



# MY PRACTICAL GUIDE

## TAKING CARE OF MYSELF OR A LOVED ONE WHEN FACING CANCER

\*Survey conducted among the market carried out by APLUSA and other partners between January 2024 and May 2024, involving dermatologists in 34 countries, representing more than 80% of the worldwide GDP.



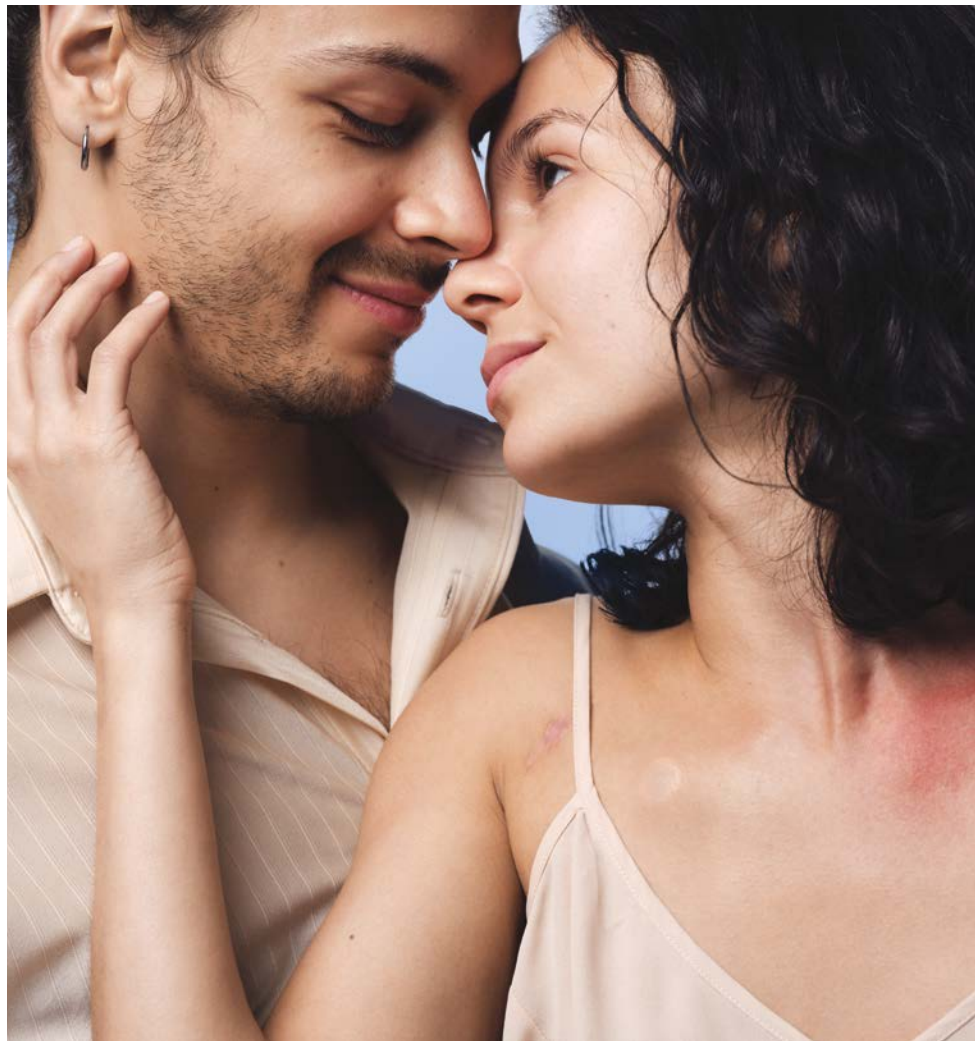
# CONFRONTING YOUR ILLNESS WITH COURAGE AND GRACE.

Remaining confident and true to yourself. All these virtues can only contribute to building your winning spirit while nourishing your strength and energy. It is for this very reason that La Roche-Posay remains committed to standing by your side, every step of the way.

Through this Practical Guide, it has chosen to gather experts' advice in order to help you find answers to the many questions related to skincare, before, during and after treatments. How to look after your skin, nails, scars, and why sun protection is so necessary, are a few examples of the many subjects that will be covered.

Page after page, you will be given the opportunity to discover a considerable amount of information, as well as advice from healthcare experts.

The information provided in this document is for informational purposes only and it is not intended to be a substitute for professional medical advice, diagnosis, treatment or care. Always seek the advice of your physician or other qualified health care providers with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this document.



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**Since 2008**, La Roche-Posay has been particularly attentive to the effects of cancer treatments on the skin. In 2012, the brand initiated a European working group – the European SKIn Management in Oncology (ESKIMO) – composed of dermatologists and an oncologist specialized in cancer care and the dermatological issues associated with it. After reviewing updated scientific data, the group drew on its medical expertise to develop recommendations on how to manage cutaneous toxicities with suitable dermocosmetic solutions, and therefore improve the quality of life of patients during their cancer treatments (chemotherapy, radiotherapy and targeted therapies). These same recommendations were then published in renowned peer-reviewed scientific journals.

