EVALUATION OF NON-PHARMACEUTICAL SKIN-CARE PRODUCTS IN THE DAILY PREVENTION, TREATMENT AND PALLIATIVE CARE OF SKIN TOXICITY DURING RADIOTHERAPY

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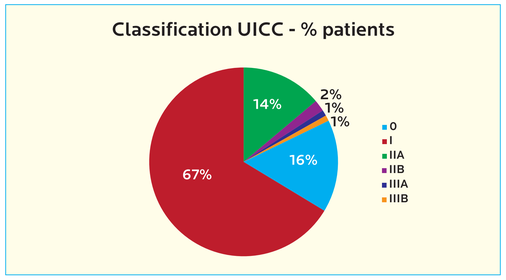
INTRODUCTION

In general, it is estimated that over 50% of patients undergoing an anti-cancer treatment develop one or more reactions of the skin, hair or nails. These toxicities can have a physical, functional, psychological, emotional and social negative impact. Therefore, it is common practice in oncology to recommend to patients starting a treatment to adopt a proactive special care to minimize the impact of cutaneous side effects and to maximize the benefit of treatment. The objective of this multicenter observational study was to evaluate the tolerability and interest in the use of dermo-cosmetic products in the prevention of cutaneous side effects for breast cancer treatment by exclusive or adjuvant radiotherapy.

PATIENTS AND METHODS

253 women 60 years old on average (min 34, max 85) starting radiotherapy were included in different cancer services in France (n=122), Canada (n=69) and Spain (n=62).



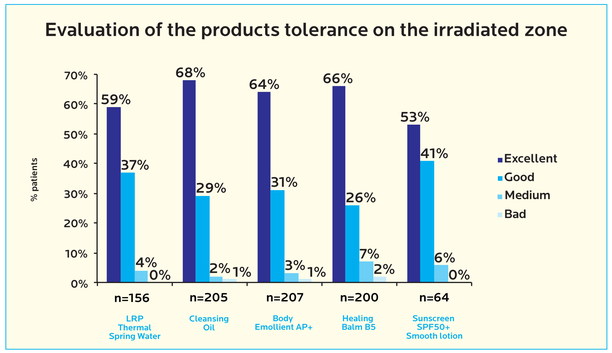
95% had a tumor removal prior to radiotherapy and 5% a total mastectomy. In 92% of cases, an adjuvant treatment was administered with radiation therapy.

Average surface treated by radiotherapy	4.3 +/- 2.1 palms (Min. 1; Max. 10)
Average duration of treatment	5.6 +/- 1.3 weeks (Min. 3; Max. 9)
Average number of radiotherapy fractions	26.8 +/- 5.7 fractions (Min. 15; Max. 35)
Average dose by irradiation	2.2 +/- 0.3 grey (Min. 1.7; Max. 3.2)
Total dose received	56.9+/- 7.6 grey (Min. 42; Max. 66)

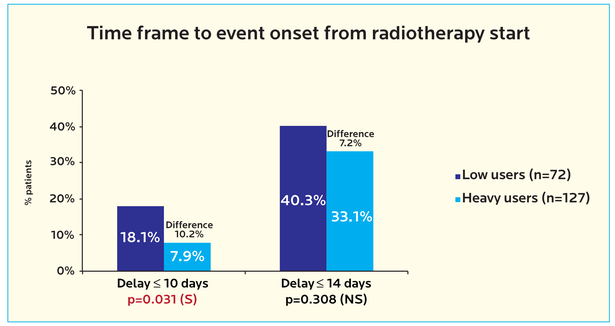
Products supplied: LRP Thermal Spring Water, Cleansing Oil, Body Emollient AP+, Healing Balm B5, Sunscreen SPF50+ Smooth lotion.
Evaluations of any skin-related adverse event were performed before and after the treatment sessions (T6 +/- 2 weeks). Physicians evaluated cancer treatment-related skin toxicities (oedema, erythema, dryness, desquamation) and gave at the end of the study their opinion on the skin benefit brought to the patients thanks to the products. At the end of the study, the patients evaluated the benefit brought by the products using the Patient Benefit Index (PBI) questionnaire. PBI questionnaire is about the effect of the products in reducing social, psychological, therapy and physical impairments and in having confidence in healing. The PBI score range goes from 0 = no benefit to 4 = important benefit. A PBI score > 1 indicates a relevant treatment benefit. The results analysis was performed according to two categories of users; the low users and the heavy users. These two categories were defined on the basis of the number of products used (0 to 5) and on the frequency of usage (never used = 0; from time to time= 0.5; often= 1; every day = 2 - score ranging from 0 to 10).
Low users category (0-4.5); heavy users category (5-10).

