

LA ROCHE POSAY
LABORATOIRE DERMATOLOGIQUE

CANCER
SUPPORT
BY LA ROCHE-POSAY



**CARING FOR
YOUR SKIN**
WHEN
FACING CANCER

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LA ROCHE-POSAY'S COMMITMENT TO CANCER

Confronting your illness with courage and grace. Remaining confident and true to yourself. These virtues play a role in nourishing your body's strength after being diagnosed with cancer—and La Roche-Posay is committed to standing by your side every step of the way.

La Roche-Posay began exploring the dermatological issues associated with cancer treatments in 2008. In 2012, the brand assembled a working group called European SKIn Management in Oncology (ESKIMO). After reviewing the most current scientific data, the group's medical experts made their recommendations for skin-related side effects of cancer treatments and for improving patients' quality of life during chemotherapy, radiation, and other therapies. These recommendations were published in world-renowned, peer-reviewed scientific journals.

In 2017, La Roche-Posay partnered with the George Washington University Cancer Center to launch the GW Supportive Oncodermatology Clinic, which is dedicated to serving the comprehensive dermatologic needs of cancer patients. In 2018, La Roche-Posay joined forces with the American Childhood Cancer Organization to support families with children who are fighting cancer and help them cope with the emotional side effects of treatment. Since then, La Roche-Posay has also been working with the American Cancer Society to expand and support oncology initiatives.

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LIVING WITH CANCER

HOW TO BETTER COPE WITH THE NEWS

You've just been diagnosed with cancer. The news can be shocking—and then the first wave of questions and concerns comes rolling in.

HOW WILL I DEAL WITH THE TREATMENTS?

HOW WILL I TELL MY LOVED ONES?

SHOULD I CONSULT A PSYCHOLOGIST?

WILL I STILL BE ABLE TO WORK?

It's imperative to keep in mind that you don't have to go through this alone. There are teams of doctors, nurses, pharmacists, aestheticians, and other specialists who can help support you every step of the way.

Visit **Cancer Support By La Roche-Posay** for more resources on caring for your skin when facing cancer and living with cancer.

Scan the QR code:



Or visit www.laroche-posay.us



BEFORE TREATMENT HELP ADDRESSING SKIN SIDE EFFECTS

Your cancer care team has likely presented you with a treatment protocol that may include surgery, chemotherapy, radiation, immunotherapy, and other targeted therapies. Although the latest advances in cancer treatment have dramatically improved patients' prognoses, more than 80% of patients develop skin-related side effects, and almost 50% experience skin reactions caused by radiotherapy.^{1,2} However, a simple routine of cleansing and moisturizing can help protect skin.

1. Charles C, et al. Impact of cutaneous toxicity associated with targeted therapies on quality of life. Results of a longitudinal exploratory study. *Bulletin du Cancer*. March 2013;100(3):213-22.
2. Berger A, et al. Interest of supportive and barrier protective skin care products in the daily prevention and treatment of cutaneous toxicity during radiotherapy for breast cancer. *Breast Cancer: Basic and Clinical Research*. 2017;12:1-7.

Will my skin change?

Cancer treatments can lead to skin- and hair-related side effects. The right combination of personal-care products can help reduce and soothe the symptoms you might see and feel. Taking action on caring for your skin when you begin treatment (or even earlier) can help protect your skin before the first symptoms appear. If you have any questions or concerns, be sure to seek the advice of your healthcare team, dermatologist, or pharmacist.

Your daily routine

- Choose gentle cleansers free of additives, fragrances, perfumes, or sensitizing agents like essential oils. You should look for a cleanser with a pH between 4.0-6.0.
- Opt for short, lukewarm showers rather than hot, prolonged baths that can irritate the skin or trigger itchiness
- Dry skin by patting it gently with a towel and apply moisturizer before the skin is completely dry. Apply a skin-repairing balm afterwards.
- In the morning, apply sunscreen to the face and body

Our advice for sensitive skin

Use a fragrance-free, hypoallergenic laundry detergent to minimize potential irritation to the skin.

DURING TREATMENT MOISTURIZE & PROTECT YOUR SKIN

Daily moisturization is one of the most essential and effective habits. With the appropriate moisturizer, this step may help repair and reinforce the skin's barrier function, helping to relieve discomfort from potential itchiness or skin cracks.

We recommend fragrance- and alcohol-free balms and creams with ingredients that mimic the skin's natural lipids, such as shea butter and ceramides. If you have any questions or concerns, be sure to seek the advice of your healthcare team, dermatologist, or pharmacist.

