

Cold Sensitivity

Information for Patients on Cancer Treatment

Some chemotherapy medications make your body very sensitive to the cold.

Oxaliplatin is one medication that causes this. If you receive oxaliplatin, be very careful around the cold.

You may feel:

- Numbness and tingling in your fingers and toes
- Tightness in your throat or jaw
- Like it is hard to swallow or breath
- Like something is stuck in your throat

How do I prevent this?

- Stay warm and avoid the cold whenever possible
- If you must go outside in the cold, wear a scarf, mittens, and warm socks
- Do not eat cold food or drinks; let them sit if they come straight from the fridge
- Wear gloves if you must touch cold objects
- Stay far from air conditioning and fans

Call the Clinic Nurse at (416) 469-6580 ext. 2752 if the numbness does not stop. Go to the **Emergency Department** if you have trouble breathing.