



*Act For Skin*

CARE FOR CANCER PATIENTS

EAU THERMALE  
**Avène**  
LABORATOIRE DERMATOLOGIQUE

**Comfort and**  
**care for skin**  
**affected by cancer treatment**  
**It's possible.**



# EDITORIAL

The contents and products described in this booklet are for educational purposes only and are not intended to replace medical advice. Please always consult your healthcare professional.

Cancer treatments have changed considerably over the last few years. Alongside surgery, radiotherapy and chemotherapies, new treatments have emerged, offering more targeted actions on the multiplication of cancer cells, tumor vascularisation, and immunity, with the goal of stimulating it. These therapeutic innovations have a positive impact on the way the disease develops, yet they still produce some major side effects.

When your treatment protocol was explained to you, these side effects were probably mentioned. The skin is very often affected. As, the Eau Thermale Avène brand takes care of the most sensitive skin types, we want to support you as you go through this unique period of your life.

This brochure contains information and products that may help to comfort and care for skin during and after your treatment. It is possible, with dermo-cosmetics and in conjunction with recommendations about how to best care for your skin, to help improve your quality of life.

With our full support,  
the Eau Thermale Avène team

A close-up, high-resolution photograph of a human eye. The iris is a light green or hazel color with visible texture. The pupil is dark and contains a bright, rectangular reflection, likely from a camera flash or screen. The surrounding skin is fair and shows fine lines and pores. The overall tone is warm and intimate.

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## Soothe your skin, an essential routine...

After a surgical procedure, chemotherapy or radiotherapy, your body, and especially your skin, needs to be soothed to restore comfort and a sense of well-being.

*Avène Thermal Spring Water: soothing by nature*



## AVÈNE THERMAL SPRING WATER SPRAY

Benefit from the soothing, softening properties of Avène Thermal Spring Water day after day, thanks to the spray format. Your trusted ally for skin made sensitive through treatments.

### *If you have skin irritations*

Spray directly onto the irritated areas, leave for **2 to 3 minutes**, then dry by dabbing gently before applying your skin care product

### *In more severe cases\*\**

Apply compresses soaked in Avène Thermal Spring Water for **10 to 15 minutes** on the areas to be soothed

### *If you suffer from irritations of the oral mucosa*

Spray onto the affected area as often as required, or as directed by your healthcare professional

Reduced skin sensitivity\*

**-31%**  
after just  
5 minutes\*\*\*

**-65%**  
during the  
1<sup>st</sup> week\*\*\*



\* Dermatological study carried out on 6,368 subjects with sensitive skin. Simple, non-pathological sensitive skin with inflammatory dermatosis or following a superficial dermatological procedure. Evaluation over 7 days, with an application twice/day. Application of spray alone or in combination with drug-based treatments and/or other cosmetic products.

\*\* Dryness or irritations resulting from radiotherapy, redness, skin rashes, itchiness due to dry skin.

\*\*\* Avène Thermal Spring Water Study: Clinical Efficacy of Avène Thermal Water in Dermatology, Version 1.0.

## *Do I need to change my daily skincare routine?*

While you are undergoing cancer treatment, your skin is particularly sensitive. You need to make sure you apply gentle, appropriate skincare products to avoid exacerbating the side effects on your skin.

### **DID YOU KNOW?**

- Soap – in both liquid and solid form – can dry out your skin and cause irritation.
- Wash mitts, sponges and loofahs can all irritate skin made sensitive by your treatment, as can the cotton pads you use for make-up removal.
- Overly hot water dries the skin and reactivates skin problems.

