Reduce and alleviate the side effects of cancer treatment on your skin.

It’s possible.
Cancer treatment has changed considerably over the last few years: alongside surgery, radiotherapy and “conventional” chemotherapies, cancer specialists now have a range of new, effective treatments, providing targeted action on the multiplication of cancerous cells, the vascularisation of tumors and anti-tumor immunity. These therapeutic innovations have a significant impact on the course of the disease and the quality of life to which patients can aspire.

However, this breakthrough in terms of efficacy is unable to overcome a certain number of side effects related to the way these molecules react. Side effects range from mild discomfort to extremely disabling situations which can even prevent patients from continuing with the cancer treatment itself. These side effects very often concern the skin: intense dryness, inflammation and pain in contact zones, crevices, cracking and acneiform eruptions are among the most frequently observed reactions.

There are solutions to help alleviate the unpleasant side effects on the skin caused by cancer medicines and, in some cases, radiotherapy. These easy-to-use back-up treatments are based on dermo-cosmetics that meet the most stringent quality requirements. Used in conjunction with recommendations about how best to care for your skin, they have become an essential complement to allow patients to continue their cancer treatments whilst minimising skin discomfort and preserving quality of life.

Dr Didier GUERRERO
Consultant Dermatologist
Avène Dermatological Laboratories
My treatment is making my skin drier and drier. What should I do?

Do I need to change my daily skin care routine?

My hands and feet are in a terrible state… What can I do about it?

I’ve got spots that won’t go away… Is that normal? My skin is sometimes really itchy, what can I do about it?

How can I protect my skin from the sun. Why?

How can I alleviate the discomfort caused by radiotherapy?

How can Avène Thermal Spring Water help me?

I’ve been told to protect my skin from the sun. Why?
Do I need to change my daily skin care routine?

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

GENTLE CLEANSING

- Use soap-free gels, oils or dermatological cleaners: that are in line with the skin’s pH (slightly acidic at a pH of 4.5–5.75)
- The water you use for washing should be at a temperature of between 32° C and 34° C.
- Use gentle, clean hands to wash yourself.
- Dry your skin by dabbing gently, especially in sensitive areas, to avoid provoking a reaction.

Always consult your healthcare professional before using any new products.

OUR ADVICE

1. APPLY my skin care product using my fingertips, in gentle, circular movements.
2. RINSE with thermal spring water.
3. DRY my skin by dabbing gently.

Simple tips for effective skin cleansing and makeup removal:

1. Soap - in both liquid and solid form - dries out your skin and can cause irritations.
2. Wash mitts, sponges and loofahs can all irritate sensitive skin, as can the cotton pads you use for makeup removal.
3. Overly hot water dries the skin and reactivates skin problems.

DIK YOU KNOW?

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 the Thermal Spring Water to rinse my face and calm hot flashes.

Marc

Tolérance EXTREME
CLEANSING LOTION
FACE - EYES - LIPS
Cleanses, removes makeup and soothes

XeraCalm A.D
LIPID-REPLENISHING
CLEANSING OIL
FACE - BODY
Gently cleanses and alleviates the feeling of discomfort on the skin and mucous membranes*

AVÈNE THERMAL SPRING WATER
Soothes and softens

1 www.dermnetnz.org/topics/soaps-and-cleansers/

* caused by skin dryness

7
My treatment is making my skin drier and drier. What should I do?

Dry skin is one of the side effects caused by cancer treatments. The best way of keeping your skin comfortable is to moisturise it as often as possible.

OUR ADVICE

FACE

• Apply your hydrating cream to your cheeks, forehead and neck.
• Spread the cream over the skin using your fingertips, smoothing it out from the center to the outer areas of your face.
• Apply a moisturising mask once to three times a week. Apply a thick layer and leave for 5-10 minutes before removing any excess cream.

LIPS

• Apply a cold cream balm two or three times a day, even underneath your lipstick.

BODY

• Apply your emollient cream twice a day.
• Smooth over the body in short, gentle movements using your hands.
• Use the entire surface of your hand to make sure it is fully absorbed by your skin.

DID YOU KNOW?

One of the biggest effects of the treatment on my skin was extreme dryness. I had to moisturise 4 or 5 times a day! But in the end, I found it did me good to take time to apply my creams.

Nadine

LIPID-REPLENISHING BALM

Nourishes and soothes feelings of itchiness*

Always consult your healthcare professional before using any new products

*caused by skin dryness. 1 New packaging available June 2019
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 (which can be intense), thickening of the skin and pain around contact zones, chapping, cracking and dryness, etc. (This is sometimes referred to as hand-foot syndrome). The resulting discomfort and pain can be extremely disabling, and in some cases can even force patients to stop the treatments producing the side effects.

- Avoid walking for long periods at a time, and avoid friction by wearing appropriate footwear (shoes must not be too tight) and/or orthotics and cotton socks.
- Wear cotton gloves for day-to-day tasks, and latex gloves for housework.
- Use suitable products for your everyday skin care routine (refer to pages 6 and 7 for more information).
- Apply emollients and restorative products.
- Use occlusive bandages such as hydrocolloid dressings if need be.
- Consult a podiatrist if necessary.

