

## *Cold Mittens and Socks for Prevention of Chemotherapy-Induced Peripheral Neuropathy*

### Background:

Peripheral neuropathy is a set of symptoms caused by damage to the nerves that are distant from the brain and spinal cord; these nerves are called peripheral nerves. They carry sensations (a feeling in different parts of your body) to the brain and control the movement of our arms and legs. Individuals with peripheral neuropathy may experience tingling (or a “pins and needles” feeling), burning or warm feeling, numbness, weakness, discomfort or pain, less ability to feel hot and cold, or cramping of the hands or feet. Certain chemotherapy treatments, such as taxane based chemotherapy (i.e. paclitaxel and docetaxel), are more likely to cause peripheral neuropathy.

***Research suggests that cold therapy (i.e. icing the hands and feet using cold mittens and/or socks) during chemotherapy may decrease the likelihood of developing this potentially permanent side effect.***

### Cold Therapy Options to Mitigate Peripheral Neuropathy:

Although research is still preliminary, some studies recommend the cold mittens and socks be worn starting 15 minutes prior to treatment, throughout the infusion, and for 15 minutes following the infusion.

Cold mittens and socks may be purchased commercially (for example, try searching for “cold mittens for chemotherapy” at [www.amazon.com](http://www.amazon.com); click [here](#) to be linked directly to search results). Or, if you prefer not to purchase cold therapy products, there are other options available to create the same effect, such as placing large zip lock bags of ice on the hands and feet in place of cold mittens and socks.

*Note, it may be beneficial to have two pair of mittens and socks to trade out half way through treatment.*

**Please feel free to speak with your care provider with any additional questions or concerns about cold therapy or chemotherapy-induced peripheral neuropathy.**