

An Letter To My Oncology Team About Preventing Cold Sensitivity From Oxaliplatin

Dear Doctors, Nurses, and Medical Care Team Members,

I would like to discuss the oxaliplatin side effect known as cold sensitivity during treatment. Cold sensitivity can affect my day-to-day quality of life during treatment. My goal is to minimize or prevent this side effect of oxaliplatin during treatment.

I currently belong to a private social media group called COLONTOWN® . A neighborhood within COLONTOWN, Live Wire, focuses on the management of side effects of oxaliplatin. Until recently, the focus of the group has been on alleviating pain and the other symptoms of chemo-induced peripheral neuropathy. Recently member have been applying ice packs to prevent cold sensitivity during treatment.

I plan on trying cold therapy or 'icing'. Here's why:

Applying ice to the hands, feet, and orally, constricts the blood vessels and decreases the amount of oxaliplatin that reaches the nerves in those regions. My decision is based on previous studies with positive findings that cold therapy has had in alleviating.

- a. hair loss for breast cancer patients (P. Katsimbri, 2000) (Corina J. van den Hurk, 2012 - <https://www.sciencedirect.com/science/article/abs/pii/S0959804900000125>)
- b. in preventing oral mucositis (Peterson, 2013 - <https://link.springer.com/article/10.1007/s00520-012-1562-0#Sec4>) and
- c. in preventing oral thermal hyperalgesia (Brittany Bauman, 2019 - <https://jncn.org/view/journals/jncn/17/4/article-p358.xml?rskey=EgOyxH&result=1>).

My decision is also based on the positive feedback from the Live Wire group. Those that are voluntarily icing are reporting no cold sensitivity. No tingling, burning or numbness in their hands or feet. No problems eating or swallowing cold food. No severe reactions like laryngospasms

Since there are no medicine-based methodologies available to prevent oxaliplatin side effects, icing seems like a safe, inexpensive, and reasonable approach to restricting the amount of oxaliplatin to the peripheral nerves during infusion and gives me the best chance possible to complete my treatment course without the acute side effects of cold sensitivity.

I ask for your support, as I will be icing during my treatment. I believe it will increase my quality of life during treatment. For your convenience, a summary of the different icing protocols used by the COLONTOWN members is included following this letter.

Sincerely,

Your Grateful Patient

Icing Protocol for Preventing Cold Sensitivity From Oxaliplatin

1. Start icing prior to starting oxaliplatin infusion

- a. Request a 10 minute warning prior to starting oxaliplatin to allow time to get your cold packs applied.

2. Apply icing protocol to hands, feet, and by mouth (orally).

3. Hands and Feet Icing

- a. Rest the hands and feet directly on the cold packs or secure with tape or ace type bandages. Socks and thin gloves can be worn during icing or you can wrap the cold packs in cloth.
- b. Types of cold packs.
 - Small bags of ice – have replacement ice ready, as your body heat will melt the ice fairly quickly.
 - Freezer packs (gel or blue ice) – might need replacements if they start to get warm
 - Commercial cold therapy mittens and socks
 - Frozen water bottles
- c. Wrists and Ankles
 - If cold sensitivity is present in the hands and feet, icing of the wrists and ankles can be used as an alternative.

4. Oral Icing

- a. Find a cold substance that you can consume during infusion by sucking on it or chewing it.
- b. Types of cold substances
 - Ice chips
 - Frozen ice treats like Popsicles
 - Slushy type drinks
 - Ice water
- c. You may experience some slurring of words as your mouth and tongue become numb

5. If the iced areas become too cold, take a short break. You can stop icing at any time if the cold becomes intolerable

6. Continue icing for about 20 minutes after the oxaliplatin infusion has ended

7. Feel free to cover the non-icing portions of your body with a blanket during the icing protocol. Do not let your body get so cold that you begin to shiver.

Disclaimer: Icing is most effective at reducing cold sensitivity (hands, feet, and drinking cold liquids) and the symptoms of Chemotherapy-Induced Peripheral Neuropathy in the hands and feet (pain, tingling, and numbness) when started at the first infusion. It is less effective for the other side effects from oxaliplatin like the sensation of throat closing (without itching or hives) and first-bite pain. The throat closing with itching, hives etc., which can come on suddenly, indicate an allergic reaction. Muscle soreness or cramping is not a sign of Chemotherapy-Induced Peripheral Neuropathy.

