



- SKIN CARE TIP SHEET FOR CANCER PATIENTS -

The skin is one of the area's most commonly affected by cancer treatment, so it's best to be proactive! Implement good routines before any potential issues arise. Creating consistent daily habits will set your patients up for the best possible outcome when it comes to potential side effects such as irritation, sensitivity, dryness, & rashes. Below we offer some important advice which we will build upon with each monthly tip sheet. When trying new products, encourage patients to start adding just one at a time, then waiting a few days before trying another. That way they can monitor which product (if any) their skin is potentially reacting to.

Many chemotherapeutic agents lead to dry skin, as does tamoxifen and aromatase inhibitors that many women take.

■ Cleansing Body & Face:

- When it comes to cleansing, patients should avoid cleansers which contain synthetic foaming agents, dyes, & fragrances. They can make dryness & sensitivity worse. They should use lukewarm (not hot) water to cleanse.
- Although many people are accustomed to a cleanser that foams, suds aren't required for a thorough cleansing. Cream cleansers are great for dry skin & for removing makeup & dirt very effectively. They can be massaged onto dry skin or with skin barely dampened for best results.
- Since many of our products have ingredients which are beneficial for patients' skin, it's best to rub the cleanser onto the skin & leave it on for about 2 minutes (so those active ingredients have time to take effect) before rinsing off.
- Patients should avoid using harsh scrubs, chemical peels, microdermabrasion, laser treatments & loofahs for exfoliating their skin.
- Smooth & soft washcloths (such as those designed for babies) make great tools for washing, since they aren't abrasive & can be easily washed & sanitized to avoid the risk of infection.
- Facial & body moisturizers are most effective when applied within 15 minutes after showering or cleansing (while skin is still damp), to seal in the moisture.

■ Sun Protection:

- Photosensitivity is a very common side effect during cancer treatment. Patients should avoid staying out in the sunlight for long periods, stay in the shade, wear a broad brimmed hat & protective clothing on exposed skin.
- Patients should use a broad-spectrum sunscreen with an SPF of 30 or higher daily, reapplying every 2 hours (or earlier) if sweating or swimming. This includes the hands & feet (as well as any other exposed areas).
- Patients should stay away from tanning beds.

■ Suggested Chemo Companion Products for cleansing & sun protection to maintain skin health:

Explore the Hope & Beauty website to see product descriptions & help decide which is best for each patient's concerns.

- Cleansers (all by PCA skin): Creamy Cleanser, Facial Wash, Total Wash Face & Body Cleanser, Dry Skin Relief Bar, Pigment Bar.
- Sun Protection (all by PCA skin): Sheer Tint Broad Spectrum SPF 45, Protecting Hydrator Broad Spectrum SPF 30, Perfecting Protection Broad Spectrum SPF 30, Hydrator Plus Broad-Spectrum SPF 30, Weightless Protection Broad Spectrum SPF 45.
- Cleure Cleanser (gentle clarifying lotion cleanser).

Our monthly Tip Sheet is created by **Erica Schweitzer** our oncology nurse who has years of experience as an esthetician, manicurist and makeup artist to provide selfcare tips to cancer patients and others!.

Our Products are FSA Eligible! Next Month's Tips will be on ORAL Care!

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