Subsequently, FRESKIMO (FRench SKIn Management in Oncology), a French work group comprising dermatologists and oncologists was created. Basing itself on the work carried out by ESKIMO, the latest scientific advances and its field experience, this panel of experts went on offering practical recommendations regarding the use of dermocosmetics and makeup suited to the needs of the skin during cancer treatments.

**Since 2018**, La Roche-Posay has also established a partnership with the French-speaking Association for Supportive Care in Cancer (AFSOS). Offered in conjunction with specific cancer treatments, supportive care – an integral part of the patient's cancer care – aims at improving their quality of life on a physical, psychological and social level, all along their journey: from the start of their cancer care (and its primary care organization framing the diagnosis announcement), throughout and beyond the treatments.

**Since 2020**, La Roche-Posay Canada has taken a closer look at the cutaneous effects of cancer treatments. The brand brought together dermatologists and oncologists specializing in the treatment of cancer and associated dermatological problems in a working group called the CaSMO (Canadian SKIn Management in Oncology) group. This working group proposed care recommendations adapted to the needs of your skin during your cancer treatments.





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A photograph of a human hand and a white medical glove hand reaching towards each other to form a heart shape against a solid blue background. The human hand is on the left, and the gloved hand is on the right. A small blue square is positioned between the two hands, near the top of the heart shape.

# YOU ARE FACING CANCER HOW TO BETTER COPE WITH THE NEWS?

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*"From the very moment cancer patients are cared for, it is of paramount importance to explain to them the purpose and main side effects of the treatments, by providing them with a personalized care plan. We mustn't wait for the appearance of certain side effects such as fatigue or nausea, skin dryness or hair loss, to offer them solutions like, for instance, physical exercise or an adjusted diet, that are fully part of the supportive care."*

Dr. Didier Mayeur, oncologist and secretary-general of AFSOS (French-speaking association for supportive care in cancer).



### >You've just been diagnosed with cancer.

The news comes as an absolute shock. And the first wave of concerns comes rolling in. How will I deal with the treatments? How will I announce it to my loved ones? Should I consult a psychologist? Will I still be able to work?

Always keep in mind that you **will never have to go through this hardship on your own.**

A team of doctors, nurses, pharmacists, social and healthcare beauticians and hairdressers, along with other specialists, are here to accompany you.



### +INFO

MANY ASSOCIATIONS CAN PROVIDE YOU WITH MORAL SUPPORT AND HIGH-QUALITY INFORMATION, AMONG WHICH:

- LOOK GOOD FEEL BETTER (LGFB.CA)
- CANADIAN CANCER SOCIETY (CANCER.CA)
- SAVE YOUR SKIN FOUNDATION (SAVEYOURSKIN.CA)
- THE PRINCESS MARGARET CANCER FOUNDATION (THEPMCFC.CA)

**YOU WILL ALSO FIND MANY EXPERTS' ANSWERS TO YOUR QUESTIONS ON THE INTERNET SITE BY CLICKING ON THE SECTION.**

**CONTACT THE CANADIAN CANCER SOCIETY  
1.888.939.3333  
INFO@CANCER.CA**

PROUD SUPPORTER OF



Canadian  
Cancer  
Society

**LA ROCHE POSAY IS PROUD TO SUPPORT THE CANADIAN CANCER SOCIETY'S CANCER INFORMATION HELPLINE.**



A close-up photograph of a couple embracing. The woman's shoulder and upper chest are visible, showing a large, red, irritated area of skin. A man's hand is gently touching the affected area. The text is overlaid on the left side of the image.

MY TREATMENT IS  
ABOUT TO BEGIN  
**HOW TO PREVENT  
THE SIDE EFFECTS  
ON MY SKIN?**

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*"Daily cosmetic products are essential for protecting the skin against the aggression of cancer treatments. They contribute to a better quality of life during the treatment."*

Prof. Brigitte Dréno, Head of the Dermato-Oncology Department of the Nantes University Hospital.





**> Your treatment has just begun or is about to begin.** After a multidisciplinary consultation meeting, your healthcare team has presented you with your treatment protocol which can include surgery, chemotherapy, radiotherapy, targeted therapies, and immunotherapy.

Over the last few years, treatments have transformed the prognosis of cancer patients. However, more than **80% of patients suffering from cancer develop cutaneous side effects** linked to the different treatments and almost 50% are confronted, to some degree or another, with severe skin reactions caused by radiotherapy.<sup>1, 2</sup>

Yet those consequences can be prevented and relieved thanks to simple skin cleansing, moisturizing and protecting gestures recommended by experts.

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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?

Under the impact of treatments,  
**the skin can be exposed to side effects**  
such as dryness, radiodermatitis (skin  
reactions triggered by radiotherapy),  
hand-foot skin reaction (hand and feet skin  
reactions), folliculitis (inflammation  
of the hair follicle), etc.



