**Foot Health & Cancer Treatment**

A Guide for Patients Undergoing Chemotherapy & Cancer Treatments

**How Cancer Treatment Affects Your Feet**

Cancer treatments, including chemotherapy, radiotherapy, and targeted therapies, can cause various foot-related side effects. These may impact mobility, comfort, and overall well-being.

**Common Foot Problems During Cancer Treatment**

🛑 Peripheral Neuropathy – Numbness, tingling, or burning in the feet.

🛑 Hand-Foot Syndrome (Palmar-Plantar Erythrodysesthesia) – Redness, swelling, peeling, and pain in the soles.

🛑 Nail Changes – Brittle, discoloured, or ridged nails; possible infections.

🛑 Skin Sensitivity & Dryness – Cracked heels, peeling skin, or sores.

🛑 Swelling (Oedema) – Fluid retention causing discomfort and tightness in shoes.

🛑 Increased Risk of Infections – Due to a weakened immune system.

**How a Foot Health Practitioner Can Help**

👣 Routine Foot Checks – Monitoring for early signs of infection, ulcers, or pressure sores.

👣 Nail Care – Gentle trimming and thinning of thickened nails to prevent damage.

👣 Callus & Corn Management – Reducing pressure areas to improve comfort.

👣 Moisturising & Skin Protection – Recommending safe creams to prevent dryness and cracking.

👣 Footwear Advice – Helping choose soft, well-cushioned shoes to reduce pressure.

👣 Neuropathy Support – Advice on managing numbness and sensitivity.

👣 Referral Support – Directing patients to podiatrists or oncology specialists if needed.

**Self-Care Tips for Healthy Feet During Treatment**

✔ Check Your Feet Daily – Look for cuts, blisters, redness, or swelling.

✔ Moisturise Regularly – Use a gentle, fragrance-free cream (avoid between toes).

✔ Wear Comfortable Shoes – Soft, wide-fitting, and supportive footwear is best.

✔ Avoid Walking Barefoot – Reduces the risk of injury and infection.

✔ Trim Nails Carefully – Straight across to prevent ingrown nails.

✔ Manage Swelling – Keep feet elevated when resting.

✔ Keep Feet Clean & Dry – Wash gently with lukewarm water and mild soap.

**When to Seek Medical Help**

⚠ Persistent foot pain, tingling, or burning sensations.

⚠ Skin wounds, ulcers, or infections that won’t heal.

⚠ Increased swelling, redness, or warmth in the feet.

⚠ Changes in nail colour, shape, or signs of fungal infection.

**Book an Appointment**

For professional foot health care during cancer treatment, contact:

[Your Clinic Name]

📍 [Clinic Address]

📞 [Phone Number]

📧 [Email Address]

🌐 [Website]

If you experience severe foot problems, speak to your oncologist or GP immediately.