



LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

AFFECTED BY CANCER?
SO IS YOUR SKIN.

Advice for taking care of your skin and living better with your cancer.




AFFECTED BY CANCER? **SO IS YOUR SKIN.**

In just a few years, there have been significant developments in cancer treatments. Chemotherapy, radiotherapy, hormone therapy, immunotherapy, targeted therapy, etc. With the influence of medical progress, new therapeutic techniques have arisen and led to a more personalized approach for each patient.

We are currently experiencing a historical turning point, and yet the recurrence of adverse effects on the skin can sometimes have a major impact on its appearance. In the light of these effects, patients may experience difficulties in facing other people; their friends and family or work colleagues, or quite simply looking at themselves in the mirror. To make matters worse, it may sometimes bring patients to interrupt or stop their treatment.

Being a player in your own disease, remaining confident and ensuring that you stay true to who you are, all help to boost your determination to fight! That's why LA ROCHE POSAY Laboratoire Dermatologique is here to help, through this Advice Guide for taking care of your skin and living better with your cancer.

In it, you will find a wealth of tips and advice from health experts to provide support for your body and your mind, and get through each day with peace of mind. To find this advice and more information, visit "[local website adress](#)".



The time-honored mission of La Roche-Posay is to accompagny those who suffer from sensitive or weakened skin with a view to improving their quality of life. For over 10 years, La Roche-Posay has been working with dermatologists to raise public awareness about the prevention and screening of skin cancers.

The La Roche-Posay Thermal Centre has been welcoming patients with concerns caused by cancer treatments for a post-cancer dermatological thermal cure since 2008. **This cure, which takes place over 3 weeks** helps with patients' skin repair and their functional and psychological recovery.

It is often scars which are the primary reason that patients come for a thermal cure. The treatments performed by physiotherapists help to soften it, improve its appearance and prevent any possible adhesions. **As a result patients regain mobility and return to a better position in their daily lives.** The thermal treatments with La Roche-Posay thermal spring water also help to **moisturize the skin deep down and restore lost softness and vitality.** After the water treatments, the Thermal Centre offers **supportive care tailored** to the patients' needs: corrective make-up to help them to regain their femininity, support groups with our clinical psychologist, suitable physical activity and sophrology workshops, etc. A truly pleasant interlude after the treatments to help patients put the disease behind them.

In 2013, La Roche-Posay looked more closely into the effects of cancer treatments on the skin.

The brand brought together a panel of dermatologists and oncologists who are specialized in the treatment of cancer and dermatological concerns which are associated with these treatments: FRESKIMO Group (FRench SKIn Management in Oncology). This working group first of all analyzed and identified patients' cosmetic needs, then suggested recommendations for cosmetic skincare and make-up products that would be appropriate for the needs of the skin while undergoing treatments for cancer.



TAKING CARE OF YOUR SKIN.

Chemotherapy, radiotherapy, targeted therapy, monoclonal antibodies, etc. are tough challenge for your skin. Uncomfortable, sometimes rough to the touch, sometimes tight, itchy or even flaky, especially on the extremities of the body. It is important to be attuned to your body and give the best possible protection: use and abuse creams, moisturizing balms and skincare products that are suitable for sensitive and weakened skin.

FOCUS ON **YOUR EXTREMITIES.**

Pay special attention to **your lips, hands and feet.** With very few sebaceous glands, these areas are less rich in protective oily substances. As a result, they tend to dry out more quickly, especially with the effects of various sources of external aggression (cold, friction from shoes, etc.). The skin may thicken, crack and become painful. To prevent this, remember to apply moisturizer to these parts of your body regularly.

OUR TIP

If you are looking to limit the appearance of painful and unsightly cracks, wear gloves during manual labor and put on supple and comfortable shoes!

REMEMBER TO **MOISTURIZE YOUR FACE.**

The skin on the face is exposed to UV, pollution and all kinds of aggression. It perspires and becomes dirty more quickly than the skin on the body. To protect it, make a fresh start by thoroughly cleansing it morning and evening. What's the secret? A gentle, hypoallergenic cleanser that has been clinically tested under dermatological control. If you're not sure, ask your medical team or local pharmacist for advice.

OUR FACE TIPS

Use the Milk + Thermal Spring Water duo rather than cleansing wipes, which tend to dry out the face more. Apply a small amount to the forehead, nose, cheeks, chin and neck, and massage gently with the fingers in small circular movements. Then wipe with a cotton pad, tissue paper (unscented) or a gauze soaked in Thermal Spring Water.