In such circumstances, you can start to feel self-conscious, finding difficulties to face the way others, family, friends or work colleagues look at you – or simply have trouble **dealing with your perception of yourself.**

Thanks to a combination of appropriate dermocosmetic products, **several solutions exist to reduce these effects** and soothe them: makeup removers, cleansing products that respect the pH level of your skin, soothing and moisturizing creams and balms, photoprotection and makeup. You can take action right from the beginning of the treatment, even before the first symptoms appear.

**In case of any doubt, don't hesitate to seek advice from your pharmacist, your healthcare team or a dermatologist.**



### MY DAILY ROUTINE

To **cleanse your skin**, choose cleansing oils (free of essential oils) or soap-free cleansers (Syndet) that respect the pH of your skin, of which the level nears 5.5. Opt for a short shower rather than an overly hot and prolonged bath that could irritate your skin or trigger itchiness.

**Dry your skin** by patting it gently with a towel, particularly on the sensitive regions, before applying an emollient, cream or balm.

For a final touch, **moisturize** your lips with a repairing balm.

### OUR ADVICE

To wash your clothes, use a fragrance-free, hypoallergenic laundry detergent.

Refrain from shaving for a while, using deodorants, perfumes or lotions containing alcohol and exposing your skin to chlorinated water.

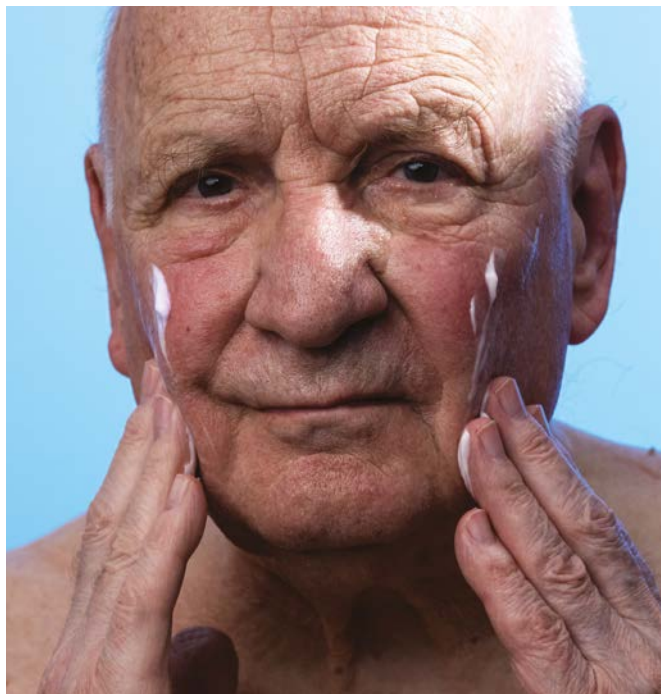
# HOW TO MOISTURIZE AND PROTECT MY SKIN?

Daily **moisturization** is one of the most **essential gestures** to adopt during your treatments as they are often likely to weaken your skin. It allows you to repair the “barrier” function of your skin, to restore the suppleness of its most superficial layer – known as the epidermis – **to relieve discomfort**, itchiness, as well as cracks on hands and feet.



The most suitable textures are balms and creams. Regarding their formulation, they have to contain ingredients with a structure inspired by the natural lipids of the corneal layer (shea butter, ceramides, etc.). It is also best to prefer the use of fragrance-free products.

In case of any doubt, don't hesitate to seek advice from your pharmacist, your healthcare team or a dermatologist.



## MY DAILY ROUTINE

Christelle Guillet, special education teacher and head of the ointment application workshop at the La Roche-Posay Thermal Center, shares her advice on how to ideally apply ointments on your skin:

Due to the treatments, the **skin is much more sensitive than before** and tends to gradually become thinner. Now is the time to pamper it by adopting the following daily routine.

## THE GOLDEN RULES OF OINTMENT APPLICATION:

- > Choose the best moment to indulge yourself: after a shower, as it is the ideal period to take into account each and every area of your body. (Note that ointments can be applied no later than 6 hours before your radiotherapy session).
- > Before beginning your ointment application session, place the cream or balm in a cool area as the cold will help relieve the itching.
- > After you have washed your hands, start by spreading a dab of cream in the palm of your hand. **Apply once a day.** You can renew the application if necessary.
- > From head to toe! Apply your chosen cream in light smoothing motions, from the centre of the face outwards, going from the forehead down to the chin.
- > Continue the application by spreading the cream from the top of your body working downwards, starting with the back of your neck, your chest, the sides of your chest, along your arms, down to your buttocks, your legs and your feet. Don't forget the region behind your ears, your eyelids, your neck, the sole of your feet and your skull, if you have lost your hair.

### EXTRA TIP

Moisturize your feet at night, before bedtime, to avoid skin maceration that can occur when wearing shoes. Once you have finished applying your cream, don't wash your hands. Wipe them instead with a tissue to remove the excess. If you have to go out, don't forget to apply the appropriate photoprotection, with a 50+ sun protection factor against both UVA and UVB rays. To keep in mind if you have lost your hair, moisturize your scalp with a cream or balm. Take this opportunity to massage the base of your fingernails and toenails as this can stimulate their regrowth.

