

Some types of chemotherapy can cause damage to nerves, called peripheral neuropathy. Signs are:

- Changes in sensation such as:
 - ◆ Tingling, numbness, burning or “pins and needles” feeling in hands, feet, legs or arms
 - ◆ Trouble doing things like buttoning a shirt or using a zipper
 - ◆ Dropping things
 - ◆ Lack of feeling hot or cold temperature, or being more sensitive to hot or cold temperatures
 - ◆ Not able to feel pain from sores or cuts, or feeling new pain in hands or feet
 - ◆ Pain when touching things or when your skin comes into contact with fabric
- Trouble with balance and using your muscles such as:
 - ◆ Weak, aching, or cramping muscles
 - ◆ Trouble walking and keeping your balance



Tell your doctor or nurse right away if you have any of these problems. Early treatment is the best way to make you feel better and prevent more damage.

What works for peripheral neuropathy?

Two medicines might help. Duloxetine alone or Gabapentin along with an opioid reduce pain from nerve damage. Ask your doctor or nurse if either of these might be helpful for you.

What not to do

- **Don't** take Carnitine (also known as L-Carnitine or Acetyl L Carnitine) as diet supplements. Web sites sell this for these symptoms, but studies show it makes the peripheral neuropathy caused by chemotherapy worse.
- Studies have shown that other drugs, diet supplements, herbal supplements, ointments, vitamins and other treatments don't help.
- Research shows that things that work for peripheral neuropathy from diabetes or other conditions don't work for this problem caused by chemotherapy.