MY DAILY SKINCARE

- 1 Cleanse the face and body.
- 2 Moisturize well.
- 3 Don't forget the neck and for women, the décolleté.
- 4 Keep your eye care product in the refrigerator for a fresh anti-puffiness effect on application.
- 5 Once a week, leave a moisturizing mask on your skin for around thirty minutes to relieve tightness and boost your complexion's energy.
- 6 Moisturize your lips regularly with a repairing balm.

OUR BODY TIPS

Go for syndet-style soaps, lipid-enriched bars or unscented cleansing oils rather than the usual shower gels. Rinse yourself carefully, preferably with warm water which is less aggressive, before gentle pat-drying each part of your body with a soft and cozy towel. Take a quick shower rather than a long and excessively hot bath, which may aggress your skin or cause itching. And don't forget to moisturize afterwards! When you launder your clothes, choose a hypoallergenic and fragrance-free detergent so as not to irritate your already weakened skin.

INFO+

FOR PEOPLE WITH BREAST CANCER, HORMONE-BASED CREAMS ARE CONTRAINDICATED.



FACE

TOLERIANE DERMO-CLEANSER

Apply the product with the fingertips and massage in with circular movements. Wipe your skin carefully with a cotton pad and avoid rubbing. You can use the product with or without rinsing to gently remove make-up from your skin.



THERMAL SPRING WATER

Spray the thermal water directly onto your skin, then leave to absorb for 2 to 3 minutes before gently dabbing off the excess. Your skin will be refreshed and soothed.



TOLERIANE ULTRA INTENSE SOOTHING CREAM AND FLUID

Apply delicately to the face and neck, morning and evening to moisturize and soothe your skin to restore its comfort.



BODY

LIPIKAR BALM AP+

Apply once daily to dried out and irritated areas on the face and/or body. Cleanse your skin carefully first with cleansing oil or **LIPIKAR** SYNDET AP+. Your skin will be immediately soothed and comfortable.



LIPIKAR CLEANSING OIL

When you are in the shower, place a few drops of oil into the palms of your hands and apply to damp skin. If you wish to use the product in the bath, pour the equivalent two to three capfuls into the water while the faucet is running. Rinse gently and dry without rubbing for nourished and comfortable skin.



CICAPLAST BALM B5

Apply twice daily to the body, face and/or lips when your skin is irritated. Be sure to cleanse and dry your skin first. You can also apply the balm in a thick layer to repair and soothe your skin.

MAKE THE RIGHT CHOICE.

Choose a hypoallergenic moisturizing cream or balm for sensitive, atopic or intolerant skin, with a texture that is pleasant to spread. Apply from bottom to top. In terms of its composition, it must contain ingredients whose structure is inspired by the natural lipids of the stratum corneum (shea butter, ceramides, etc.). The shorter the list of ingredients, the better! Repeat applications frequently.

IF YOU ARE UNDERGOING RADIOTHERAPY.

The skin needs to be clean and dry for the session, so it's best not to apply cream to the area undergoing radiation before attending.

However, you can use a suitable moisturizing cream after the session has finished (keep it in the refrigerator, it will have a more refreshing effect).

Don't hesitate to ask your doctor to advise products and skincare that you can use on the areas which have undergone radiation. If your skin burns or is red, you can use a thermal water spray just after the session. Soothing, anti-irritating and softening, it's the best pampering product for sensitive skin. It's useful in a mini format too, if you're struck by an ill-timed hot flush!

INFO+ WATCH OUT FOR PRODUCTS WITH FRAGRANCE, THAT COULD CONTAIN ALCOHOL WITH A DRYING OR IRRITATING EFFECT, OR ESSENTIAL OILS WHICH MUST BE AVOIDED DURING TREATMENTS.

IS YOUR SKIN LESS RESISTANT AT THE MOMENT? IT'S TO BE EXPECTED.

TAKE CARE OF IT ANY WAY YOU CAN, STARTING WITH WHAT YOU EAT: GET SOME COLOR ON YOUR PLATE; EAT FRUIT AND VEGETABLES TO STOCK UP ON ANTIOXIDANTS, PROTEIN AND CALCIUM. DON'T FORGET TWO OR THREE SQUARES OF DARK CHOCOLATE TO TREAT YOURSELF!

A close-up photograph of a person's face, focusing on the nose, mouth, and chin. The person's hand is visible, with fingers gently touching the neck and jawline. The background is a solid, bright blue. The lighting is soft, highlighting the texture of the skin.

