Peripheral neuropathy is a change in feeling in the arms, hands, fingers, legs, feet, toes, or other body parts. It can be a symptom of multiple myeloma or related to the use of medications to treat myeloma, such as novel therapies thalidomide and bortezomib. Managing peripheral neuropathy can reduce pain and other symptoms and can allow you to receive the best treatment for your myeloma. Your healthcare provider may change your dose or medication schedule to help manage your symptoms.

**SYMPTOMS OF PERIPHERAL NEUROPATHY**

You may have the following symptoms in toes and feet, fingers and hands, or lips.

- Numbness
- Tingling
- Burning pain
- Muscle weakness
- Sensitivity to touch
- Prickling sensations
- Sensation of cold in feet

Always report symptoms early to your healthcare team.

You may have an examination before treatment and at various times during treatment to see whether you have any symptoms of neuropathy. It is important to know when neuropathy affects your daily activities.

**MANAGING THE SYMPTOMS**

The following suggestions may help you with symptoms of peripheral neuropathy. Always check with your healthcare provider before taking new medications.

- Massage the affected area with cocoa butter.
- Take B-complex vitamins.
- Take folic acid supplements.
- Take amino acid supplements.

If symptoms become more severe, your healthcare provider may recommend the following.

- Pain medication or other medication for nerve pain relief
- Stopping treatment for a period of time
- Lowering the dose of treatment
- Physical therapy

Taking care of peripheral neuropathy symptoms will allow you to move more easily and safely, carry out your daily activities, and prevent unnecessary pain and discomfort.