*Because my skin is more sensitive, I've stopped using a wash mitt altogether. I always clean my skin with my hands and make sure I moisturise after my shower.*

*As often as I can, I use thermal spring water to rinse my face and calm hot flashes.*

Marc

## A SKINCARE ROUTINE THAT RESPECTS YOUR SKIN

- Opt for soap-free, fragrance-free gels, oils and dermatological cleansing bars with a physiological pH (pH 4.5-5.75 according to [www.dermnetnz.org/topics/soaps-and-cleansers/](http://www.dermnetnz.org/topics/soaps-and-cleansers/)) and a high emollient capacity.
- The water you use for washing should be at a temperature of between 32°C and 34°C.
- To cleanse, apply the cleansing product to wet skin using the palm of your hands, and work into a lather.
- For make-up removal, it is better to use your fingers and a gel product, which is gentler than rubbing your skin with a cotton pad. Then spray as much Thermal Spring Water as you like onto your face, to relieve hot flashes and soothe feelings of tightness.
- Dry your skin by dabbing gently with a soft towel, especially in sensitive areas, to avoid provoking a reaction.

### Cleanser - Make-up remover



#### Tolérance

**EXTREMELY  
GENTLE  
CLEANSER**

**FACE, EYES  
AND LIPS**

Cleanses, removes  
make-up and soothes



#### EAU THERMALE

**AVÈNE THERMAL  
SPRING WATER**

Soothes and softens

### Cleanser - Face & Body



#### XERACALM A.D

**LIPID-REPLENISHING  
CLEANSING OIL**

**FACE, BODY  
SCALP**

**EXTERNAL INTIMATE AREAS**

Cleanses, moisturises\*,  
soothes itching\*\*

\*24-hour moisturising:  
HI kinetics, 22 subjects with  
dehydrated skin, single application.  
\*\*Caused by skin dryness.

## *I've just had an operation. How can I improve the way my scar looks?*

Surgery is often an important step in treating cancer. The tumor is removed locally during a surgical procedure which may be carried out before or after other treatments (chemotherapy or radiotherapy, for example).

### **DID YOU KNOW?**

- Gently massaging a scar, especially during the first six months, is a good way of improving its appearance and limiting the marks left by the scar. It boosts the production of collagen and elastin and restores your skin's suppleness and elasticity.
- Some scars need to be treated by a professional. Please seek advice from your doctor if you are unsure.

Be careful: if you massage too firmly, you may worsen the appearance of the scar or slow down the healing process. Do not massage a scar that is still red and swollen (that means it is not mature yet). Self-massage should not make the scar redder.

## OUR ADVICE

- Adapt your skincare routine to protect your skin (refer to pages 8 and 9 for more information).
- After open skin has closed, or upon removal of the stitches, apply a gel twice a day to improve the appearance of your scar, massaging it gently.
- Protect your scar from the sun by wearing suitable clothing and applying an SPF50+ sunscreen (refer to pages 20 and 21 for more information).

## 1 SOOTHE your scar



### EAU THERMALE AVÈNE THERMAL SPRING WATER

Spray directly onto your scar and leave for 2 to 3 minutes, then dry by gently dabbing the skin

## 2 IMPROVE the appearance of your scar



### Cicalfate<sup>+</sup> SCAR GEL

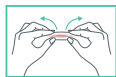
Apply twice a day, gently massaging your scar, or as directed by your healthcare professional

## Massage tips

To determine how mature your scar is and what type of massage to apply, press your scar and time how long it takes to get its colour back.



**If your scar gets its colour back in less than one second** (generally, up to 1 month after the procedure), use your index finger to apply Cicalfate+ scar gel on and around the scar by pressing it into the skin, following the direction of the scar.



**If your scar gets its colour back between 1 and 2 seconds later**, perform a knead and roll massage, pinching the skin between the thumb and index finger, in the direction of the scar. Pinch the skin between the fingers, sliding it upward. Continue this movement until all the Cicalfate+ scar gel has been absorbed by the skin (around 5 min).



**If your scar gets its colour back after 3 seconds** (generally, 3 months after the procedure), perform a massage by stretching the skin in the direction of the scar to avoid pulling it apart, using your index and middle finger, until the Cicalfate+ scar gel has been absorbed.