SUN AND SKIN: INTENSE PROTECTION.

Some cancer treatments increase the skin's sensitivity to the effects of the sun.

By exposing your skin to ultra-violet rays (UV), you are at risk of very intense sunburn. Stay out of the sun. If you can't stay out of the sun, be sure to apply a high SPF sunscreen. And be even more careful if you're undergoing radiotherapy, because chronic radiodermatitis may occur, even several years after the treatment has finished. Right from the start of the treatment, and until a year after it has ended, you must use sun protection that contains UVA and UVB filters and a high protection factor, in order to protect your skin that has been weakened by the treatments.

SUN & UV RAYS

The sun emits several types of ultra-violet rays, including UVA and UVB, which penetrate the skin.

UVA can reach the deep layers of the skin and accelerate the aging process.

UVB can also penetrate the skin, but only the surface, and is what brings about tanning and sunburn.

NO FEAR.

- > Choose a cream, gel or sun oil with a high SPF (50+) and boosted UVA protection.
- > Apply the product after your moisturizer, not forgetting the areas we tend to neglect such as the ears, lips, nape, neck, palms of the hands and soles of the feet, and your scalp, if necessary. Repeat every two hours on exposed skin if you are outside.
- > Avoid exposure between noon and 4pm, when the sun is at its strongest, or if you cannot avoid it, protect your skin by wearing clothing, sunglasses, a hat with a broad rim, or a cap.
- > Do not use UV tanning beds.

