

Hand-Foot Syndrome or Palmar-Plantar Erythrodysesthesia



Hand-foot syndrome, also called palmar-plantar erythrodysesthesia, is a side effect of some types of chemotherapy. Hand-foot syndrome causes redness, swelling, and pain on the palms of the hands and/or the soles of the feet. Sometimes blisters appear. Although less common, hand-foot syndrome sometimes occurs on other areas of the skin, such as the knees and the elbows.

Relieving side effects, also called symptom management, [palliative care](#), or supportive care, is an important part of cancer care and treatment.

Symptoms

In mild to moderate hand-foot syndrome, the following symptoms may occur on the palms of the hands and/or the soles of the feet:

- Redness (similar to a sunburn)
- Swelling
- A sensation of tingling or burning
- Tenderness (sensitive to touch)
- Tightness of the skin
- Thick calluses and blisters on the palms and soles

Symptoms of severe hand-foot syndrome include:

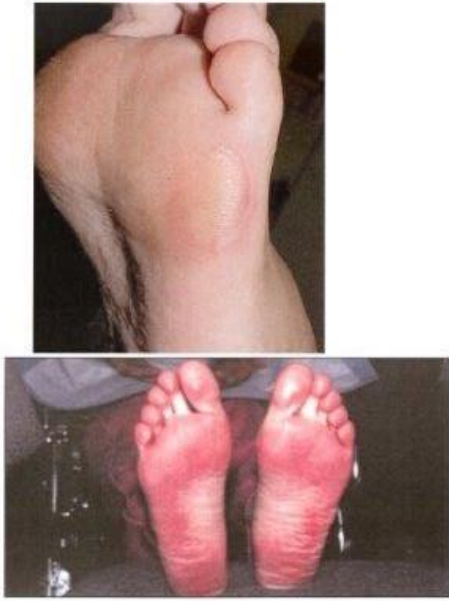
- Cracked, flaking, or peeling skin
- Blisters, ulcers, or sores on the skin
- Severe pain
- Difficulty walking or using the hands

Capecitabin
Hand-Fuss-Syndrom Grad 1



Handkanten beachten!

Capecitabin
Hand-Fuss-Syndrom Grad 2



Grad 3

Causes

Hand-foot syndrome occurs when drugs used to treat the cancer affect the growth of skin cells or capillaries (small blood vessels) in the hands and feet. Once the drug is out of the blood vessels, it damages the surrounding tissues. This can cause symptoms of hand-foot syndrome that range from redness and swelling to difficulty when walking.

Some therapies are more likely to cause hand-foot syndrome than others. The drugs that may cause hand-foot syndrome include:

- Axitinib (Inlyta)
- Cabozantinib (Cometriq)
- Capecitabine (Xeloda)
- Cytarabine (Cytosar-U)
- Docetaxel (Docefrez, Taxotere)
- Floxuridine (FUDF)
- Fluorouracil (5-FU, Adrucil)
- Idarubicin (Idamycin)
- Liposomal doxorubicin (Doxil)
- Doxorubicin (Adriamycin)
- Sunitinib (Sutent)
- Sorafenib (Nexavar)
- Pazopanib (Votrient)
- Paclitaxel (Taxol)
- Vemurafenib (Zelboraf)
- Regorafenib (Stivarga)

Treatment

When taking medications known to cause hand-foot syndrome, topical anti-inflammatory medications may help. These include corticosteroid creams such as clobetasol (multiple brand names) or halobetasol (Ultravate). In addition, your doctor may reduce your chemotherapy dose or alter your chemotherapy schedule. If necessary, your doctor may temporarily stop your chemotherapy until symptoms of hand-foot syndrome improve.

The following medications may also be used to treat hand-foot syndrome:

- Topical anesthetics, such as lidocaine (Lidesthesin, Lidoderm, Xylocaine, Xylocitin), used as a cream or a patch over painful areas in the palms and soles.
- Pain relievers, such as ibuprofen (multiple brand names), naproxen (multiple brand names), and celecoxib (Celebrex)
- Ice packs under the hands and feet during the infusion of certain chemotherapies (paclitaxel, docetaxel, doxorubicin) to prevent hand-foot syndrome.



The cuffs and the socks must be frozen at -18 to -30 degrees. The cooling time of the cuffs are maximum 1hour.

The cost per pair of the cuffs/socks are €227,29.

The best way is **HILOTHERAPY**.

