

Welcome to the ZBC Webinar!

Peripheral Neuropathy: Dealing with Nerve Problems During and After Cancer Treatment

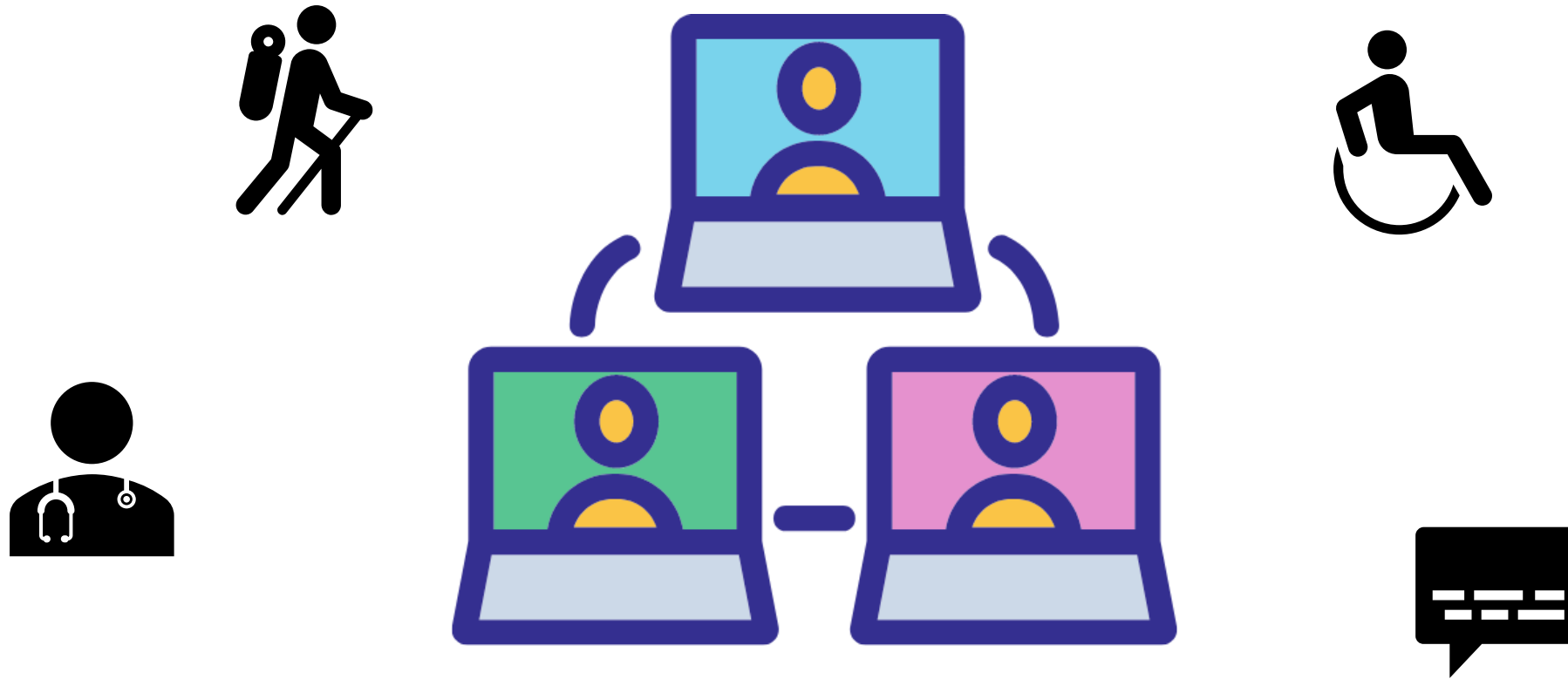
April 27, 2022

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Webinar Housekeeping

- Webinar is being recorded!
 - Recording link will be emailed to everyone registered
- Slides are on website
- Live transcript (captioning)
- Use Q & A to ask questions any time
 - Chat is view only – look for resources there

Who is here today?

