Skin Care During Cancer Treatment

Cancer treatments (radiation and chemotherapy) can have adverse effects on your skin, hair, and nails. Lindi Skin has prepared this guide to help you protect your skin while undergoing cancer treatment and to provide you with a better understanding of how to manage the side effects of treatment.

The side effects of chemotherapy and radiation treatments for cancer can be numerous, especially related to your skin. Radiation and chemo are designed to target fast-growing cancer cells, but since the cells of your skin, hair, and nails also grow quickly, they may be affected as well.

Cancer treatment typically also means that you need to plan a skin care regimen. Treatments affect patients in different ways—you may discover that you have very few side effects, or you have some issues that need special care. Here are some common conditions:

**Dry Skin**

Dry skin is a very common side effect because chemotherapy and radiation dehydrate the skin and cause itching, flaking, and rough patches. Your skin may also feel tight and uncomfortable.

**Management:** Moisturizing your skin with a moisturizer like Lindi Body Lotion can help, as well as avoiding strong perfumes, alcohol-based aftershaves, or soaps that remove oils. Lindi Skin Body Wash is an excellent alternative to drying soaps. After a shower, dry by patting with a soft towel, rather than rubbing vigorously. Shorten showers or baths to avoid robbing the skin of oils.

Radiation Dermatitis (Radiation Burn)

This is the most common skin issue with radiation treatment: The irradiated area becomes red and inflamed, because the radiation damages the healthy tissue. The skin becomes dry and can thinner. Hair loss occurs due to atrophy of the epidermis, and the skin is easily vulnerable to minor trauma. Radiation dermatitis can be painful and require immediate attention to promote healing.

**Management:** Like a sunburn or other minor burn, the first step is to cool and soothe the affected area, using products that replace moisture and accelerate the healing process.

Lindi Skin’s Cooler Roll provides on-the-spot cooling relief and creates a moist healing environment for compro-
mised skin. This “gel bandage” delivers moisture along with healing aloe and green tea. The Cooler Roll comes in five-foot lengths that can be cut to size and discarded after use. If a smaller skin area is affected, Lindi Skin’s Cooler Pad provides a 4” x 7” surface and can be reused multiple times.

Afterward, apply Lindi Soothing Balm to the affected areas. With an abundance of avocado oil, Soothing Balm is especially beneficial to painful, cracked, and peeling skin.

Hand-Foot Syndrome

Also known as Palmar Plantar Erythrodyness (PPE). Feet and hands become red and irritated and may crack and peel. Chemo weakens capillaries and blood leaks into tissue, causing the redness and soreness. Friction, such as from wearing gloves or even from rubbing on lotion can aggravate PPE.

Management: Cold may provide temporary relief for pain and tenderness caused by PPE. Also, keeping hands and feet moisturized between treatments is extremely important. Avoid lotions that require excessive rubbing.

Emollient products like Lindi Soothing Balm can help hydrate the skin and protect it from dryness and moisture loss. PPE can also dry nails and cuticles. Lindi Lip Balm may help.

Rashes

Rashes and irritations are common to many types of chemotherapy along with mild to severe itching. Some drug therapies are especially likely to cause rashes. One of these treatment regimens is the class of drugs known as EGFR inhibitors (Erbitux™ and Tarceva™, for example). Rashes caused by chemo may look like acne, but must be treated differently than what might be perceived as a breakout.

Rashes can also occur in areas affected by radiation or other parts of the body, accompanied by itching and discomfort. A goal is to calm the skin so it doesn’t get further irritated from scratching.

Management: Moisturizing and soothing are again the watchwords. Since most redness and rash is caused by inflammation of the skin cells, lotions containing anti-inflammatory ingredients can also help. Lindi Skin’s Face Serum (for the face) and Body Lotion (for the body) deliver natural and safe anti-inflammatories to help soothe rashes.

Neutropenia

Neutropenia is the absence of neutrophils, a type of white blood cell, which can be caused by chemotherapy. The white cells fight infection, and when they are diminished, skin infections can occur. Neutropenia can be the most serious side effect of chemotherapy, because infections, if left untreated, can create other problems or even cause death. Neutropenia may also cause skin discoloration.