## WHY IS SUN PROTECTION NECESSARY?

During and right up until almost a year after your cancer treatments, **your skin**, due to its fragility, is **particularly sensitive to the UVA and UVB rays** of the sun. That is why it is so essential to protect it by **choosing the appropriate sun care product, with a 50+ sun protection factor**, against both UVB and UVA rays. It should be applied after your moisturizing cream, without forgetting the sensitive areas like the eye contour, the lips, the hands, feet, the back of the neck and the skull.





## OUR ADVICE

Opt for dermocosmetic products that respect a strict formulation charter so as to not worsen the irritation of your skin.

Seek advice from your pharmacist, your health care team or a dermatologist.



The UVA protection is represented by the symbol



In the case of radiotherapy, the area exposed to the rays will be very vulnerable to sunburns and will have to be protected throughout your life. As for surgical **scars, that are particularly sensitive to the sun**, they run the risk of being easily subjected to hyperpigmentation (darkening of the skin). Keep them well covered and protect them carefully. Refrain from exposing yourself to the sun between 12 a.m. and 4 p.m. and renew your sun care product application every two hours.

Be aware that **UVA rays can penetrate glass or clouds**, which explains why a daily photoprotection is necessary, even if you remain behind a window or if the sun isn't shining.

**Always keep in mind that the best and foremost protection is your clothing. To ensure full protection, wear sunglasses, a wide-brimmed hat or a cap.**

### BE AWARE

Damages caused by excessive sun exposure can cause skin cancers.



# I AM UNDERGOING TREATMENT WHAT TO DO IN CASE MY SKIN FACES PROBLEMS?

Due to the treatments, **your skin type can temporarily change:** oily skin can become normal, normal skin can become dry and dry skin can become very dry.

**Without suitable skincare** solutions, pruritus (itchiness) could also occur, running the **risk of making the skin bleed** due to constant scratching, therefore opening the gate to possible skin infections.

Here are a few hygiene and moisturizing tips to avoid damaging the skin barrier.

## HOW TO RESPOND IF MY SKIN IS DRY AND ITCHY?

Always choose **gentle and nourishing** hygiene and skincare products that feel pleasant to apply on your skin, such as a cream, balm or cleansing oil. Their action can be reinforced by the application of **a repairing balm on the very dry regions** of your skin.



Used **on a daily basis**, this combination of products will rapidly soothe your skin and will have an essential impact on the restoration of the skin barrier, as well as on the itching.



**A thermal spring water spray** can be used throughout the day on the sensitive areas of the skin for a soothing effect. Dab with a tissue to remove the excess water.

**Refrain from scratching your skin.**

It will only worsen its condition and enhance the risk of an infection, on top of sustaining a never-ending itch-scratch cycle. As a precaution, cut your nails short.

By the same token, **avoid anything that can be harsh on the skin**, such as rough and irritating fabrics, and choose above all cotton clothing. In any case, it is best to avoid wearing tight-fitting garments.

**OUR ADVICE**

In case of any doubt, don't hesitate to seek advice from your pharmacist, your healthcare team or a dermatologist.



# HOW TO DEAL WITH FOLLICULITIS?

(INFLAMMATION OF THE HAIR FOLLICLE)

*"The sun can cause the development of hyperpigmentation patches and can aggravate folliculitis. It is highly recommended not to expose yourself to the UV rays of tanning booths."*

Advice of Dr. Deshayes, dermatologist.



The most **suitable textures** are balms and creams. Regarding their formulation, they have to contain ingredients with a structure inspired by the natural lipids of the corneal layer (shea butter, ceramides, etc.). It is also best to prefer the use of fragrance-free products.

**In case of any doubt, don't hesitate to seek advice from your pharmacist, your healthcare team or a dermatologist.**



Cleanse your skin with a **soap-free cleanser** and rinse it with lukewarm water.

Every night, apply locally a **soothing and repairing skincare** product on the pimples, after the application of your noncomedogenic moisturizing cream. **Do not use anti-acne products** that aren't suitable for that type of eruption or products containing essential oils, perfume, clay or fruit acids, alcohol or after-shave. **Avoid exfoliators, peels and dermabrasion.**

**Apply rigorously, all year round, a UVB (SPF 50+) and UVA** photoprotection on all the areas of your skin that are exposed to daylight and not covered by your clothes, throughout your treatment and for at least a year after it has come to an end.