Infusion Centers

| Cancer Center | Oncologist | City | State / Province | Country |
|--|--------------------------|------------------|------------------|-------------|
| American Hospital | Nicola - Manager | Oud Mehda | Dubai | UAE |
| Asplundh Cancer Pavilion | | Willow Grove | PA | USA |
| Banner MD Anderson | | Gilbert | AZ | USA |
| Beaumont Cancer & Breast Care Center | Dr. Zekman | Farmington Hills | MI | USA |
| Blue Ridge Cancer Care | Dr Goldschmidt | Wytheville | VA | USA |
| British Columbia Cancer Agency | | Victoria | British Columbia | Canada |
| C.R. Wood Cancer Center | | Glens Falls | NY | USA |
| Centre Hospitalier Universitaire | | Limoges | | France |
| Cleveland Clinic | Dr. Smitha Krishnamurthi | Cleveland | OH | USA |
| Cleveland Clinic Akron General | Dr. Weiquan Lu | Akron | OH | USA |
| Coborn Cancer Center | | St. Cloud | MN | USA |
| Cotton O'Neil Cancer Center | Dr Daulath Singh | Topeka | KS | USA |
| Dana Farber | Dr Rubinson | Boston | MA | USA |
| Dell Seton Medical Center | | Austin | TX | USA |
| Derrick L Davis Cancer Center | Dr Heather Shearer | Winston Salem | NC | USA |
| East Kootenay Regional Hospital | | Cranbrook | British Columbia | Canada |
| Fort Wayne Oncology and Hematology | Dr. Carr | Fort Wayne | IN | USA |
| Fox Chase Cancer Center | | Philadelphia | PA | USA |
| Frauhenshuh Cancer Center, Methodist Hospital | Dr. Bryan Trottier | St Louis Park | MN | USA |
| Grand Valley Oncology | | Grand Junction | CO | USA |
| Herbert Irving Cancer Center | | New York | NY | USA |
| Hospital Quironsalud | Dr. Dominguez | Málaga | | Spain |
| IU Health Arnett | | Lafayette | IN | USA |
| John Hopkins | Dr Azad | Baltimore | MD | USA |
| Kaiser Medical Center | Dr. Russin | Walnut Creek | CA | USA |
| Kaiser Medical Center - San Francisco | Dr. John Shaia | San Francisco | CA | USA |
| Lemmon Holton Cancer Center | | Grand Rapids | MI | USA |
| Leonard Cancer Institute | Dr. Minch Fong | Mission Viejo | CA | USA |
| MD Anderson - Katy | | Houston | TX | USA |
| MD Anderson - Main | | Houston | TX | USA |
| Medical University of South Carolina | Dr. Daniel Reuben | Charleston | SC | USA |
| Memorial Sloan Kettering Cancer Center - 53rd street | Dr. Diaz & Dr. Kemeny | New York | NY | USA |
| Memorial Sloan Kettering Cancer Center - Rockefeller | Dr Cercek | Manhattan | NY | USA |
| Memorial Sloan Kettering Cancer Center - Uniondale | | Uniondale | NY | USA |
| Methodist Hospital | | St. Louis Park | MN | USA |
| Minnesota Oncology - Maplewood | Dr Delaune | Maplewood | MN | USA |
| New York Cancer & Blood - Southampton | | Southampton | NY | USA |
| Northwest Medical Specialties | Dr. L. Martin | Puyallup | WA | USA |
| Oncologia Varini Calderoni | | Christinat | Lugano | Switzerland |
| Pen Bay Medical Center Cancer Clinic | | Rockport | ME | USA |
| Penn Medicine Valley Forge Cancer Center | | Berwyn | PA | USA |
| Providence Regional Cancer System - Centralia | | Cehtralia | WA | USA |
| Providence Regional Cancer System - Lacey | | Lacey | WA | USA |
| San Antonio Military Medical Center | | San Antonio | TX | USA |
| Seattle Cancer Care Alliance | | Seattle | WA | USA |
| Simon Cancer Center | Dr. Turk | Indianapolis | IN | USA |
| Siteman Cancer Center - South County | Dr. Eric Knoche | St. Louis | MO | USA |
| Southwest Oncology at Mercy Hospital | | Durango | CO | USA |
| Sparrow Herbert Herman Cancer Center | Dr. Ali-Ahmad | Lansing | MI | USA |
| SSM Health Cancer Center | Dr. Rory Makielski | Madison | WI | USA |
| St. Joesph Cancer Center | | Brighton | MI | USA |
| Stadtspital Triemli | Dr. Yannick Bucella | Zurich | . | Switzerland |
| Stephenson Cancer Center | Dr Ulahannon | Oklahoma City | OK | USA |
| Stormont Vail/Cotton O'Neil Cancer Center | | Topeka | KS | USA |
| Texas Oncology-Cleburne, | | Cleburne | TX | USA |
| The Fred & Pamela Buffett Cancer Center | Dr. Kelsey Klute | Omaha | NE | USA |

