

Cancer Treatment and Your Feet

Some chemotherapy drugs and targeted cancer drugs can affect the feet, this includes the nails causing inflammation or changes to the nail. Cancer treatment can cause other foot conditions such as Peripheral Neuropathy and Hand-Foot Syndrome. It is important to tell your doctor or a member of your cancer care team as soon as you notice any problems with your feet or if you notice conditions getting worse.

Nail Care

Some chemotherapy drugs might cause inflammation of the nail bed and some of your nails might become loose. Chemotherapy can also cause white or dark lines across your nails, your nails may become brittle and dry, grow more slowly or develop ridges.

Tips on Nail Care

- If you can, clip your nails to keep them short, do not use scissors.
- Wear cotton socks and comfortable shoes that are wide enough.
- Don't delay seeing your doctor if you have any skin or nail infection.
- Avoid nail varnish if the nails are split, sore or damaged.
- Marked nails can be covered with nail varnish if you like but avoid quick drying ones as they can make your nails even drier and use nail varnish remover that does not have acetone or other harsh solvents.

For more information on nail care provided by Macmillan [click here](#).



Other Foot Conditions Related to Cancer Treatment

Peripheral Neuropathy

Peripheral neuropathy develops when nerves in the body's extremities, such as the hands, feet and arms, are damaged. Cancer and its treatment can sometimes cause peripheral neuropathy. The symptoms will vary, however the condition can cause pain, sensitivity, numbness or weakness and difficulty with balance, walking and coordination.

For more information on Peripheral Neuropathy provided by Macmillan [click here](#).

Hand-Foot Syndrome/ Palmar-Plantar Erythrodysesthesia

A side effect which can occur with several types of chemotherapy or biologic therapy drugs used to treat cancer. The redness looks like sunburn and the areas affected can become dry and peel, with numbness or tingling developing. Hand-Foot syndrome can be uncomfortable, it is recommended to avoid friction and to wear loose-fitting, comfortable footwear.

For more information on Hand-Foot Syndrome provided by Breast Cancer Now [click here](#).

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