

# Tingling, Burning, and Numbness (Neuropathy)

Some cancer treatments and tumors can damage peripheral nerves, which are nerves that are away from the brain and spinal cord. Damage to these nerves is known as neuropathy.

## TRY THIS

**Protect your hands and feet.** Wear gloves when you clean, work outdoors, or do repairs.

**Stay warm.** Keep your hands and feet warm and covered in cold weather.

**Be careful at night.** Avoid injuries by using a night light or flashlight.

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## CHECK THIS OUT

**Visit** the Springboard page on Neuropathy. <https://survivorship.cancer.gov/springboard/symptoms/tingling-burning-numbness>

**Learn** if your symptoms might be signs of neuropathy.  
<http://goo.gl/Gkd7vE>

**Find** out if the chemo drugs you're taking are linked to neuropathy.  
<http://goo.gl/695s8Y>

**See** simple everyday things you can do to manage your symptoms.  
<http://goo.gl/VrwR37>