Infusion Centers Continued

| Cancer Center | Oncologist | City | State / Province | Country |
|--|-----------------------|---------------|------------------|---------|
| The London Clinic | | London | . | UK |
| UC Health | | Denver | CO | USA |
| UCSF Cancer Center | Dr. Chloe Atreya | San Francisco | CA | USA |
| UNC Rex Cancer Center | Dr. Eisenbeis | Cary | NC | USA |
| University of Michigan - Brighton | Dr John Kraus | Brighton | MI | USA |
| University of Michigan Rogel Cancer Center | Dr John Kraus | Ann Arbor | MI | USA |
| University of Pennsylvania, Abramson Cancer Center | Dr. Ursina Teitelbaum | Philadelphia | PA | USA |
| UT Southwestern Infusion Center | Dr Kazmi | Richardson | TX | USA |
| Valley Medical Center | Dr. Gao | Renton | WA | USA |
| Virginia Cancer Specialists | | Fairfax | VA | USA |
| Virginia Oncology Associates - Port Warwick | | Newport News | VA | USA |
| Wake Forest Baptist Comp Cancer Center, | | Winston-Salem | NC | USA |
| West Cancer Center (PA) | Dr. Axel Grothey | Germantown | PA | USA |
| West Cancer Center (TN) | | Germantown | TN | USA |

Supplies used by Live Wire member for icing.

| You will need a cooler with extra ice to keep everything cold | | | |
|---|-----------------------------|---------------|---|
| Items used to Ice Feet & Ankles | Amazon Price April 2021 | | Comments |
| | Primary | Refills | |
| Plastic Hospital Type Tub with Ziplock Bags of Ice | Need extras bags of ice | | Cheap, a little messy due to melting ice |
| Cold Therapy Socks + 2 Refill Cold Packs | \$20-\$30 | \$8-\$15 each | lasts about 2 hours with refills |
| Cold Therapy Slippers (4 pair) - Leonns | \$20 each | none | Easy on an off, lasts about 30 minutes |
| 44 Count Flexible Ice Sheets | \$20 (4 Pack) | none | Can use wraps or socks to hold in place |
| Single 44 Count Flexible Ice Sheet | \$3 @ Dick's Sporting Goods | | Can use wraps or socks to hold in place |
| Some Infusion Centers have supplies for other chemo treatments - Worth Asking | | | Suggest having your oncologist put into your chart |
| | | | |
| Items used to Ice Hands & Wrists | Primary | Refills | |
| Frozen Water Bottle covered with a sock | na | yes | |
| Cold Therapy Mittens + 2 Refill Cold Packs | \$30-\$40 | \$20 (2 sets) | lasts about 30 minutes before switching out |
| Cold Therapy Socks + 2 Refill Cold Packs | \$20-\$30 | \$8-\$15 each | Stays colder longer than the mittens & Cheaper |
| Cold Therapy Slippers (2 pair) - Leonns | \$20 each | none | Use on one hand & waterbottle for the other |
| 44 Count Flexible Ice Sheets | \$20 (4 Pack) | none | Can use wraps or socks to hold in place |
| Single 44 Count Flexible Ice Sheet | \$3 @ Dick's Sporting Goods | | Can use wraps or socks to hold in place |
| Some Infusion Centers have supplies for other chemo treatments - Worth Asking | | | Suggest having your oncologist put into your chart |
| | | | |
| Items used to Ice Mouth | Primary | Refills | |
| Cup with Ice Chips | na | yes | Bring a bag full or check with your infusion center |
| Disposable Make Your Own Ice Pop Bags | \$10 -\$15 per 100+ bages | | Freeze your favorite drinks |
| Any iced or frozen drink | ? | ? | Store bought or home made |