Don't forget that **clothing is the first and foremost protection against the sun.**

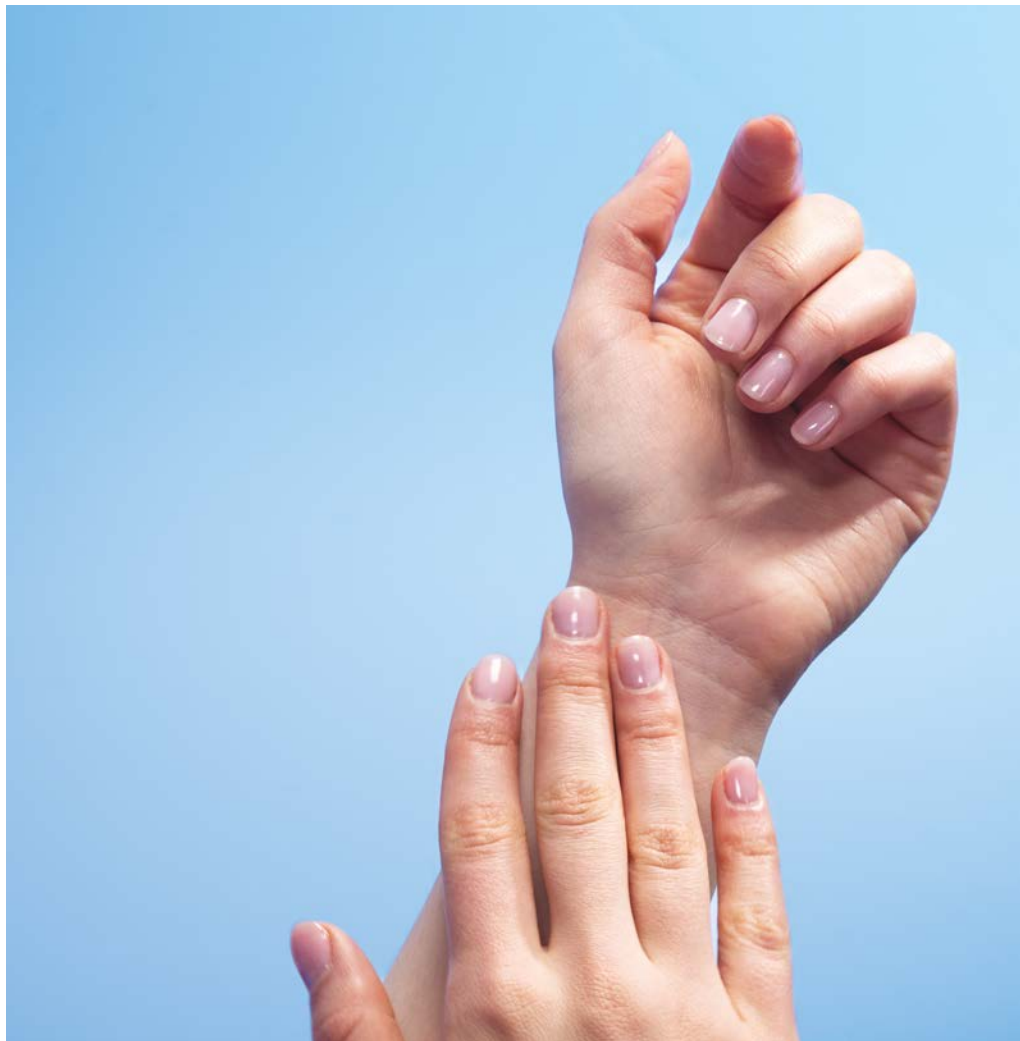
#### OUR ADVICE

In case of any doubt, don't hesitate to seek advice from your pharmacist, your healthcare team or a dermatologist.



# HOW TO PREVENT THE RISKS OF HAND-FOOT SKIN REACTIONS?

Certain symptoms can **cause severe skin dryness**, along with redness and sometimes **painful swelling** of the palms of your hands and soles of your feet. This phenomenon is known as the **hand-foot skin reaction**.





### > WHO CAN ADVISE ME REGARDING MY SKIN?

In case of any doubt, seek the advice of your pharmacist, your health care team or a dermatologist.

The cold produces a vasoconstriction that reduces the diameter of the vessels and limits the side effects of chemotherapy on those areas of your body.

Before your treatment starts, seek care from a chiroprapist, and do so again one month after your treatment has ended. As from the beginning of your treatment, **moisturize your hands and feet several times a day** with emollient creams or balms, or with a repairing balm in case of severe dryness. **Cut your nails short** and wear gloves during strenuous manual activities (like washing dishes, gardening, and doing handiwork).

**Refrain from taking very hot baths and showers** as well as exposing yourself to the sun, standing up for too long or walking long distances. Choose to wear **large comfortable shoes**, preferably made of leather. Avoid wearing tight plastic/synthetic shoes or high heels to not subject your extremities to any added trauma.

If your hand-foot skin reaction is hyperkeratotic (with a particularly thick corneal layer), your healthcare team or your pharmacist will be able to recommend you a **10% urea cream or balm**.

### DID YOU KNOW?

The skin of your hands and feet contains less protective fatty substances. As a consequence, it tends to dry more quickly, especially under the influences of external harmful factors (such as the cold, overly hot water, the rubbing of the shoes, etc.). It can thicken, redden (erythema), crack and soon become painful.

