.”**

**“MY DISEASE IS VERY ADVANCED AND I WANT TO BE AT HOME WITH MY FAMILY, NOT IN THE HOSPITAL.”**

**“MY CANCER IS INCURABLE SO I WANT TO BE AS COMFORTABLE AS POSSIBLE.”**

## YOUR HEALTH CARE TEAM CAN HELP

Partner with your health care team to see what this choice would mean for you. Your health care team can share the benefits and risks of each option with you. Ask questions and use the information to make the decision that is best for you.