Cancer treatments can make the skin more sensitive and cause it to become thinner.

This advice was developed by Adam Friedman, MD, FAAD, the Director of the Supportive Oncodermatology program in the Department of Dermatology at The George Washington University School of Medicine & Health Sciences.

- Moisturizers help to add a protective coating that reduces water loss, allowing the skin to moisturize itself from the inside
- Moisturizers can be applied as often as desired; use them liberally at least twice a day
- The most important time to apply a moisturizer is right after bathing or showering, before the skin is completely dry
- Look for products which contain protective occlusives like white soft paraffin, dimethicone and cyclomethacone as well as humectants like glycerin, hyaluronic acid, sorbitol, lactate, urea, or honey

WHY IS SUN PROTECTION NECESSARY?

Skin may become more sensitive, including to the sun, while receiving cancer treatments and for at least a year post-treatment. To protect it, use a broad-spectrum sunscreen with at least SPF 30 after moisturizing in the morning while paying special attention to sensitive areas like the lips, hands, feet, back of the neck, and the scalp.

Tips

- Areas treated with radiation may be especially prone to sunburn and require extra sun protection
- Surgical scars may be particularly sensitive to the sun and are at risk for hyperpigmentation (darkening of the skin), so keep them well protected with clothing and sunscreen
- Avoid direct sun between 10 a.m. and 2 p.m. and reapply sunscreen at least every two hours.
- Apply sunscreen even if you are staying indoors since UVA rays can penetrate glass
- For optimal sun protection, wear sunglasses, long sleeves, pants, and a wide-brimmed hat or a cap

Our advice

Choose skin care products designed for sensitive skin.