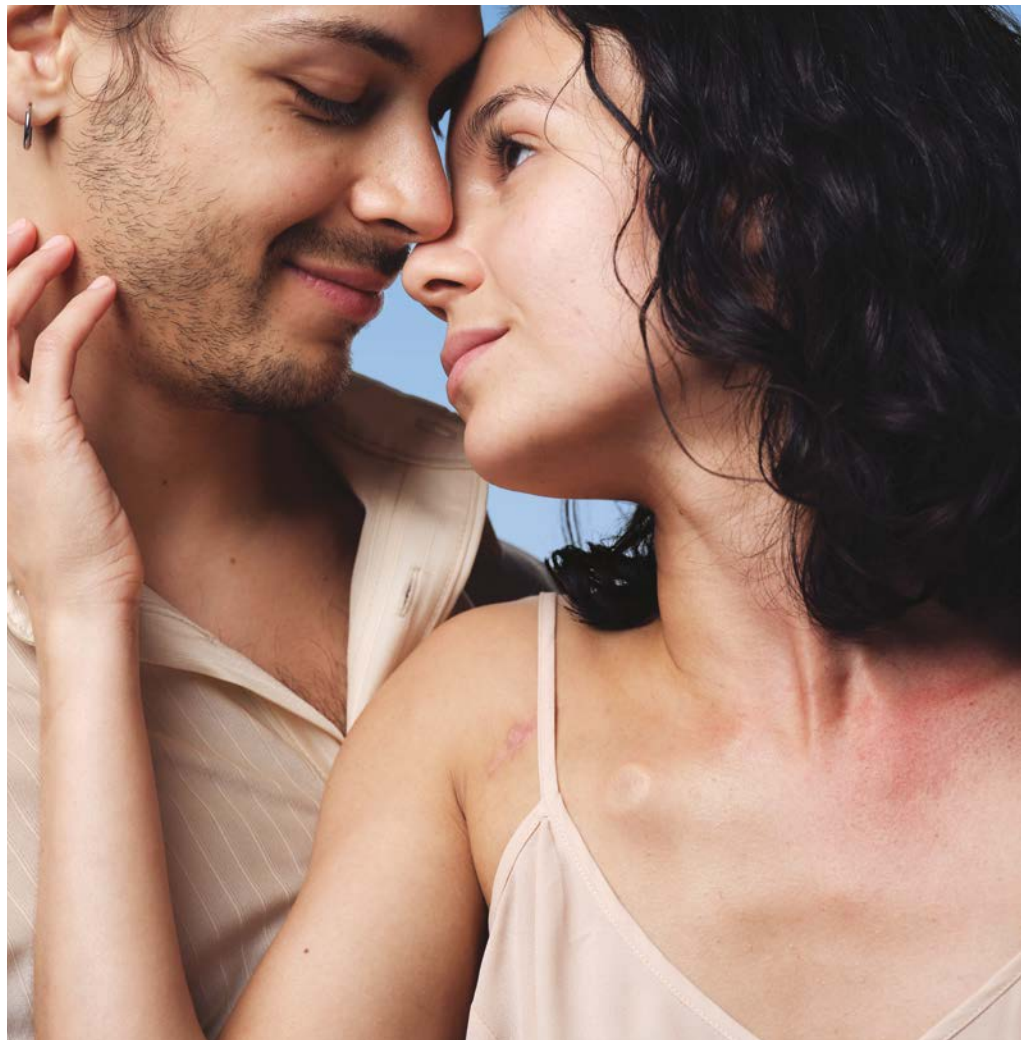
### OUR TIP

Apply the moisturizing product as a poultice, under gloves, socks or plastic wrap, to reinforce its repairing effect.

## WHAT SHOULD I DO BEFORE AND AFTER MY RADIOTHERAPY SESSION?

*"The respect of the preventive guidance and the application of suitable dermatological care products allow to limit the intensity of the side effects and to ensure a better observance of the treatment."*

Dr. Emmanuel Rio, radiotherapist.





If the radiotherapy counteracts the multiplication of cancerous cells and leads to their destruction, it can generate side effects (redness, chafing, burns, etc.).

Here are ways of relieving them:

#### > BEFORE THE SESSION

The skin must be clean and dry during the session. It is therefore strongly recommended **not to apply anything** onto its irradiated area at least 6 hours beforehand, **to avoid the risk of a bolus effect** (an artificial increase of the radiation dose).

#### > AFTER THE SESSION

Spray a soothing and anti-irritant **thermal spring water** solution onto your skin. In the evening, you can cover the irradiated area with **a thick layer of a suitable repairing balm** (at least 3 hours after the session). To strengthen their soothing effect, you can store these products in the refrigerator.