Management: To prevent infection, moisturizing is again a critical part of a skin treatment regimen. Lindi Body Lotion is mild, safe, and has been formulated to meet the special needs of cancer patients. Lindi Soothing Balm is an intense moisturizer for dehydrated, cracking skin, especially of hands and feet. Lindi Lip Balm is great for cuticles and nails to prevent drying and cracking.

Mouth Sores

Another common side effect that can occur several days after treatment, mouth sores can be painful and can prevent you from eating and getting the nutrition you need.

Management: The key is staying ahead of the condition. Before beginning chemotherapy have a dental checkup. During treatment, rinse with a mild mouthwash that contains no alcohol, use a soft toothbrush and eat soft foods. Drink water frequently, and if necessary, use an over-the-counter saliva substitute. Use a lip moisturizer like Lindi Lip Balm. You may find it soothing to suck on a piece of hard candy (sugar free may be preferable).

Hair Loss

Hair loss is an occasional side effect of
radiation treatment, since hair follicles are particular sensitive to radiation. Hair loss typically only occurs in the area being irradiated, so if you receive radiation to your hip, the hair on your head won’t be affected.

**Management:** Hair lost from radiation typically grows back after treatment ends, but its texture may be different. If you need to shave adjacent areas, your doctor may recommend an electric razor rather than blades to reduce irritation. Emollient products like Lindi Soothing Balm can help hydrate the skin and protect it from dryness and moisture loss.

**Products For Complete Skin Care During Cancer Treatment**

Lindi Skin offers a spectrum of skin care products specifically for management of conditions during cancer care. Our products are based on clinical research, input from physicians, and experiences of actual patients.

We also combine our collections of products that are most useful to chemo or radiation patients into convenient gift packages.

Learn more at [lindiskin.com](http://lindiskin.com).
Skin Care Tips

Chemotherapy Skincare Tips
- Use only lukewarm water and mild cleanser when you wash.
- Avoid extremes of heat or cold, including hot baths or showers.
- Avoid hygiene products with alcohol, along with perfumes or cologne.
- Do not rub your skin, be gentle & pat it dry after a shower.
- Do not wear tight clothing near the treatment area.
- Drink plenty of fluids—at least 2 to 3 quarts of liquid a day.
- Apply water-based creams after showering while skin is still damp.
- If your nails become brittle, moisturize them and wear gloves when you do daily chores.

Chemotherapy Recommended Daily Management/Prevention Regimen

**Body:**
- Wash (bath or shower) with Lindi Skin Body Wash
- Apply Body Lotion to damp skin
- Apply Soothing Balm to hands, feet, elbows or any dry patches
- Work Lip Balm in to the cuticles
- Reapply Body Lotion, Soothing Balm and Lip balm 2-3 times / day

**Face:**
- Wash with Face Wash
- Apply Face Serum to the face, head, neck, and scalp (if needed).
- Apply Eye Hydrator to the area around your eyes
- Apply Lip Balm to lips
- Reapply Serum, Hydrator & Lip Balm 2-3 times / day

Radiation Skincare Tips
- Apply an emollient to the irradiated area regularly.
- Use only lukewarm water and mild cleanser when you wash.
- Avoid extremes of heat or cold, including hot baths or showers.
- Avoid hygiene products with alcohol, along with perfumes or cologne.
- Do not rub your skin, be gentle & pat it dry after a shower.
- Do not wear tight clothing near the treatment area.
- Drink plenty of fluids—at least 2 to 3 quarts of liquid a day.

Radiation Recommended Daily Management/Prevention Regimen

**Body:**
- Apply Cooler Roll or Cooler Pad to irritated areas for 20-40 minutes
- Apply Soothing Balm to irradiated areas
- Wash (bath or shower) with Lindi Skin Body Wash
- Apply Soothing Balm to hands, feet, elbows or any dry patches
- Reapply Soothing Balm and Lip balm 2-3 times/day

Following this proven preventative regimen can make your skin healthier and you much more comfortable. All items needed are sold as part of our Complete Cancer Skincare Collection. Available at lindiskin.com.