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

OUR ADVICE

- Cicalfate
  - REPAIRING BARRIER CREAM
  - RESTORATIVE SKIN CREAM
  - Lipid-replenishing balm
  - Nourishes and soothes feelings of itchiness*

- Cicalfate
  - HAND REPAIRING BARRIER CREAM

- XeraCalm A.D
  - Lipid-replenishing balm
  - Nourishes and soothes feelings of itchiness*

How can I alleviate the discomfort caused by radiotherapy?

The rays produced by radiotherapy can cause skin lesions known as radiodermatitis. Symptoms range from simple redness to severe burns with ulcerations.

- Irradiated skin is more fragile and prone to bruising, as well as being more sensitive, even after the end of radiotherapy treatment.
- When radiotherapy is associated with certain chemotherapies, the appearance of radiodermatitis is more common.

DID YOU KNOW?

Radiotherapy actually caused burning under my breast. I was on the verge of stopping the treatment, but I was advised to try applying cream after the radiotherapy sessions. That was precious advice.

Isabelle

OUR ADVICE

- Protect the treated area from sunlight. (Refer to pages 16 and 17 for more information.) Even when the UV index is low, protect yourself from the sun with a SPF50+ broad spectrum sunscreen, applied 20 minutes before going outdoors. Reapply every 2 hours, or more often in case of water activities or perspiring.
- Use suitable products for your everyday skin care routine (refer to pages 6 and 7 for more information).
- Use emollient creams after the radiotherapy session, never beforehand.
- Apply an emollient cream as soon as you begin radiotherapy, before you start to suffer from radiodermatitis.

**Thermal Spring Water**

AVÈNE THERMAL SPRING WATER SPRAY

Soothes and softens

**LIPID-REPLENISHING BALM**

Nourishes and soothes feelings of itchiness*

**RESTORATIVE SKIN CREAM**

A barrier cream to help soothe and restore damaged, dry, cracked and non-oozing skin.

I’ve got spots that won’t go away…
Is that normal? My skin is sometimes really itchy, what can I do about it?

When you undergo targeted therapy, an eruption in the form of spots or redness often appears. These lesions are generally found locally around the nose, on the scalp, in the center of the back and on the chest. They may be combined with itchiness or a painful burning sensation, or become infected.

**OUR ADVICE**

- Body scrubs are not recommended for very irritated skin.
- Patients undergoing treatment should avoid exposure to sunlight, which can exacerbate the lesions.
- If you pick away at the lesions, you increase the risk of scarring.

**OUR ADVICE**

- Protect your skin from sunlight with an SPF 50+ sunscreen (refer to pages 16 and 17 for more information). Even when the UV index is low, protect yourself from the sun with a SPF 50+ broad spectrum sunscreen, applied 20 minutes before going outdoors. Reapply every 2 hours, or more often in case of water activities or perspiring.
- Apply an appropriate hydrating cream once or twice a day. Try to use fragrance free products.
- Limit the spread of bacteria by using a copper/zinc-based cream.
- Use suitable products for your everyday skin care routine (refer to pages 6 and 7 for more information).

**DID YOU KNOW?**

- I had all these little spots on my face and around my mouth, I was just like a teenager. My skin was dry, it tingled, and I had a constant urge to scratch. By using certain adapted creams, my skin became less sensitive and I started to feel soothed.
  
  **Antoine**

**Soothe your skin**

**Cicalfate RESTORATIVE SKIN CREAM**

Helps soothe superficial irritations.

**Thermal Spring Water AVÈNE THERMAL SPRING WATER SPRAY**

Soothes and softens

**Repair your skin**

**Tolérance EXTREME CREAM**

Gently moisturises sensitive skin

**XeraCalm A.D LIPID-REPLENISHING BALM**

Nourishes and soothes feelings of itchiness*

---

I’ve been told to protect my skin from the sun. Why?

Certain treatments increase your skin’s sensitivity to the sun. You are therefore more prone to sunburn and burning sensations. Even mild sun exposure can lead to unsightly dark spots that persist over time.

**DID YOU KNOW?**

- UV rays cause sunburn and lead to premature damage of the different skin layers.
- The effect of UV rays on certain molecules present in the skin can cause photosensitivity.
- Glass surfaces, such as your car windows, do not totally block UV rays.

**To avoid the sun, I’ve started going out early in the morning with a hat and shawl just in case, and I wear sunscreen. I even take care when I’m in the car. Without eyelashes, my eyes are more sensitive, so I wear sunglasses all the time.**

**COMPREHENSIVE PREVENTION**

- Whenever possible, avoid exposing your skin, even when the UV index is low, and seek shade when you are outdoors.
- Make sure you always wear clothes that cover your skin, together with a hat and sunglasses.
- Apply sunscreen with a high sun protection factor that is water resistant.

**OUR ADVICE**

**SUNSCREEN**

- **SPF 50**
  - Water resistant
  - Broad spectrum UVB-UVA protection.
  - Apply generously and evenly over the face and body 20 minutes prior to sun exposure.
  - Reapply at least every 2 hours, after 40 minutes of swimming or sweating, and immediately after towel drying.
  - 40 minutes water-resistant.

**ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE.**

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

*Contains hypoallergenic fragrance. If concerned, please perform a patch test before use.
**A patch test involves applying a small amount of product to a sensitive area, such as your elbow crease. If after 48 hours you have had no reaction, it is safe for you to continue using. Should you have any concerns or doubts, with our products or any others, we recommend that you do consult with your doctor or dermatologist.

| Sunscreen for all types of sensitive skin |
|---|---|
| **SUNSCREEN LOTION SPF 50** |
| **SUNSCREEN SPRAY SPF 50** |
| **SUNSCREEN SPRAY FOR CHILDREN SPF 50** |
| **SUNSCREEN EMULSION SPF 50** |
| **SUNSCREEN SPRAY FOR CHILDREN SPF 50** |
| **CONTAINS FRAGRANCE** |
| **FRAGRANCE FREE** |
| **CONTAINS FRAGRANCE** |

**SUNSCREEN LOTION SPF 50**

- Very high sun protection for all types of sensitive skin.
- Photostable, moisturising, light, non-greasy, non-sticky texture leaving no white marks.
- Broad spectrum UVB-UVA protection.
- Apply generously and evenly over the face and body 20 minutes prior to sun exposure.
- Reapply at least every 2 hours, after 40 minutes of swimming or sweating, and immediately after towel drying.
- 40 minutes water-resistant.
How can Avène Thermal Spring Water help me?

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

From the spring to the skin

Only when it is sprayed onto the skin does Avène Thermal Spring Water come into contact with the external environment!

WATER THAT IS SOOTHING BY NATURE

I use the Thermal Spring Water spray as a complement to my other skin care products. I use it as much for its soothing properties as its refreshing effect in case of hot flashes... In other words, I have it with me at all times!

Beatrice

AVÈNE THERMAL SPRING WATER SPRAY

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

REduced skin sensitivity*

-30% after 5 minutes

-64% during the 1st week

95% of subjects satisfied

RESPECTS SENSITIVE SKIN

If you suffer from irritations of the oral mucosa

Spray onto the affected area as often as required.

If you have skin irritations

Spray directly onto the irritated areas, leave for 2 to 3 minutes, then dry by dabbing gently.

In more severe cases**

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

* 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.

Béatrice
A thermal cure can be a valuable way of rebuilding your strength, both physically and mentally. A clinical study has shown that the Avène hydrotherapy treatment significantly reduces the side effects on your skin caused by cancer treatments.


The Avène Hydrotherapy Treatment: clinically proven efficacy

A clinical study conducted at the Avène Hydrotherapy Center showed that patients significantly improved their overall quality of life, whilst alleviating the main sources of cutaneous discomfort associated with breast cancer treatments (chemotherapy, surgery, radiotherapy).  

I started my cure two weeks ago and I really feel so much better. My skin is less dry and my redness has subsided. The whole atmosphere is soothing, and the relaxation workshops leave me with a floating sensation.

Monique

Dryness -100%  Itching -61%  Lymphedema -43%

Innovative, tailored skin care

Dermatological hydrotherapy treatments
- Water massage baths
- Showers and sprays
- Filiform showers
- Capillary showers
- Localised spraying
- Thermal Spring Water compresses
- Underwater massages

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
- Relaxation and introduction to meditation techniques with a sophrologist
- Adapted gymnastics with a physiotherapist
- Nutritional advice from a pharmacist trained in medical nutrition therapy
- Art therapy, photo-language and one-to-one sessions with a psychologist

www.aquacert-certification.com/en/
Over the past few years, the Avène Hydrotherapy Center has been extending its dermatological expertise to the side effects on the skin caused by cancer treatments. Throughout the years, the Hydrotherapy Center 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... The road to recovery is long when your energy has been depleted by treatments.

The thermal cure is synonymous with a period of reprieve, a safe haven in which patients and caregivers interact in a spirit of warmth and mutual consideration. The Thermal Spring Water present in the daily skin care treatments has a soothing effect on patients’ painful skin. And the workshops give them a valuable opportunity to share their stories and discuss the hard times, while enjoying a few lighter moments. In this safe environment, they discover or rediscover the pleasure of massaging their skin and giving it the moisturising care it needs, redefining their facial features - on which accumulated treatments have taken their toll -; letting go by learning valuable relaxation techniques and, finally, rebuilding their energy reserves with Christian the physiotherapist, who administers advice and restores movement, all in a spirit of cheerful good humor.

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.

Marie-Ange MARTINCIC – Director of the Avène Hydrotherapy Center

www.avenecenter.com
Our expertise in sensitive skin

Avène Hydrotherapy Center, dedicated to dermatology since 1743.

- Active thermal spring water with soothing and softening properties.
- Innovative, carefully selected active ingredients.
- Efficacy and tolerance tested under dermatological supervision.
- Textures formulated to ensure optimum comfort for sensitive skin.
- Skin care products developed in compliance with the strictest standards.

Through a program offering training, information and ongoing support, Avène Dermatological Laboratories is committed to improving quality of life for cancer patients.

An initiative which is the very essence of their promise to soothe sensitive skin.