## *My treatment is making my skin drier and drier, what should I do?*

Dry skin is the most common side effect caused by treatments. In some cases, it is made worse by itching and redness.

The best way of keeping your skin comfortable is to moisturise it as often as possible. Make sure you ask your healthcare professional for advice.

### **DID YOU KNOW?**

- Some conventional cleansing products (soap in liquid and solid form) are often aggressive and can cause your skin to dry out even more.
- All skin types, both sensitive and non-sensitive, can become dry at times or in certain areas of the body.
- As we get older, our skin tends to become drier: this is especially true of women's skin. This tendency for the skin to dry out often increases after menopause, and while you are undergoing hormonal cancer treatment.

\*Caused by skin dryness.

\*\*Refer to page 29 for more information.

## OUR ADVICE

- Remember to drink at least 1L of water during the day.

### FACE

- Apply your moisturising cream using your fingertips.
- Apply in strokes to your cheeks, forehead and neck.
- Smooth out from the centre to the outer areas of the face without forgetting the neck.

### SCALP

- Apply the emollient on your scalp with your fingertips, massaging using circular movements.

### LIPS

- Apply a lip balm 2 to 3 times a day, even under your lipstick.

### BODY

- Applying the product correctly leaves the skin soft and supple, non-greasy and non-sticky.
- Squeeze the emollient into the palm of your hand and spread it between your two hands.
- Apply a thin layer of your balm in strokes using the entire surface of the hand over your body, not forgetting your hands and feet.
- Make sure it is fully absorbed by using the entire surface of the hand.

## Hydration adapted to all areas of the face and body



### Tolérance CONTROL

#### SOOTHING SKIN RECOVERY BALM

##### FACE AND EYE CONTOUR

Intensely hydrating, restores the skin barrier and calms the skin

*Soothing skin recovery cream also available*



### Cold Cream LIP BALM

Nourishes, repairs and protects



### XERACALM A.D

#### LIPID-REPLENISHING BALM

##### FACE - BODY - SCALP

Nourishes and soothes feelings of itchiness\*



## IF YOU EXPERIENCE INTENSE ITCHING



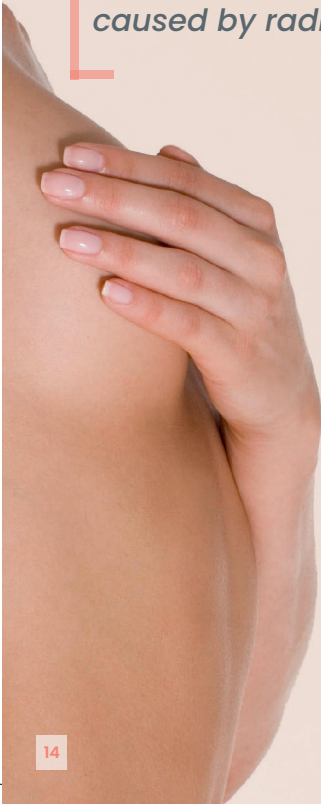
### XERACALM A.D

#### SOOTHING CONCENTRATE

##### FACE - BODY - EYELIDS

Dry areas prone to intense localised itching\*





## *How can I help alleviate the discomfort caused by radiotherapy?*

The rays produced by radiotherapy can cause skin lesions known as radiodermatitis.

The signs range from simple redness to more severe burns. It may be made worse by feelings of pain and/or itching. Make sure you ask your healthcare professional for advice.

### **DID YOU KNOW?**

- Irradiated skin is more fragile and prone to bruising, as well as being more sensitive to the sun, even after the end of radiotherapy treatment.
- **It is better not to apply any skincare product or greasy substance (cream, balm, deodorant, etc.) on the area to be treated for several hours prior to the radiotherapy session, or as directed by your healthcare professional.**

\*Caused by skin dryness.

\*\*Refer to page 29 for more information.