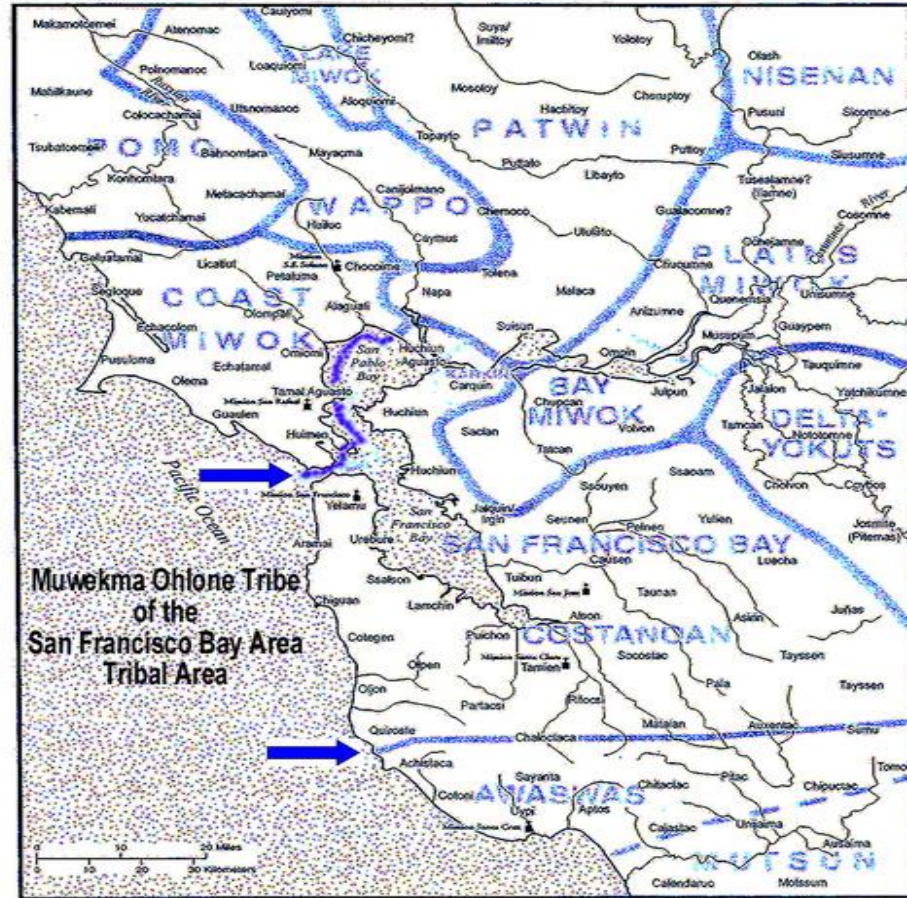


Peripheral Neuropathy: Dealing with Nerve Problems During and After Cancer Treatment

Catherine Thomsen, MPH
April 27, 2022

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The Land We Are On



Zero Breast Cancer



ZBC Neuropathy Factsheets

What is Breast Cancer-Related Neuropathy?

Facts for people who have had breast cancer and those who care for them



“

It's strange that although I can't feel my feet, I can feel the pain.

Many people who have had breast cancer experience pain or discomfort caused by damage to the nerves, known as neuropathy. Nerves control our sense of touch, how we feel pain and temperature, and our muscle strength. Nerve damage can impact our quality of life after cancer.

Neuropathy is different for each person. It depends on which nerves and how many are damaged. It can start during cancer treatment or shortly after. Nerve problems may stop or get worse after treatment.

Neuropathy symptoms can include:

- Numbness, tightness, and tingling
- Burning, shooting, or stabbing pain
- Weakness and loss of balance
- A change in sensitivity to touch or temperature

Paula is a [Pathways breast cancer survivorship study](#) participant who never had pain or neuropathy: "I always wondered why they asked me about pain when I went in for my visits." Another study member said that her fingers and toes were tingly and sometimes painful, but "not so much that I couldn't continue on with my normal routine." Sue and Linda, however, have fairly severe nerve problems that have lasted for years.

Most often neuropathy affects the hands, arms, **feet and legs**. For both Sue and Linda, feet are most affected and it's worse at night.

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¿Qué es la neuropatía relacionada con el cáncer de seno?

Informes para los que han sido diagnosticados con cáncer de seno, los que cuidan de ellos y los que les quieren.



“

Es extraño que, aunque no pueda sentir los pies, puedo sentir el dolor.

Muchas personas que han tenido cáncer de mama experimentan dolor o molestias debido a un daño en los nervios conocido como neuropatía. Los nervios controlan nuestro sentido del tacto, cómo sentimos el dolor y la temperatura, y nuestra fuerza muscular. El daño en los nervios puede influir en nuestra calidad de vida después del cáncer.

Cada persona experimenta la neuropatía de forma diferente. Depende de qué nervios estén dañados y de la cantidad. Puede comenzar durante el tratamiento contra el cáncer o después. Los problemas en los nervios pueden acabar o empeorar cuando el tratamiento termina.