#### > OUR ADVICE

If possible, avoid being in contact with chlorinated or salty water. Opt for lukewarm showers and use a **soap-free cleanser**. Avoid, as much as you can, applying deodorant, perfume or lotions containing alcohol, which can be very harmful to the skin. **Refrain from exposing yourself to the sun.**

## HOW TO PROTECT MY NAILS?

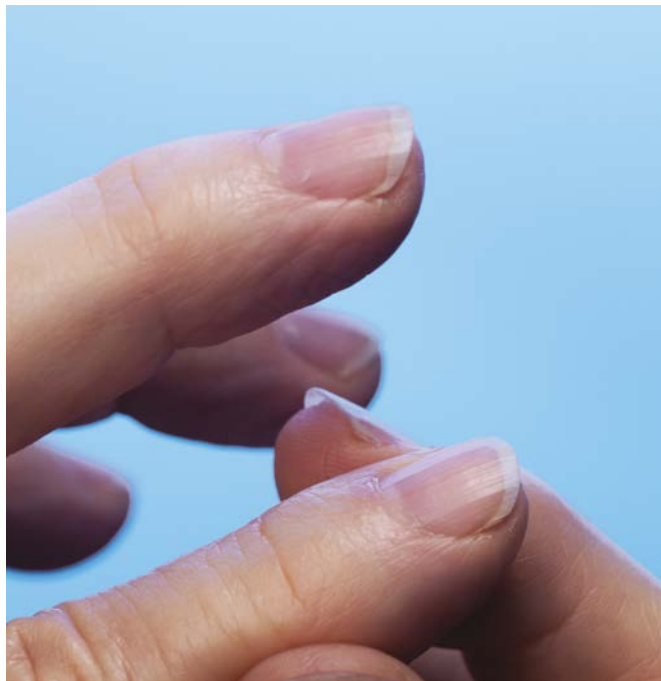
*"My illness made me realize that I had to think of myself. I never particularly used to care for my nails before falling sick and going through chemo. Now that I have looked after them during and after my treatments, I can really say that today, they've never looked so beautiful!"*

Mélanie, 42 years old.





Cancer treatments can often subject your **nails to alterations** (appearance of lines or ridges, hyperpigmentation, etc.). Hence the reason why particular care must be given to them during the



#### > WHO CAN ADVISE ME REGARDING MY NAILS?

Your doctor, your specialist nurse, your pharmacist or your social and health care beautician. If symptoms persist, seek advice from a dermatologist.

#### THE PROTECTIVE GESTURES

To prevent any risk of infection, best is to file your fingernails and toenails rather than cutting them with scissors. Massage your nails and cuticles with a repairing balm. Don't pull off the hangnails, don't cut the cuticles and refrain from biting your nails. If you carry out household or gardening activities, make sure to wear cotton gloves under your plastic gloves. Protect your hands and feet from the heat and the cold. Use a soap-free cleanser (Syndet), that suits the pH of your skin and dry your hands and feet without rubbing.

#### TO BE AVOIDED

Nail polishes containing formalin, toluene, rosin, false nails, semi-permanent nail polishes, abrasive manicures, detergents, pesticides, insecticides, nail polish removers containing acetone, prolonged contact with water or sun exposure.

#### THE GOOD METHOD TO PROTECT YOUR NAILS

**1. To strengthen the nail**, apply a base layer containing Silicium and a UV filter (invisible matte bases exist and are ideal for people), then two layers of dark tinted nail lacquer (non-pearlescent) to hide the changes in colour of your nails.

**2. Renew the application** as soon as the varnish wears off (about once a week), after having cleaned your nails with an acetone-free nail polish remover. Carry on with the application during a period of three months following your treatments.

#### OUR ADVICE

For the people who prefer strengthening and protecting their nails with an invisible varnish, select the matte and beige base colour.



# HOW TO TAKE CARE OF MY SCARS?

*"It is very important to take care of your scar through self-massage and physical therapy so as to hinder any abnormal evolution and to improve your body movement, comfort and physical appearance".*

Jean-Marc Oviève, physical therapist, president of the French College of Physical Therapy.



Many invasive procedures can cause scars. They should be looked after at a very early stage. Before any manipulation, seek the advice of a health care professional.

On top of suitable hygiene consisting of cleansing regularly the scarred area with a cleansing gel or a soap-free cleanser, surgeons and physical therapists recommend massaging the wound twice a day, as soon as it is dry, clean and well closed, once the stitches or staples have been removed.



#### > WHO CAN ADVISE ME REGARDING MY SCARS?

Your doctor, your specialist nurse, a physical therapist or a dermatologist will be able to show you the proper self-massaging techniques to follow.

#### USEFUL INSIGHT

The evolution of a scar happens over a twelve to eighteen-month period.

#### IMPORTANT

Due to the fact there are different types of scars, it is essential to seek the advice of a healthcare professional before you proceed with the massage, as so not to aggravate the state of the existing scar.

#### THE GOOD ADVICE

It is strongly recommended to moisturize the scarred area with a repairing balm, following the appropriate motions that your doctor or your physical therapist will advise you about. If you have trouble touching your scar at first, there are two solutions: either ask your doctor to prescribe you a session with a physical therapist who will show you the right thing to do, or use a compress to apply your balm by gently patting it onto your skin.

#### A FEW ESSENTIAL PRECAUTIONS TO TAKE

It is highly recommended not to drink too much alcohol. The same goes for smoking (known to slow down the scarring process). Avoid friction (ex: pieces of clothing like bras, in the case of breast cancer).