## OUR ADVICE

- Adapt your skincare routine to protect your skin (refer to pages 8 and 9 for more information).
- Apply a repairing cream as soon as you begin your treatment, before you start to suffer from radiodermatitis.
- Opt for alcohol-free products whenever possible, since alcohol is aggressive when skin is dry or sensitive.
- If you can't avoid sun exposure, protect the irradiated area from the sun by wearing clothing, seeking shade, and applying an SPF50+ sunscreen.
- Opt for loose-fitting, comfortable clothing, preferably made of cotton.

## 1 SOOTHE the irradiated area as required



## EAU THERMALE

### AVÈNE THERMAL SPRING WATER

#### SOOTHES THE AREAS AFFECTED BY RADIATION

Spray directly onto the skin and leave for 5 to 10 minutes, then dry by dabbing gently. If you have stronger burning sensations, apply compresses soaked in Avène Thermal Spring Water for 10 to 15 minutes on the areas to be soothed

## 2 TAKE CARE of the irradiated area as soon as the treatment begins

> if the area is dry



### Cicalfate+ RESTORATIVE PROTECTIVE CREAM

#### FACE - BODY EXTERNAL INTIMATE AREAS

Soothes and restores  
superficial skin irritations

> if the area is moist



### Cicalfate+ ABSORBING SOOTHING SPRAY

#### FACE - BODY

Supports a compromised  
skin barrier and dries  
superficial skin irritations  
prone to maceration  
(moist areas, skin folds, etc.)

## 3 MOISTURISE the irradiated area in the case of severe dryness



## XERACALM A.D

### LIPID-REPLENISHING BALM

#### FACE - BODY - SCALP

Nourishes and soothes  
in the case of itching\*\*

STERILE COSMETICS®  
% PRESERVATIVE\*\*

## *Since I started my treatment, I've had pimples. What should I do?*

When you undergo certain types of targeted therapy, an acneiform eruption in the form of pimples or redness often appears. These lesions are generally found locally on the face, scalp, back and chest. They may be combined with itchiness, discomfort or a painful burning sensation. Make sure you ask your healthcare professional for advice.

### **DID YOU KNOW?**

- Even though this eruption looks like acne, it isn't.
- Body scrubs are not recommended for very irritated skin.
- Patients undergoing treatment should avoid exposure to sunlight, which can exacerbate the lesions.
- Try to avoid picking at the lesions as this will increase the risk of scarring.

\*Caused by skin dryness.

\*\*Refer to page 29 for more information.

## OUR ADVICE

- Use suitable products for your everyday skincare routine (refer to pages 8 and 9 for more information).
- Apply a soothing moisturising cream or balm once or twice a day. Opt for fragrancefree, preservative-free products.
- Limit the spread of bacteria by using a copper/zinc-based cream or drying spray.
- If you can't avoid sun exposure, protect your skin from the sun by wearing clothing, seeking shade, and applying an SPF50+ sunscreen (refer to pages 20 and 21 for more information).

### 1 SOOTHE your skin



## EAU THERMALE

### AVÈNE THERMAL SPRING WATER

#### SOOTHES AND SOFTENS

Spray directly onto the skin and leave for 2 to 3 minutes, then dry by dabbing gently

