

WHAT ARE THE SIDE EFFECTS OF **CANCER TREATMENT ON SKIN?**

Every two minutes someone in
the UK is diagnosed with cancer¹

Cancer treatments have transformed the prognosis of cancer, and survival has doubled in the last 40 years.¹ Treatments can include surgery, chemotherapy, radiotherapy, targeted therapies and immunotherapy.

However, cancer treatments often cause side effects that affect the skin. As well as pain and physical discomfort which can affect treatment compliance, these physical signs can also cause emotional distress and impact patient quality of life.

Early effective management of skin side effects, such as following a simple skin care routine, can help prevent these negative consequences.

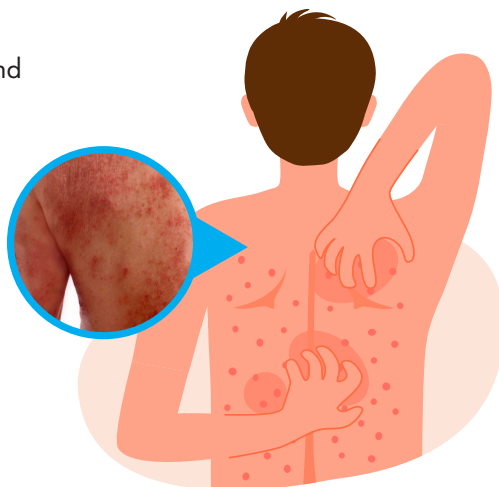
80% of cancer patients
suffer from skin side
effects during cancer
treatment²



HOW MIGHT SKIN BE AFFECTED?

Cancer treatments can cause several different skin changes. Side effects depend on the individual as well as the specific treatment and dose but can include:

- Dryness
- Itchiness
- Radiodermatitis (skin reactions triggered by radiotherapy)
- Rashes (red sore skin)
- Folliculitis (inflammation of the hair follicles)



HOW TO MANAGE SIDE EFFECTS OF **CANCER TREATMENT ON SKIN?**

When managing the side effects of cancer treatment on skin, the aim is to support and maintain the skin barrier to prevent and improve symptoms.

1. CLEANSE

- Use a gentle syndet cleanser instead of soap.
- Take short baths in lukewarm water and limit the length of showers to roughly 10 minutes.
- Pat the skin dry – never rub as this can irritate the skin

2. MOISTURISE

- Use moisturiser on the face and body after showering and regularly re-apply if needed

3. DAILY PHOTOPROTECTION

- Avoid direct sun exposure
- Protect yourself by covering up with clothes and hats
- Use very high UVA/UVB broad spectrum SPF50+ photoprotection

4. AVOID IRRITANTS

- Use a fragrance-free hypoallergenic laundry detergent
- Avoid using deodorants, perfumes or lotions containing alcohol

5. LEARN MORE

To learn more about skin related side effects during cancer treatments, please refer to the following recommended websites:

- www.macmillan.org.uk
- www.cancerresearchuk.org
- www.nhs.uk

HOW TO CARE FOR YOUR SKIN WITH LA ROCHE-POSAY?

La Roche-Posay products help moisturise and comfort sensitive skin and are also suitable for patients undergoing cancer treatment.



LIPIKAR SYNDET AP+

An ultra-gentle wash to cleanse whilst avoiding damage to the skin barrier. Immediately locks moisture into the skin and protects against the drying effects of water.



LIPIKAR BAUME AP+M

Restoring triple-action balm to restore the skin barrier and immediately soothe the skin, providing up to 48h hydration for long-lasting comfort.



CICAPLAST BAUME B5+

Multi-purpose repairing balm to immediately soothe and comfort damaged or irritated skin. Ideally suited for use on dry skin patches to hydrate and protect skin with its occlusive barrier-like texture.



La Roche-Posay skin care products are available from pharmacies nationwide and online at:

www.laroche-posay.co.uk and www.laroche-posay.ie

For more information and support on cancer visit www.macmillan.org.uk

References:

1. Macmillan Cancer Support. Statistics Factsheet. Available: https://www.macmillan.org.uk/_images/cancer-statistics-factsheet_tcm9-260514.pdf (Accessed November 2022)
2. 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

This leaflet has been developed in partnership with Macmillan Cancer Support and with expertise from Consultant Dermatologist, Dr Catherine Borysiewicz.

La Roche-Posay is supporting Macmillan Cancer Support and the vital work it does to support people living with cancer. Working in partnership, La Roche-Posay and Macmillan aim to provide information on the side effects of cancer treatment on skin and ways to alleviate these.

In partnership with

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