

My Treatment Diary with helpful tips and reminders.

OncologyPRO provides you with information about skin problems that may occur when being treated against cancer with anti-EGFR drugs, such as Erbitux[®] (cetuximab), Iressa[®] (gefitinib), Tarceva[®] (erlotinib), Tyverb[®] (lapatinib), Vectibix[®] (panitumumab). When being treated, you are likely to have some skin problems. Usually these are mild but sometimes they can be more severe, especially if not treated quickly and correctly.

Contact your doctor/nurse as soon as skin reactions appear/ get worse.

Note: This document may help you to better understand side effects of the therapy and record them into more structured way, however it's content is not intended to be a substitute for physician, pharmacist, dermatologist consultation in case of medical problems or instructions for use of specific products. For information beyond that provided on this document, please contact your treating physician. In case of any emergency you should contact your doctor or emergency service. This document doesn't represent any legal medical record. For any health-related issue or situation arising from the treatment provided you should exclusively discuss with a physician who prescribed the treatment.

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Always contact your doctor/nurse as soon as skin reactions appear/get worse.

Start of Treatment: ____ / ____ / ____

My doctor: _____

My nurse: _____

Office phone: _____

Alternative contact: _____

How to use your patient diary?

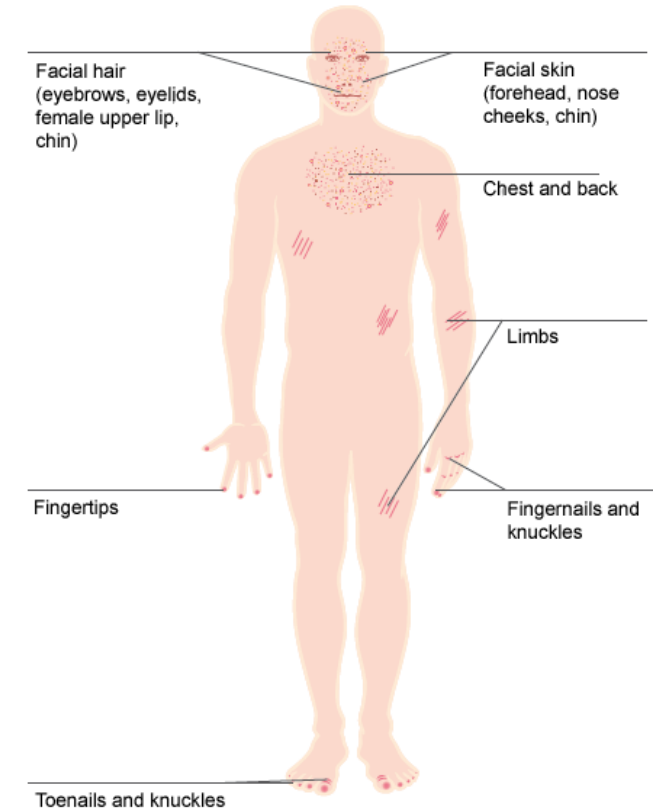
After you start your therapy with an anti-EGFR drug, please write down how you're feeling each day on these Diary Cards. Doing so will help your doctor/nurse determine how best to help you. You may also write down any questions that come to mind, and please make sure that you take the diary to your next appointment.

If you think you are having any side effects from your therapy, you should write them down. You can also use the illustrations on the Diary Cards to indicate where on your body you are having problems; simply circle the areas on the illustration where you are experiencing rash or discomfort.

What do the skin reactions look like and where are they likely to appear?

Skin reactions can have different appearances, some of which are described below.





















- They may look like acne (but they are not).
- You may have pimples, redness or itching; sometimes the skin may become sensitive.
- There can be painful cracks in the skin of fingers and toes – mainly on the tips, the nail folds and over the knuckles. If left untreated, these cracks may bleed.
- You may experience inflammation around the fingernails and toenails.
- Facial hair (mainly eyebrows, eyelids, female upper lip, chin) may grow thicker and longer.
- Some areas of skin may change colour slightly, but will return to normal once treatment stops.



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What can you do?

Always contact your doctor/nurse as soon as skin reactions appear/get worse.

	 DOs	 DON'Ts
Ask your doctor/nurse to recommend a soap.	 Dedicate time to take care of yourself and your skin.	 Don't stop your cancer treatment without first speaking to your doctor/nurse. Most skin reactions can be successfully treated without changing the dose or stopping treatment.
Ask your doctor/nurse to recommend a moisturiser.	 Keep your skin clean using mild soaps. Use lukewarm water (32–35°C) when cleaning your skin or washing your hands.	 Don't push back cuticles or bite your fingernails. Artificial nails should not be worn.
Ask your doctor/nurse to recommend a sunscreen:	 Always moisturise your skin after taking a bath, showering or swimming.	 Don't use harsh laundry detergents or work in the house or garden without gloves.
	 Moisturise your skin daily with hypoallergenic moisturising cream (non-oil or alcohol based). Ask your doctor/nurse about possible brands.	 Don't wear tight shoes.
	 If you use make-up, try to use a good-quality brand. Avoid applying it to dried or inflamed areas or open cracks. Your nurse will provide you with advice and recommendations.	 Don't stay in direct sunlight for long periods of time.
	 Use sun protection (sun protection factor 30 or more) when staying outdoors, even for short time periods. Reapply as needed during the day.	 Don't use skin products containing alcohol, perfumes or dyes.
	 Wear a hat and long-sleeved clothes to protect yourself from the sun. Clothes should be changed daily.	 Don't use skin-peeling products or concealer.
	 Use rubber cotton-lined gloves when cleaning the house or washing the dishes.	
	 Wear slippers or comfortable shoes in the house.	
	 Contact your doctor/nurse if you have a question, or as soon as skin reactions appear or get worse. It is very important that these are treated immediately.	
	 Keep a record of the reactions as they appear and how you manage them. This can then be shown to the doctor/nurse during the visit.	

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How I'm feeling after my treatment

Use the spaces below to describe how you are feeling, any side effects you may be having and how side effects are being treated.

Always contact your doctor/nurse as soon as skin reactions appear/get worse.

Date of Treatment: ____ / ____ / ____

Using the illustration below, circle the area(s) of your body where you have a rash or discomfort.



Day 1:	_____	Day 10:	_____
	_____		_____
Day 2:	_____	Day 11:	_____
	_____		_____
Day 3:	_____	Day 12:	_____
	_____		_____
Day 4:	_____	Day 13:	_____
	_____		_____
Day 5:	_____	Day 14:	_____
	_____		_____
Day 6:	_____		

Day 7:	_____	Questions for my doctor/nurse:	_____
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