### 2 MOISTURISE your skin



## Tolérance CONTROL

### SOOTHING SKIN RECOVERY BALM

#### FACE AND EYE CONTOUR

Intensely hydrating,  
restores the skin barrier  
and calms the skin

*Soothing skin recovery cream  
also available*



## XERACALM A.D

### LIPID-REPLENISHING BALM

#### FACE - BODY - SCALP

Nourishes and soothes  
feelings of itchiness\*

*Lipid-replenishing cream  
also available*

### 3 SOOTHE AND RESTORE your in the case of excoriation

> if the area is dry



## Cicalfate<sup>+</sup>

### RESTORATIVE PROTECTIVE CREAM

#### FACE - BODY

#### EXTERNAL INTIMATE AREAS

Soothes and restores  
superficial skin irritations

> if the area is moist

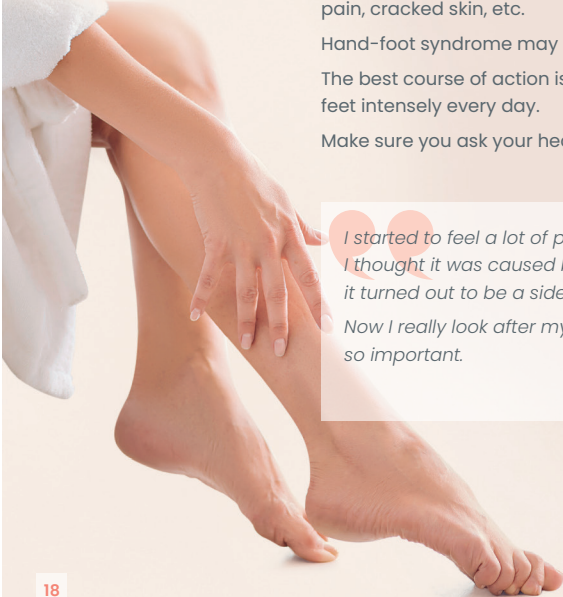


## Cicalfate<sup>+</sup>

### ABSORBING SOOTHING SPRAY

#### FACE - BODY

Supports a compromised  
skin barrier and dries  
superficial skin irritations  
prone to maceration  
(moist areas, skin folds, etc.)



## *My hands and feet are in a terrible state, what can I do about it?*

Chemotherapy and targeted treatments can lead to significant side effects on the hands and feet: redness, pain, cracked skin, etc.

Hand-foot syndrome may develop.

The best course of action is to moisturise your hands and feet intensely every day.

Make sure you ask your healthcare professional for advice.

*I started to feel a lot of pain on the soles of my feet,  
I thought it was caused by my new shoes but no:  
it turned out to be a side effect of my cancer treatment.  
Now I really look after my hands and feet, it's  
so important.*

Alice

\*Caused by skin dryness.

\*\*Refer to page 29 for more information.

\*\*\*The outer layers of the epidermis.

## OUR ADVICE

- To look after your feet: avoid walking for long periods at a time, make sure your shoes are not too tight and wear cotton socks.
- To protect your hands: wear cotton gloves for day-to-day tasks and latex gloves on top of cotton gloves for housework.
- To avoid exacerbating dryness on your hands and feet: use suitable products for your everyday skincare routine (refer to pages 8 and 9 for more information).
- To prevent your skin from drying out: apply emollients and restoring products.

### *Soothe and restore your skin*



## Cicalfate<sup>+</sup>

RESTORATIVE  
PROTECTIVE CREAM

FACE - BODY

EXTERNAL INTIMATE AREAS

Soothes and restores superficial skin irritations



## Cicalfate

HANDS

REPAIR BARRIER CREAM

Repairs\*\*\*, soothes and protects very dry, irritated hands

### *Moisturise your skin on a daily basis*



## XERACALM A.D

LIPID-REPLENISHING BALM

FACE - BODY

SCALP

Nourishes and soothes feelings of itchiness\*

STERILE COSMETICS®  
% PRESERVATIVE\*\*

## *I've been told to protect my skin from the sun, why?*

Some treatments are not “compatible” with sunlight because they can increase the risk of sunburn and even burns (also known as photosensitivity). That is why it is important to protect your skin from UV rays, which cause sunburn, every day. Make sure to ask your healthcare professional for advice.

### **DID YOU KNOW?**

- These photosensitivity reactions may occur during simple outings in overcast weather or during the winter, when you are under a parasol or in the shade, or even through the windows of a house or car!
- **So always keep in mind that, in all circumstances, it is important to protect yourself from sunlight!**

### **THE RIGHT ROUTINE**

- Every time you plan to expose your skin to sunlight, you need to apply the right amount\* of an SPF50+ sunscreen beforehand.
- Reapply your sunscreen frequently to maintain the level of protection, especially if you have perspired, taken a swim or dried yourself off with a towel.

