



Nestlé Skin Health



CARING FOR YOUR SKIN WHILE TREATING CANCER

Cancer treatments save lives, but they often cause severe dermatological side effects. **The aging population is particularly vulnerable to both developing cancer and the skin complications that sometimes result from cancer drugs.** That's because the skin's natural oils that fight infection and immune systems often weaken with age. Here are some tips to **help you care for your loved one with cancer:**

- ☞ **Understand the situation.** Dermatological side effects occur in some form in 36 percent to 80 percent of cancer treatment cases.
- ☞ **Know what therapies your loved one is using – it could affect his or her skin.** Cancer treatments like epidermal growth factor receptor (EGFR) and vascular endothelial growth factor (VEGF) targeted therapies can cause severe skin conditions, including pruritus, eczema, fissures and hand-foot syndrome.
- ☞ **Keep an eye on any developed dermatological side effects that your loved one develops.** Acneiform rash or folliculitis are particularly common in aging patients taking EGFR. For example, in one study analyzing aging patients taking cetuximab, a vast majority (70.7 percent) developed these skin conditions. In one in ten people (12.2 percent), the condition was severe enough to affect their ability to care for themselves.
- ☞ **Empathize with your loved one.** Dermatological side effects – like scars, persistent hair loss, alopecia and secondary cancers – can affect cancer patients in many ways. In one study, more than 50 percent of long-term cancer survivors reported psychological problems related to the dermatological issues associated with treatment.
- ☞ **Stay involved.** Skin problems, along with the other physical changes that take place during cancer treatments, can often lead to social isolation and impaired quality of life. Make sure to help your loved one feel included and important.
- ☞ **Take basic precautions.** Plan activities inside when the sun is strongest! Cancer patients with mild rashes from treatment can take basic precautions such as avoiding sunbathing or being in direct and strong sunlight and heat or humidity to prevent the skin from getting worse.
- ☞ **Take action.** Offer to take your loved one to his or her doctor to get checked for any dermatological side effects – there's no need to suffer in silence. Aging skin is particularly sensitive to cancer treatments, and skin-related side effects can encourage patients to halt treatment altogether. There are skin remedies available that can improve skin health and enable patients to continue their treatment without disruption.

Get Skin Health Smart at Active Aging Week for a Life Course of Healthy Skin!

Nestlé Skin Health is a global leader focused on meeting the world's increasing skin health needs with a broad range of innovative and scientifically proven products.