



May 2019 Survivorship Care Newsletter
We are all survivors from day one and beyond

Why Are My Hands Numb and Tingly?



May is

Skin Cancer,

Bladder Cancer,

Brain Cancer

Awareness Months

Certain cancer treatments can cause peripheral neuropathy, and therefore is referred to as chemo-induced peripheral neuropathy (CIPN). CIPN is a side effect of certain chemotherapies that can damage nerves and affect sensation of the hands and/or feet. It commonly presents as numbness and tingling, often described as feeling like pins and needles. Some people may also experience weakness, pain, burning, decreased sensation of hot and cold, or cramping to the hands and/or feet.

Sometimes these symptoms are

mild and may improve over time, but sometimes it can be permanent and get more severe. If neuropathy becomes severe it could affect your balance and make it more difficult to do simple, everyday activities such as writing, picking objects up, and buttoning a shirt.

If you experience any of these symptoms during treatment, it is very important to notify your doctor. If symptoms become more bothersome, your doctor may decrease the dose of the medication causing the

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Chemotherapies Most Likely to Cause Peripheral Neuropathy

- **Platinum Drugs:** Cisplatin, Carboplatin, Oxaliplatin
- **Taxanes:** Paclitaxel, Docetaxel, Cabazitaxel
- **Plant Alkaloids:** Vinblastine, Vincristine, Vinorelbine, Etoposide
- **Immunomodulating drugs:** Thalidomide, Lenalidomide, Pomalidomide
- **Proteasome Inhibitors:** Bortezomib, Carfilzomib, and Ixazomib

Why Are My Hands Numb and Tingly? Continued

neuropathy or prescribe medications to help. Physical therapy and occupational therapy can also be helpful in dealing with neuropathy.

Other things you can do to manage CIPN are to limit or avoid alcohol, as it can make symptoms worse. Uncontrolled blood sugar can also cause damage to your nerves, so if you are a diabetic be sure to manage your blood sugar as directed by your doctor. You may notice certain things may cause your symptoms to be worse, such as walking around barefoot or wearing tight fitting clothing so try to avoid what triggers the symptoms to be worse. Lastly, to prevent injury be attentive and careful when using sharp objects.

Sources: American Cancer Society, Chemocare.com

Upcoming Events

Knock Cancer Out of the Park, 19th Annual Cancer Survivor Celebration

Come celebrate at Louisville Slugger Field on May 24 with the Louisville Bats! There will be a pre-game celebration at 5:30PM, recognition of cancer survivors at 6:40PM, and the Bats will play at 7PM. Fireworks will follow the game. RSVP by May 17. To RSVP or for more information please call the Kentucky Cancer Program at (502) 852-6318.

Surviving the "C" Bomb

Moving Beyond Cancer to Wellness

Kentucky Cancer Program is hosting an education and resource fair in recognition of National Cancer Survivors Day.

Saturday, June 1
930AM—2PM
Clinical and Translational
Research Building (CTR)
505 S. Hancock St.,
Louisville, KY 40202

Complimentary breakfast and lunch will be provided. Parking is available in the CTR garage. There will also be childcare available at Gilda's Club.

Register online at <http://tinyurl.com/June1Registration>

For more information, call Kentucky Cancer Program: (502) 852-6318.

EDUCATION AND RESOURCE FAIR AGENDA

9:30 a.m. Doors Open/Exhibits

10:00 a.m. Welcome

CIRCLE ONE SESSION TO ATTEND

- 10:15 a.m. A. Healing the Mind and Body: Emotionally and Physically
B. Insurance/Advance Directives/Wills
C. Fear of Recurrence

11:00 a.m. Break/Exhibits

CIRCLE ONE SESSION TO ATTEND

- 11:15 a.m. A. Coping With Sexual Changes After Cancer: Men's Health After Cancer-What You Need To Know
B. Coping With Sexual Changes After Cancer: Women's Health After Cancer-Managing Menopausal Symptoms/Intimacy
C. Self-Care for the Caregiver

12:15 p.m. Lunch

CIRCLE ONE SESSION TO ATTEND

- 1:00 p.m. A. Art Therapy
B. Music Therapy
C. Yoga
D. Essential Oils

2:00 p.m. Evaluation/Wrap Up