\*By reducing the amount applied, you significantly reduce the level of protection.

## OUR ADVICE



Wear protective clothing (glasses, scarf, hat, clothes that cover your body, etc.).



Insofar as possible, avoid exposing your skin – even moderate exposure is not recommended.



Seek shade, especially during the peak UV hours (usually between 10am and 4pm).<sup>\*</sup>



Glass surfaces do not totally block out UV rays. Avoid exposure to sunlight, even if you're not going out.



Use a sunscreen with a very high sun protection factor and reapply often.

## Sun protection suitable for sensitive skin\*



- Formulated & made in Australia for the harsh Australian sun



- Very high SPF50+ sun protection, for all types of sensitive skin
- Broad spectrum UVB UVA protection



- Moisturising, light, non-sticky texture
- No white marks



- Tested to minimise risk of allergy



**SUNITIVE®  
SUNSCREEN  
INVISIBLE FLUID  
SPF50+**  
**FACE**  
**INVISIBLE FINISH**



**SUNITIVE®  
SUNSCREEN  
TINTED FLUID  
SPF50+**  
**FACE**  
**NATURAL FINISH**



**SUNITIVE®  
SUNSCREEN  
SERUM SPF50+**  
**FACE**  
**ULTRA-LIGHTWEIGHT**



**SUNITIVE®  
SUNSCREEN  
ADULT SPRAY  
SPF50+**  
**FACE - BODY**  
**FAST ABSORPTION**



**SUNITIVE®  
SUNSCREEN  
CHILDREN  
SPRAY SPF50+**  
**FACE - BODY**  
**EASY TO APPLY**



**CICALFATE+  
MULTI PROTECTIVE  
RESTORATIVE  
CREAM SPF50+++**  
**FACE - BODY**  
**HYDRATING TEXTURE**

Apply generously (recommendation is approx. one teaspoon, for face & neck) and evenly to all exposed areas 20 minutes prior to sun exposure.

### Re-apply:

- At least every 2 hours
- After 40 minutes of swimming or sweating
- Immediately after towel drying

### ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Avoid prolonged high-risk sun exposure. Frequent re-application or use in accordance with directions is required for effective sun protection. Wear protective clothing, hats and eyewear when exposed to the sun.

<sup>\*</sup> Data on File

<sup>\*\*</sup> For external use only. Avoid contact with eyes and broken (damaged) skin. Should only be used once wound has fully closed. Avoid prolonged exposure in the sun. <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/sun-index>

For all new products, we recommend patch testing – apply product to the crease of your elbow and monitor for 48 hours.

## AVÈNE HYDROTHERAPY CENTRE

The Avène hydrotherapy treatment can be a valuable way of rebuilding strength, both physically and mentally.

### You have two options:

- 3-week approved treatment
- 2-, 3- or 5-day Sensicure treatment

### *Avène Thermal Spring Water: soothing by nature*

A study conducted at the Avène Hydrotherapy Centre demonstrated a **significant improvement in quality of life** as well as in the principal signs of skin discomfort associated with breast cancer treatments (chemotherapy, surgery, radiotherapy).<sup>1</sup>

Dryness

**-100%**

Cutaneous toxicities

**-49%**

Quality of life

**+82%**

1. Results of a study based on a 3-week treatment. Dalenc F et al, Eur J Cancer Care. 2017; e12735.



“ Over the past few years, the Avène Hydrotherapy Centre has been extending its dermatological expertise to the side effects on the skin caused by cancer treatments. The Hydrotherapy Centre has constantly sought to offer its patients alternative forms of support in a friendly, welcoming environment. Patients are mainly women of all ages seeking time out to rebuild their strength, both physically and mentally... because the road to recovery is long when your energy has been depleted by treatments.

