

Peripheral neuropathy is damage to the nerves in the arms and legs. Some chemotherapy drugs can cause it. It may take as long as 18 months after chemotherapy for peripheral neuropathy to get better. Sometimes, it does not go away completely.

## Signs of Peripheral Neuropathy

Peripheral neuropathy happens in the fingers, hands, toes, and feet. Here are signs to watch for:

- Burning
- Tingling
- Numbness
- Feeling like walking on clouds
- Unsteadiness when you stand or walk
- Dropping things from your hands
- Less ability to feel heat and cold

If you have any of these signs, talk with your care team.

Sometimes certain medicines taken together may cause peripheral neuropathy. Tell your care team about all the medicines you take. Be sure they know about herbal and over-the-counter products, too.

## Helpful Tips

Protect your hands and feet from very hot and very cold temperatures. Burns or frostbite can happen when you cannot feel heat and cold.

Wear gloves to protect your hands when you wash dishes or garden. Also wear gloves to keep your hands warm in cold weather.

Use a thermometer instead of your hand or foot to check the temperature of your bath water.

Wear socks and shoes with closed toes to protect your feet.

Choose shoes with soles that do not slip.

Be extra careful when using knives, scissors, nail clippers, or tools.

Use nonslip bath mats in the tub or shower to prevent falls.

Keep rooms well-lit.

Keep loose rugs, toys, and other items that might cause you to fall off your floors.

## Treatment

Your care team may recommend one or more of these ways to help:

- Exercise, massage, and relaxation
- Creams to put on your skin
- Acupuncture
- Prescription medicines
- Changes in your cancer treatment

## When Should I Call My Care Team?

Call your care team if any of these things happen:

- You have trouble tying your shoes, buttoning your clothing, or other tasks for daily life.
- You trip, fall, or feel unstable on your feet.
- You notice changes in how your hands or feet work.
- Your signs of peripheral neuropathy get worse.

### Helpful Huntsman Cancer Institute Services

#### Massage, acupuncture, fitness, and exercise classes

Linda B. and Robert B. Wiggins Wellness and Integrative Health Center

Call 801-587-4585

Visit [www.huntsmancancer.org/wellnesscenter](http://www.huntsmancancer.org/wellnesscenter)

Help with relaxation, meditation, and other coping skills from our social workers

Visit [www.huntsmancancer.org/pfs](http://www.huntsmancancer.org/pfs)