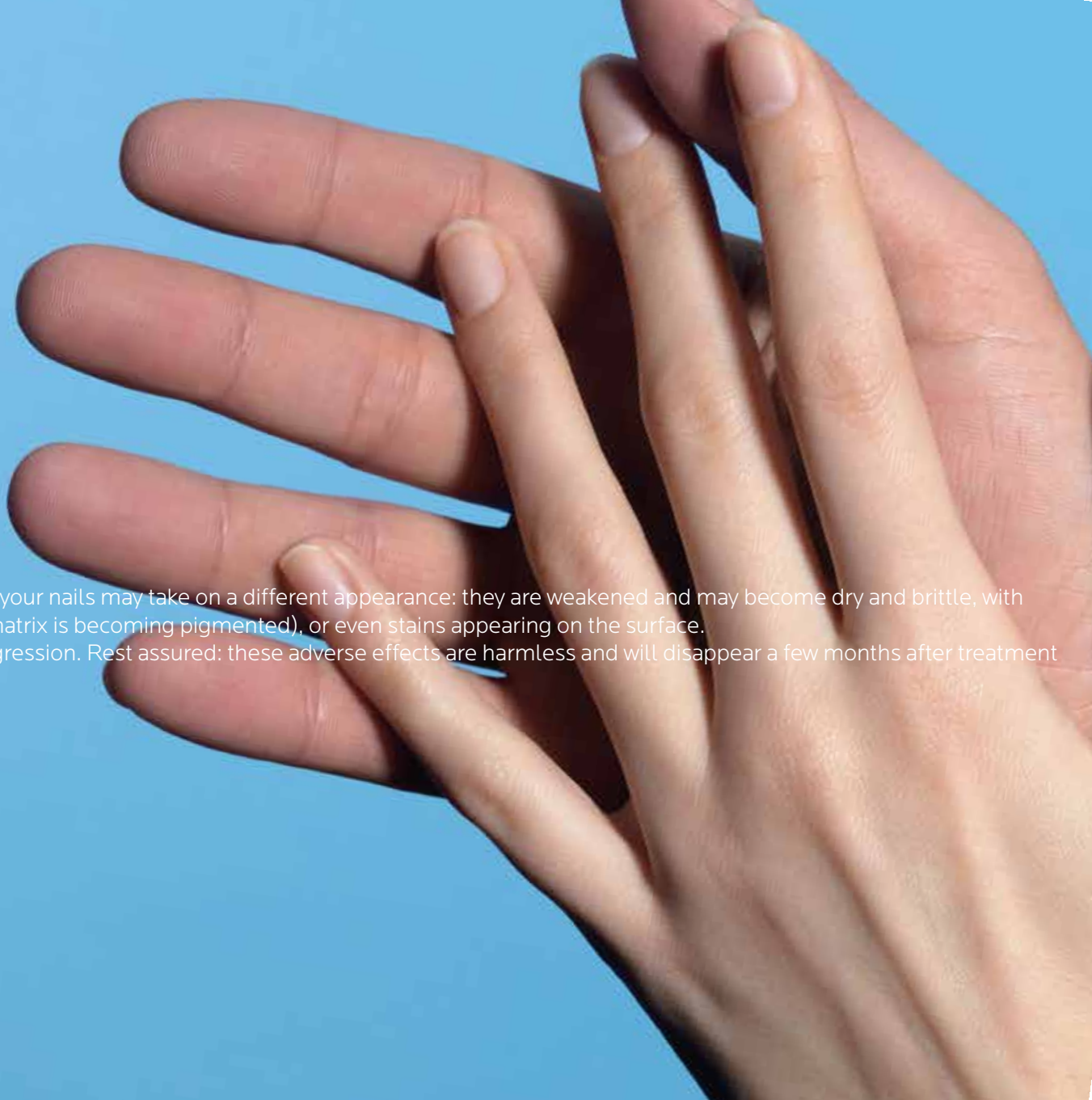


ANTHELIOS XL CREAM SPF 50+ AND MILK SPF 50+

Apply the product just before going out or before sun exposure. Don't forget sensitive areas such as the lips, nose, eye contour, and ears. Repeat the application regularly several times a day and generously after going in the water or drying your body. Your skin will be protected against sunburn and exposure-induced reactions.

TAKING CARE OF YOUR NAILS.

With chemotherapy and the effects of targeted therapies, your nails may take on a different appearance: they are weakened and may become dry and brittle, with discoloration or marks (dark lines are a sign that the nail matrix is becoming pigmented), or even stains appearing on the surface. This may be accentuated by daily chemical or physical aggression. Rest assured: these adverse effects are harmless and will disappear a few months after treatment has stopped.



WHAT TO DO.

- > If you have the chance, treat yourself to a treatment from a chiropodist or podiatrist before starting your treatment. Be sure to talk about it with your oncologist.
- > During your treatments, the nails on your hands and feet should be filed (not too short) rather than cut with scissors, to avoid any risk of infection.
- > Do not pull off little pieces of skin and do not cut the cuticles. Don't bite your nails either, but instead, moisturize around them with a suitable oil or cream.
- > If you're doing housework, wearing cotton gloves under plastic gloves is recommended.
- > To avoid causing trauma to your extremities, choose comfortable shoes.

AVOID: varnish containing formaldehyde, paraben, toluene, rosin, false nails, aggressive manicures, detergents, acetone solvents, prolonged contact with water, and sun exposure.

OUR TIP If you experience sensitivity or pain, consult your dermatologist without delay. He or she will give you the advice you need.

DOES YOUR TREATMENT CONTAIN TAXANES? HERE IS THE BEST WAY TO PROTECT YOUR NAILS

1 Apply a layer or two of nail polish containing silicon to strengthen the nail.

2 Repeat the application when the polish begins to chip, after cleaning the nail with acetone-free nail polish remover.



SILICIUM PROTECTIVE FORTIFYING NAIL POLISH
Apply the nail polish to the whole nail, from base to tip, to smooth, strengthen and protect it.

A close-up photograph of a woman's face, focusing on her nose, lips, and chin. She has light skin and pink lips. Her long, wavy, light brown hair is visible on the left side of the frame. The background is a solid, vibrant blue.

TAKING CARE OF YOUR HAIR.

Hair loss is one of the most dreaded side effects. It is also one of the ways that shows the treatment is working on the body: by introducing a toxic substance into the blood, chemotherapy destroys the quickly dividing cells, like the cancer cells, but also some healthy cells like those found in the hair follicle. That's why the hair on the head and body is one of the first areas to be affected.

However, alopecia does not always occur: your doctor will be able to explain the risks of adverse effects which may result from the prescribed protocol. In any case, your hair will grow back after the last session.

Wash your hair with a very gentle shampoo the day before each session and avoid shampooing your hair for three to five days afterwards. Dab your hair gently with a towel to dry it. Avoid anything that might be aggressive to your hair: blow-drying, straightening or curling iron, heated rollers, perms, color treatments, plaits or a tight bun.

OUR TIP Do what our grandmothers did! Sleep with a hairnet or on a soft satin cotton pillow.

The use of a cold cap placed on wet hair for about fifteen minutes before starting chemotherapy may reduce the penetration of toxins into the hair cells and reduce hair loss. It must be changed as soon as it begins to soften, and removed around thirty minutes after the end of the session.