Los síntomas de la neuropatía pueden incluir:

- Entumecimiento, tirantez y hormigueo
- Dolor ardiente, fulgurante o punzante
- Debilidad y pérdida de equilibrio
- Cambio en la sensibilidad al tacto o temperatura—puede que sea mayor o menor sensibilidad

Participantes del [Estudio Pathways de sobrevivencia al cáncer de seno](#) compartieron sus historias con nosotros. Paula nunca ha tenido dolor o neuropatía; "siempre me preguntaba por qué en cada cita me preguntaban sobre el dolor". Otra miembro del grupo decía que sentía hormigueo en los dedos de las manos y los pies y a veces dolor, pero "no tanto como para no poder con-

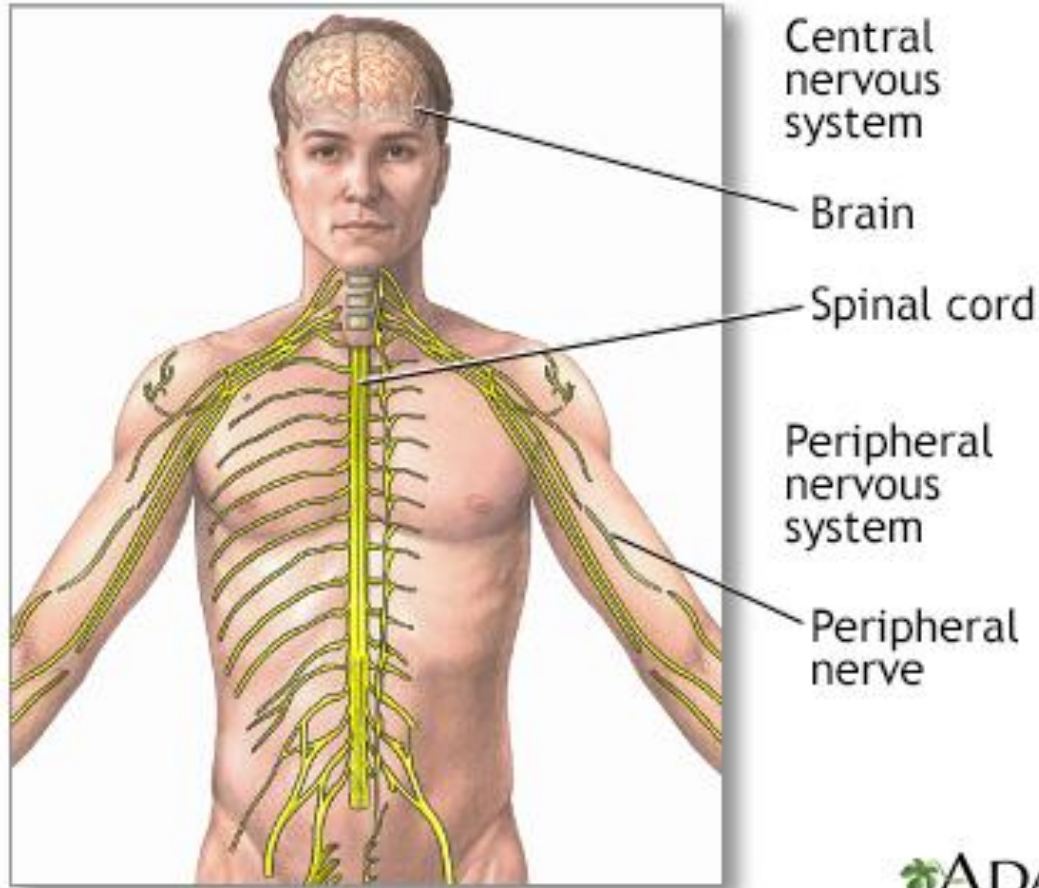
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“Congratulations on a job well done with the Neuropathy Factsheet. It is very accurate and comprehensive and consistent with current knowledge.”

Eva Myers, PhD., FNP, RN
Los Angeles, CA

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What is Peripheral Neuropathy?



Common Symptoms:

- Pain
- Tingling
- Numbness

Muscle control

Organ function

ADAM.

Image from Mount Sinai

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Today's Speaker



Professor of Epidemiology and
Population Health
Stanford School of Medicine

Associate Director for Health Equity
and Community Engagement
Stanford Cancer Institute

Additional Panelists



What helps your feet (& balance)?



Supportive footwear



Compression socks



Kinesiology tape



Rubbing oil



Peppermint lotion

What helps your hands?



Thermal gloves



Pencil/pen grips



Crochet hook grips



Oven mitt that grips

Thank you panelists & sponsors!



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October 2022: Heart Health After a Cancer Diagnosis



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