To prevent hyperpigmentation, don't forget to protect your scars from the sun. Use a sun care product with high UVB (SPF 50+) and UVA protection. It is of primary importance that you renew its application every two hours. Depending on the area in which your scar is located, you can either protect it with a bandage or cover it with a piece of clothing.

#### OUR TIP

If you have undergone breast surgery, try lifting your arm up gently to mobilize the tissues or pull your shoulders back and bring your shoulder blades together: it will work the same way as a self-massage!

**MY TARGETED  
AND SUITABLE  
SKINCARE  
ROUTINE WITH  
LA ROCHE-POSAY**



# TO WASH YOUR SKIN

## 93%

of patients regularly using La Roche-Posay products while undergoing cancer treatments, declare feeling an improved skin comfort as well as an **improvement of their physical, social and psychological states.**<sup>3</sup>

### FACE AND BODY

#### LIPIKAR SYNDET AP+

This soap-free cleanser, respecting the pH of the skin, allows a hygiene suited to the most sensitive skin. Apply the product to moistened skin. Lather then rinse gently and pat dry without rubbing, for a nourished and comfortable skin.



### FACE

#### TOLERIANE DERMO-CLEANSER

Apply the cleansing and makeup removal fluid with your fingertips onto your face and massage with circular motions. Wipe your skin carefully with a cotton pad.

### BODY

#### LIPIKAR HUILE LAVANTE AP+

Depending on your tastes, you may prefer the texture of a shower oil. Under the shower, lather on wet skin. Rinse delicately and pat dry without rubbing, for nourished and comfortable skin.



3. Tested on 253 patients during radiotherapy. The regular users have frequently used 5 different products.

# TO MOISTURIZE/ SOOTHE YOUR DRY SKIN

## OUR ADVICE

For extra soft skin, generously apply cream on your face and your body morning and/or night depending on your needs. To be adapted the in case of radiotherapy: it is strongly recommended not to apply anything onto the irradiated area of your skin at least 6 hours before the session. Choose creams or balms that are fragrance-free. As skin side effects may vary depending on the severity of your treatment, consult your healthcare team, to know if these products are adapted/suitable to your skin condition.



4. Wohlrab J., et al. Barrier protective use of skin care to prevent chemotherapy-induced cutaneous symptoms and to maintain quality of life in patients with breast cancer. *Breast Cancer: Targets and Therapy*. 2014;6:115-22. Results after 6 weeks.



## BODY

### LIPIKAR BAUME AP+M

Apply this lipid-restoring and soothing balm once a day on the body and/or the face (in case of severe dryness). Renew the application if necessary.

The **LIPIKAR BAUME AP+M** prevents, slows down and reduces the cutaneous side effects caused by chemotherapy treatments<sup>4</sup>.

It helps to improve the quality of life of patients undergoing chemotherapy, particularly their skin comfort and their psychological well-being<sup>4</sup>.



## FACE AND BODY

### THERMAL SPRING WATER

#### DID YOU KNOW?

The unique combination of mineral salts and trace elements endows the La Roche-Posay thermal water with unique soothing and softening properties that have been scientifically demonstrated. Spray the thermal water directly on your skin, and let it penetrate 2 to 3 minutes before patting the excess off.



## FACE

### TOLERIANE DERMALLERGO CREME

Delicately apply on the face and the neck, morning and night, to moisturize and soothe your dry skin, and therefore restore the cutaneous comfort.



## FACE AND BODY

### CICAPLAST BAUME B5 CONDITIONING PRO-VITAMIN B DIN 02527731

Apply the soothing repairing balm to the affected area as needed (making sure to cleanse and dry the skin beforehand). At night, you can also apply it as a poultice, in thick layers, to repair and soothe your skin. It can be used to perform a self-massage, or after a self-massage on dry skin, depending on the recommendations of your health care team.

# TO PROTECT YOUR SKIN FROM UV RAYS

## OUR ADVICE

Choose a cream with a high UVB (SPF 50+) and UVA protection.

Avoid sun exposure, between 10 a.m. and 2 p.m., when the sun is at its peak.

Don't forget that the first and foremost sun protection is your clothing.

## TO KEEP IN MIND

When it comes to photosensitizing treatments, the risks related to the sun are higher, even from behind a glass window or on a cloudy day.

# SUN AND UV RAYS

The sun is an emitting source of several types of radiation ultra-violet rays including UVA and UVB rays that penetrate the skin.

UVB rays have a direct impact on the epidermis. They are the cause of bronzing (persistent) and burns, or "sunburn". They also create damage to our DNA and can potentially create skin cancer.

On the other hand, UVA rays penetrate the deep layers of the skin (indirect impact on the epidermis and dermis). They represent 95% of what impacts our skin daily and are present at the same intensity all year round.

What's more, UVA rays create oxidative stress which in turn accelerates skin aging (and accounts for over 70% of skin aging). They also weaken our body's immune system, aggravate photosensitivity and can also create damage to our DNA and potentially develop skin cancer.





La Roche-Posay works closely with CaSMO, a group of renowned experts in oncology, dermatology and patient health, making recommendations on education to prevent and manage cutaneous side effects of cancer treatments.