ASK A FRIEND.

To choose the headgear that you will feel most comfortable wearing (synthetic or natural hairpiece, hat, cap, beret, scarf, etc.), ask one of your close friends for advice... or invite them along to help you make your choice in a specialist store. Today's major brands offer personalized appointments, which allow you to make your choice in complete freedom and privacy, or can even come to your home or hospital. When you have made your choice, you can cut your hair shorter so that you get used to your new face. And don't forget: it's just a phase.

A SOOTHING MASSAGE.

If your hair has fallen out, you may experience itching or scalp pain. This is the right time to treat your scalp to a suitable pamper: massage it or have someone massage it for you every day with a nourishing product or an anti-itching emollient. Alternatively you can wrap your head in a warm towel and leave the product to work.

OUR TIP Shampoos formulated with ceramides to soothe and restore a soft and shiny texture.



KERIUM EXTRA GENTLE
Apply the product to damp hair and massage your scalp gently. Rinse thoroughly to restore supple, shiny and soft hair while soothing your scalp.

LIPIKAR BALM AP+

A close-up photograph of a man's face, focusing on the nose, mouth, and chin. The skin is fair with visible texture and some minor blemishes. The lips are slightly parted, showing a natural pinkish-red color. The background is a solid light blue.

A LITTLE MAKE-UP LESSON, EVEN FOR MEN!

An attractive complexion isn't just for women. Unify, illuminate, erase, brighten... Men can apply make-up too in order to conceal folliculitis. Carine Larchet, expert in dermo-cosmetics and corrective make-up shares her advice with us.

1 UNIFY AND ILLUMINATE YOUR COMPLEXION WITH A SINGLE PRODUCT.

Objective: radiance, lightness and a sheer finish. BB cream provides moisture, soothing and daily protection against UV and will light up your complexion. It is easy to apply - even if you're too exhausted to get out of bed - and will give you energy and a healthy glow in just 30 seconds! If you are looking for more coverage, use a corrective foundation suitable for weakened skin.

Ways and means: apply it like a cream, smoothing outwards from the center of the face, from bottom to top. Smooth over the neck and décolleté if desired. For touch-ups throughout the day, use a slightly powdery compact foundation.

OUR TIP Whatever the complexion product (BB cream, foundation, powder, etc.), carry out a color test on the facial contour. You'll see the dividing line very quickly if there is one. Watch out, don't try to give yourself a fake tan with an excessively dark foundation! You'll look ten years older and end up with an orangey-yellow complexion, a far cry from the healthy glow you were expecting!



2 REDUCE AND ERASE SIGNS OF FATIGUE IN A HEARTBEAT.

With a correcting brush or a concealer in a shade one tone lighter than your skin, brighten the hollow of the dark circle, the inner corner of the eye and the upper eyelid, dabbing with the finger on dark areas and smoothing outwards. Another secret is to use complexion correctors; these can be magic wands in the right color, one that contrasts with your imperfections:

> **IF YOU HAVE YELLOW-BLUE DARK CIRCLES**, choose a pinkish corrector to apply in a V-shape to the dark circle, before blending it in working up to below the eye, using a brush or your finger.

> **IF YOU HAVE PURPLISH-BLUE DARK CIRCLES**, a yellow corrector will work wonders.

> **IF YOU HAVE REDNESS**, apply a green corrector and blend in by dabbing with the fingertips.

3 FIX AND MATTIFY FOR A LONG-LASTING EFFECT.

A mineral compact powder will be perfect for a velvety complexion and maximum hold.

This time, go for the same color as your complexion. If your skin is rather dry, apply it using a brush for a featherlight result, targeting the center of your face. If your skin is oily or if you often suffer from hot flushes, powder and refine your complexion with a velvet or cotton puff for a more matte effect.

AVOID: brown blushes which hollow out the cheeks.



TOLERIANE TEINT
(fluid, compact powder, correcting brushes, sun powder, fixing powder)



EXPERTS' SECRETS:

A HINT OF TERRE DE SOLEIL
ON THE FOREHEAD, NOSE,
CHEEKS, CHIN AND NECK
FOR A BEAUTIFUL, NATURAL
AND DANGER-FREE TAN ON
YOUR SKIN!

OUR TIP Sweep over with
a large brush.

OR

A TOUCH OF BLUSH ON THE
ROUNDED PART OF THE
CHEEKBONES (JUST GIVE
YOURSELF A BIG SMILE IN THE
MIRROR TO FIND EXACTLY THE
RIGHT PLACE!)