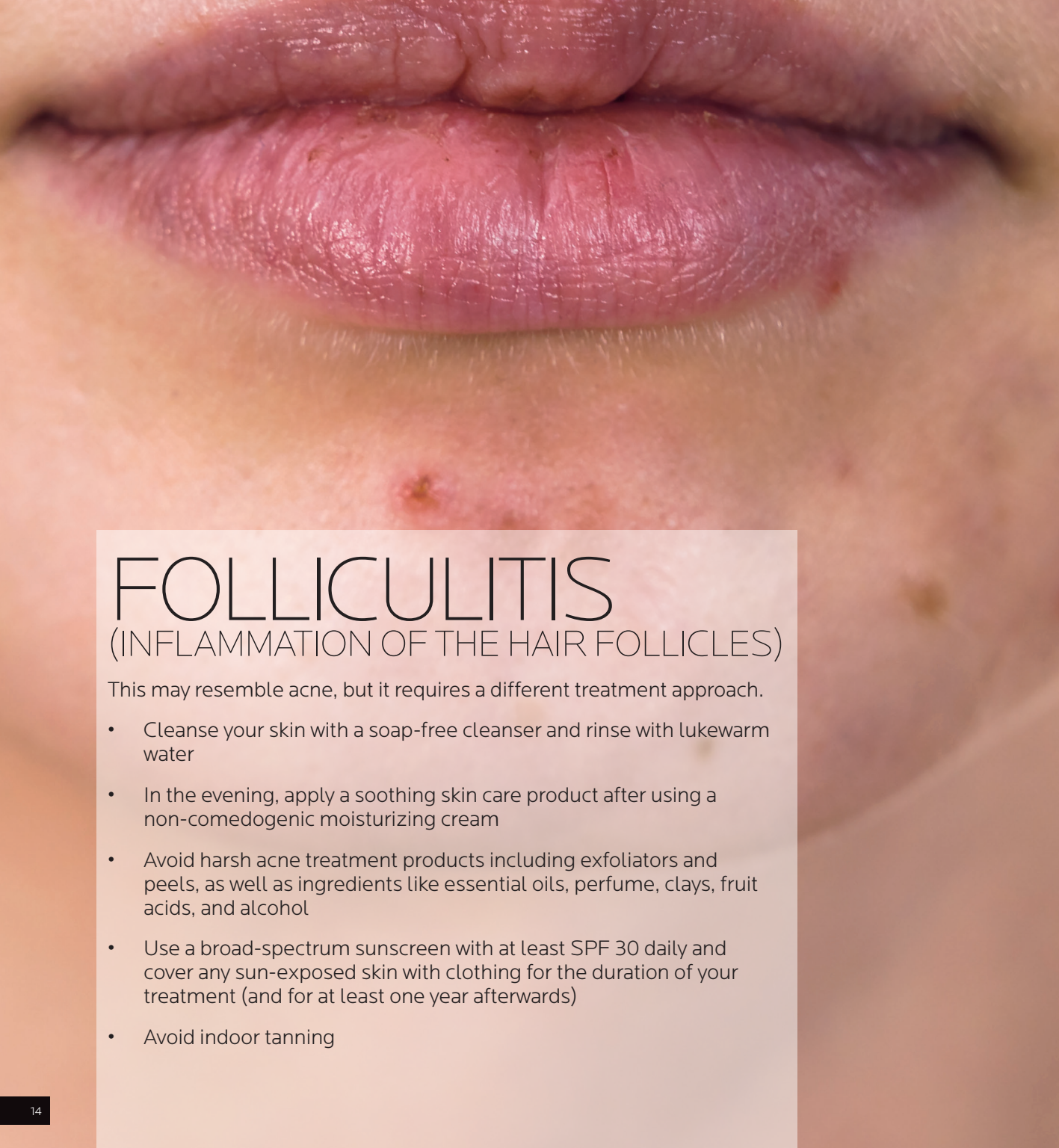


DURING TREATMENT SOOTHE SKIN

Cancer treatments can cause changes in your skin type and make your skin dry. Itchiness can occur, as well as the potential for skin infections damaging the skin barrier.

Tips to help soothe dry skin

- Choose mild, nourishing products such as gentle cleansers, creams, and balms
- Apply these products daily to help restore the skin barrier and soothe itching feel
- Misting Thermal Spring Water on sensitive areas may help soothe skin
- Keep fingernails short and avoid scratching the skin to minimize risk of infection
- Opt for soft, loose, cotton clothing instead of rough, tight-fitting garments that can be irritating to the skin



HAND-FOOT SKIN REACTIONS

Cancer treatments can lead to severe skin dryness, as well as redness and potentially painful swelling of the palms of your hands and soles of your feet. These symptoms are generally referred to as hand-foot skin reactions.

To prevent splits, cracks and pain:

- Before beginning treatment, ask your medical team about frozen gloves³. The cold sensation can help constrict blood vessels.
- Moisturize your hands and feet several times a day with an emollient cream or repairing balm in case of severe dryness
- Keep your nails short and wear gloves while washing dishes, gardening, and doing other manual tasks
- Avoid hot baths and showers as well as sun exposure, standing for too long, or walking long distances
- Wear comfortable shoes made of leather rather than tight plastic or synthetic materials and avoid high heels
- If your hand-foot skin reaction leads to thickening of the skin's outermost protective layer, your healthcare team or pharmacist may be able to recommend additional medicated balms or treatments
- Consult with a podiatrist after completing treatment

Our advice

For extra skin-moisturizing benefits, use gloves or socks to maximize your products' hydrating effects.

FOLLICULITIS (INFLAMMATION OF THE HAIR FOLLICLES)

This may resemble acne, but it requires a different treatment approach.

- Cleanse your skin with a soap-free cleanser and rinse with lukewarm water
- In the evening, apply a soothing skin care product after using a non-comedogenic moisturizing cream
- Avoid harsh acne treatment products including exfoliators and peels, as well as ingredients like essential oils, perfume, clays, fruit acids, and alcohol
- Use a broad-spectrum sunscreen with at least SPF 30 daily and cover any sun-exposed skin with clothing for the duration of your treatment (and for at least one year afterwards)
- Avoid indoor tanning

3. Scotte F, et al. Multicenter Study of a Frozen Glove to Prevent Docetaxel-Induced Onycholysis and Cutaneous Toxicity of the Hand. *Journal of Clinical Oncology*. 2005;23(19):4424-9

CARING FOR SCARS

Scars are the result of the body's natural healing process, and they can develop after injuries, skin trauma, and surgical procedures. In the case of cancer treatment, your healing will be monitored closely by your medical team, and it's always best to ask for their advice for treating scars.

Patient Testimonial

“After my mastectomy, my physical therapist showed me how to massage my scars at home with a balm. To reproduce the movements properly, I filmed her in the process and watched the video over and over again.”
Céline, 50 years old.

This advice was developed and approved by European Skin Management in Oncology (ESKIMO), a group of European dermatologists and an oncologist specialized in cancer.

