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.

**CHECK THIS OUT**

- **Learn** if your symptoms might be signs of neuropathy. [http://goo.gl/Gkd7vE](http://goo.gl/Gkd7vE)
- **Find** out if the chemo drugs you’re taking are linked to neuropathy. [http://goo.gl/695s8Y](http://goo.gl/695s8Y)
- **See** simple everyday things you can do to manage your symptoms. [http://goo.gl/VrwR37](http://goo.gl/VrwR37)