

## 18. Tingling in Hands/Feet

Tingling in the hands and/or feet in cancer patients is commonly a symptom of nerve damage known as peripheral neuropathy. This is often caused by certain types of chemotherapy drugs but may also be due to the tumour itself either by growing close to the nerve or more rarely by the tumour producing nerve-damaging substances. Much less frequently, surgery and radiotherapy may cause nerve damage resulting in tingling of the hands and feet. Diet and alcohol intake, along with other factors can cause tingling particularly if the body has reduced levels of vitamins E and B.

### How can I manage these symptoms?

- You should discuss any tingling sensations with your Oncology Doctor. Some types of drugs can alter nerve impulses and so help to relieve nerve pain. The feeling may need to be tolerated but it might be reassuring to speak to your doctor about it.
- It is important to ensure that you have a healthy diet high in fruit and vegetables, and reduce your alcohol intake.
- Keeping the affected area warm (for example by wearing gloves or warm socks) may help reduce milder tingling feelings.
- Using an elbow to test bath or washing up water will help to prevent harming the hands or feet.
- Wear well-fitting shoes or boots.

## Local Resources:

Resource	Contact Details
<b>Mustard Tree Cancer Support &amp; Triangle Drop In Centres</b> Ask questions, share concerns, offers a range of services including benefits advice. Support, advice and information for cancer patients and their carers	<b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/01752 431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935
<b>Other Resources</b>	Your GP, Oncology Doctor, Specialist Nurse, District Nurse or Physiotherapist.

## National Resources :

Resource	Contact Details
<b>Macmillan Cancer Support</b> Provide comprehensive advice and information on all aspects of cancer.	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a> <b>0808 808 0000</b> (Mon-Fri, 9am-8pm)

## Further Information:

<b>Macmillan booklets:</b> – Available free from the Mustard Tree Macmillan Centre
Controlling the symptoms of cancer
Understanding chemotherapy
Understanding radiotherapy