OUR TIP Rose wood for fair
complexions, apricot
for more golden
complexions and
dark pink for dark
complexions.

A close-up photograph of a woman's face, showing her eyes, nose, and mouth. She is wearing a light blue surgical cap and a matching mask that covers her nose and mouth. The image is a high-quality, professional shot with soft lighting. The woman has brown eyes and a slight smile. The text is overlaid on the left side of the image.

IT'S IN **THE EYES.**

If your lashes and brows have fallen out, your eyes may have lost some of their depth. No need to panic, there are plenty of solutions for restoring your radiance!

1 ENHANCE YOUR BROW LINE.

The brows convey the expression and intensity of the eyes: while you're waiting for them to grow back, you can recreate them artificially.

> Choose a semi-oily brow pencil in the color that is closest to your hair color or the color of your hairpiece: anthracite for brunettes, taupe for those with chestnut brown hair and khaki beige for blondes.

> Start by using small strokes, imitating the direction of hair growth to avoid an overly clean line, which may harden your eyes.

good to know: Do you wear glasses? Your frames can be your greatest ally if they rest along the brow arch.

OUR TIP To help you find your natural brow line, use a photo of yourself that was taken before you started your treatment.

THERE ARE ALSO STENCILS YOU CAN COLOR IN, OR DERMO-PIGMENTATION. ASK YOUR AESTHETICIAN OR ONCOLOGIST FOR ADVICE.

AVOID: dark, thick or overly styled brows... The more you try to emphasize your brows, the more their absence will be noticeable.

2 BOOST YOUR LASHES.

They can fall out too. To restore depth to your eyes, you need a few tricks. On weakened eyes, eyelids that look slightly lifeless, it's best to avoid too much color... It will only emphasize the dehydration marks and weigh your eyes down.



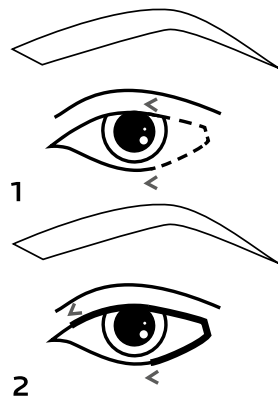
RESPECTISSIME brow pencils. **RESPECTISSIME** eye pencils.

WOMEN'S TIP TO RESTORE INTENSITY AND DEPTH TO YOUR IRIS, WITHOUT USING MASCARA!

Use a **felt-tip eyeliner** (black, anthracite, navy blue, dark brown) and apply a line of dots along the lashes, starting in the outer corner of the eye below, and then above, along about 1/3 of the length. Join the dots using a thin or preferably beveled brush, blend towards the inner corner of the eye and you're done! Simple, quick and effective. Use the same technique with a pencil for sensitive eyes, but you'll need to set your line with an eyeshadow in the same color for impeccable hold. **If your eyes look tired**, brighten the inner corner of the eye using a small dab of pearlescent beige, champagne or pinkish eyeshadow (definitely not white, it drags the eyes right down!). **If your eyes tend to water**, consider using waterproof pencils.

BOLDNESS, AND MORE BOLDNESS!

If your eyes will allow it, you can delicately shade the lower or upper eyelid in the outer corner (1/3 of the length) along the lash line, to widen the eye, using an anthracite gray, navy, plum, dark brown, khaki or bronze color. Enjoy yourself and create a light smoky effect.



PLAY AROUND WITH COLORS THAT GIVE YOU A HEALTHY GLOW!

TIE A SCARF AROUND YOUR NECK TO LIVEN UP YOUR OUTFIT, WEAR A BASIC T-SHIRT OR BRIGHT WHITE SHIRT TO BRIGHTEN YOUR COMPLEXION... YOU'LL SEE, IT MAKES ALL THE DIFFERENCE!

OUR TIP your rose wood or apricot lipstick can also be used as a blush by delicately dabbing it onto the rounded parts of your cheekbones.

GET YOUR MOUTH BACK.

There is nothing like glossy, colored lips to light up a face! Before applying anything, remember to moisturize them with a specific lip balm or a cold cream. To give them a naturally pigmented look, choose a rose wood shade and dab on your lipstick with your fingertips for a bitten-lip effect. Avoid matte or inky lipsticks that are too drying.



RESPECTISSIME eyeshadow. NOVALIP DUO lipstick.



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