

Managing Peripheral Neuropathy Tip Sheet

Some cancer medications can lead to short- or long-term damage to nerves, a side effect known as neuropathy. Symptoms of neuropathy are usually seen in the hands and feet and include numbness, tingling, heaviness, pins and needles, and occasionally pain, weakness and balance impairment.

If your doctor has explained that neuropathy might be a side effect of your treatment or if you are experiencing it now, here are some supplements that have been shown to help:

- **Vitamin B6, 50 mg daily**
- **NAC (N-Acetyl Cysteine), one gram twice a day**
- **Alpha lipoic acid, 400 mg twice a day.**

As always, talk to your doctor before starting any new medication or treatment.

If you have painful neuropathy, try hot ginger soaks.

Place a cubic inch of peeled ginger root in boiling water, steep for three minutes and then take the water off the flame. Once it cools down to a tolerable temperature (should still be hot), pour it carefully into a large pot or deep bowl and soak the affected area (hands or feet) for five to 10 minutes. Repeat two to three times a day.

Acupuncture may also be an option.

Ask your physician for a referral for acupuncture.