A stay at the Hydrotherapy Centre is synonymous with a period of reprieve, a safe haven in which patients and caregivers interact in a spirit of warmth and mutual consideration. Two main options are available: a 3-week approved and reimbursed treatment or a Sensicure, a true weeklong cocooning break. These two programs offer specific, hydrating treatment sessions each day to restore your skin's suppleness and leave it hydrated and soft. During the workshops, patients share their experiences, laugh together, and discuss their difficult moments. They rediscover the pleasure of looking after themselves and learn to love their appearance again. At the Avène Hydrotherapy Centre, they learn to let go thanks to the relaxation sessions, or get their energy back during the physical activity sessions.

But let's not forget: it is Avène Thermal Spring Water, sourced from deep inside the Earth, which, through its soothing and softening properties, offers us these positive smiles, these shared moments of joy and humanity. Thermal Spring Water with a power that humbles us again and again... There is no more poignant proof than the radiant faces which start to emerge after a thermal cure of several weeks: a transformation that has been dazzling us for over two and a half centuries.

Sophie MERY – Director of the Avène Hydrotherapy Centre ”

## *Innovative, tailored skincare*

### **Dermatological hydrotherapy treatments**

- Water massage baths
- General and filiform showers, sprays
- Shower massages
- Thermal Spring Water compresses
- Scalp showers and comprehensive scalp treatments
- Oral sprays and gingival showers



### **Hydrating dermatological treatments**

- Body wraps with emollient cream
- Hydrating body massage
- Facial with hydrating cream
- Complete scalp care



## *Workshops and advice from professionals*

- Top tips on **dermo-cosmetics** and corrective makeup with beauticians specialised in post-procedure care
- Self-massage workshops, facial massage, and relaxation and meditation with a **sophrologist**
- Psychological assessment with a **psychologist**
- Adapted exercises with an **adapted physical activity (APA) specialist**
- Adapted, individual nutritional advice from a **dietitian-nutritionist**
- Lymphedema workshop with the **APA specialist**



**Avène Hydrotherapy Centre**  
[www.centrethermalavene.com](http://www.centrethermalavene.com)



**FOR MORE INFORMATION**  
[www.centrethermalavene.com](http://www.centrethermalavene.com)



## THE EAU THERMALE AVÈNE BRAND: FOR OPTIMAL SAFETY



**Rigorous selection** of raw materials



Manufacturing standards **inspired by those applied to pharmaceutical drug manufacturing**



**Objective assessments** of the efficacy of the end products



**Dermatologically** tested tolerability

## THE SECRETS OF STERILE COSMETICS...



**UNIQUE**  
sealing system

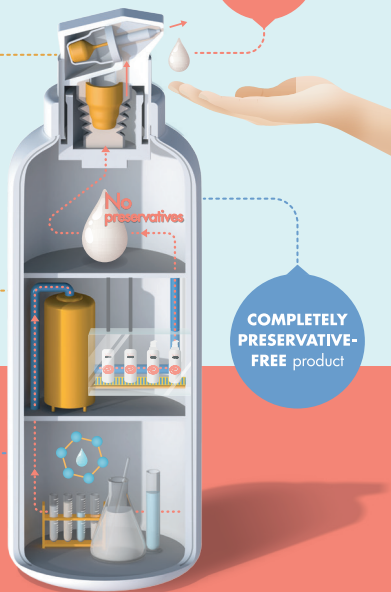
**EFFICACY  
& SAFETY**

Produced in  
a **STERILE**  
environment

No  
preservatives

**COMPLETELY  
PRESERVATIVE-  
FREE** product

**RIGOROUS  
SELECTION**  
of ingredients



## This image shows a single sheet of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the paper.

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*Act For Skin*

CARE FOR CANCER PATIENTS

EAU THERMALE  
**Avène**  
LABORATOIRE DERMATOLOGIQUE

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**Eau Thermale Avène**

  
**Pierre Fabre**