Tips

- Cleanse affected areas regularly with a mild gel or soap-free cleanser
- Ask your medical team about what moisturizing balms you can use for your scars
- If you feel uncomfortable touching your scars, you can use a cotton pad to gently pat balm into your skin
- Ask your medical team about the proper timing and technique for massaging scars to help improve their texture and appearance
- For optimal healing, limit smoking and alcohol consumption during treatment and opt for soft fabrics that minimize friction on scars
- Be sure to protect your scars from the sun with clothing, a bandage, and/or broad-spectrum SPF 30+ sunscreen (and remember to reapply at least every two hours as well as after swimming, sweating, and towel-drying)
- If you have any questions or concerns about how to care for your scars, consult with your medical team



AFTER TREATMENT ONGOING SKIN CARE

Once you've completed cancer treatment, rebuilding your physical and mental energy is at the top of your priority list. Focusing on the look and feel of your skin and hair can help bolster your recovery and help you find a renewed sense of well-being.

Tips

- Continue using gentle skin care products that effectively cleanse without irritating the skin
- Moisturize the face and body at least once or twice a day. Consult your medical team before using any type of product
- Be diligent about sun protection, even if you plan on being inside for most of the day
- Avoid hot showers and rough, unbreathable fabrics that can cause friction on scars and compromised skin

MENTAL & PHYSICAL WELL-BEING

Cancer care is about so much more than just the treatment of the illness itself, and there are a variety of ways to help maintain and improve your overall quality of life both during and after cancer treatment.

- Beyond actual cancer treatment, additional supportive therapies include measures designed to improve self-confidence, manage pain, optimize nutrition, and promote physical activity
- Speak to the members of your healthcare team to learn more about the supportive therapies that are available to you

Looking after your body as well as your physical and mental well-being is essential while battling any type of illness—especially cancer. Among the potential benefits of taking a comprehensive wellness approach are improvement in high blood pressure and muscular tension, a lessening of overall stress and nausea, enhanced treatment tolerability and, above all, the ability to smile again. Taking care of your body and mind is an integral part of any comprehensive cancer treatment plan—and essential for getting back to life as you know it after cancer treatment.

The Importance of Physical Activity

Rest is of utmost importance while recovering from cancer treatment, yet the beneficial role of physical activity cannot be underestimated. Maintaining activity levels has been associated with reduced fatigue, relapse rates, treatment side effects, and pain.⁴

- Find activities you enjoy doing, such as swimming, yoga, pilates, or cycling
- Talk with your care team if you feel up for exercise. Allow yourself time to build up session days and length of workouts. Remember to warm up and cool down.
- Be sure to consult with your medical team before starting or resuming any fitness regimen⁵

FOR YOU
TO GET
(RE)STARTED

Scan the QR code to visit our Mental & Physical Well-being section for more information



4. Ibrahim EM, Al-Homaidh A. Physical activity and survival after breast cancer diagnosis: meta-analysis of published studies. *Med Oncol*. 2011;28(3):753-65.
5. AFSOS (Association Francophone des Soins Oncologiques de Support) Référentiels Inter-régionaux en Soins Oncologiques de Support : activité physique et cancer 2018.

CARING FOR YOUR SKIN WITH LA ROCHE-POSAY

These La Roche-Posay products are designed to moisturize and comfort sensitive skin.

1 GENTLE CLEANSER

LIPIKAR WASH AP+

FOR BODY & FACE

SUITABLE FOR PATIENTS UNDERGOING CHEMOTHERAPY*

This soap-free cleanser was formulated with ultra-sensitive and compromised skin in mind. Apply to wet skin, create a lather, rinse well, and gently pat skin dry.



2 REPAIRING MOISTURIZER

LIPIKAR CREAM AP+M

FOR BODY & FACE

SUITABLE FOR PATIENTS UNDERGOING CHEMOTHERAPY & RADIATION*

This moisturizing cream reduces dry, rough skin and provides long-lasting, 48-hour hydration. Apply this lipid-restoring balm once a day (or more if desired) to help skin feel soothed.



3 SOOTHING BALM

CICAPLAST BALM B5

FOR CRACKED, CHAPPED, CHAFED SKIN

SUITABLE FOR PATIENTS UNDERGOING CHEMOTHERAPY & RADIATION*

Ideal for body and face (including the lips). This soothing, reparative balm helps relieve and protect cracked, chapped, chafed skin and can be applied in layers for extra hydration or used as a massage cream (if recommended by your medical team).





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