

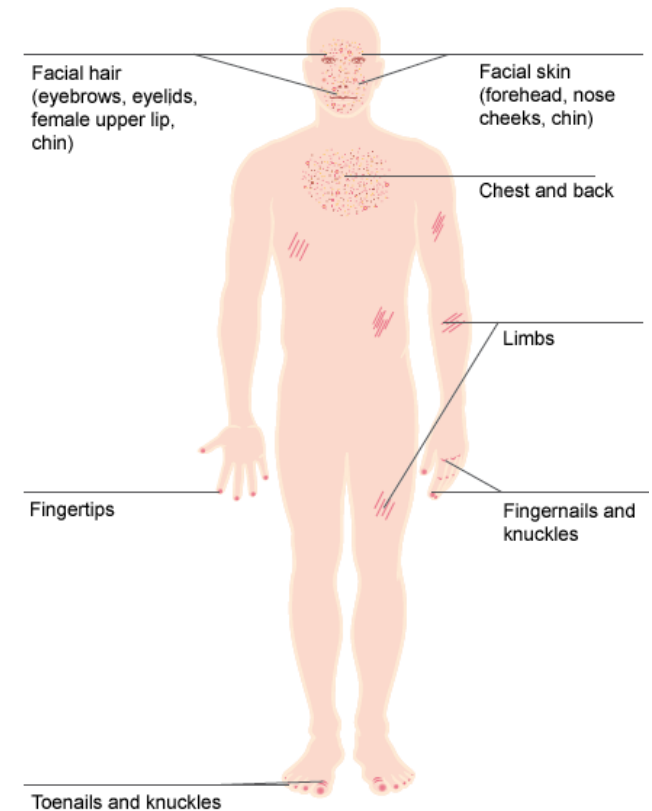
OncologyPRO provides you with information about skin problems that may occur when being treated against cancer with anti-EGFR drugs, such as Erbitux[®] (cetuximab), Iressa[®] (gefitinib), Tarceva[®] (erlotinib), Tyverb[®] (lapatinib), Vectibix[®] (panitumumab). When being treated, you are likely to have 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.





















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.



 DOs	 DON'Ts
 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.
 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.
 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.	