RESULTS

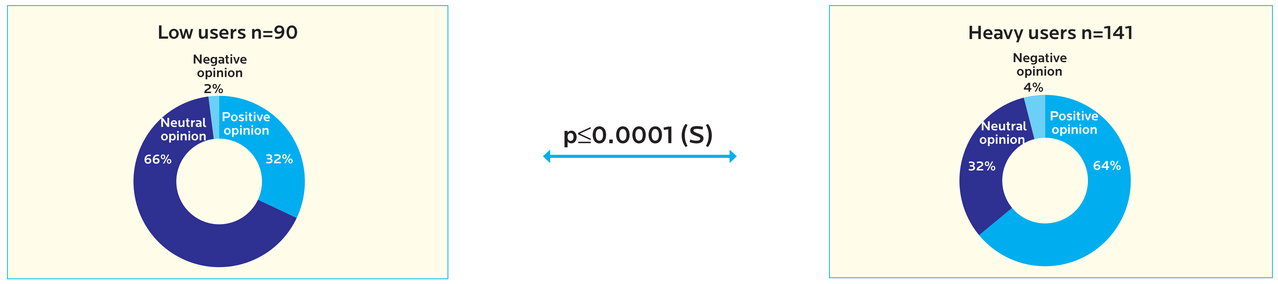
The tolerance of the products when applied on the irradiated area was evaluated as excellent to good for 92% to 97% of the patients depending on the product.



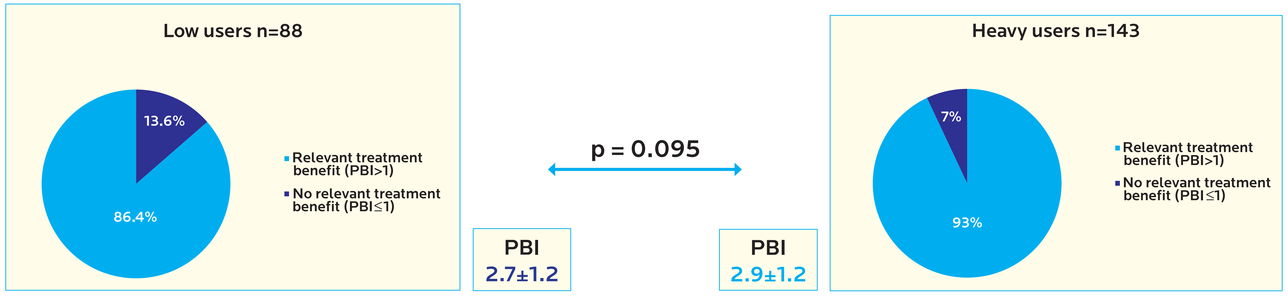
Observed skin toxicities related to the anti-cancer therapy.
A significant difference between the low users and the heavy users was observed on the time frame of onset regarding skin secondary effects related to the radiotherapy for the effects occurring quickly (delay ≤ 10 days). There are less skin toxicities in the case of heavy users.



Skin benefit brought by the products to the patient according to the physicians.
A significant difference was observed between the low users and the heavy users with a positive physician's opinion on the skin benefit respectively in 32% versus 64%.



PBI scores.
On average, there was a PBI score > 1 and a tendency for a better benefit brought by the products for the heavy users compared to the low users.



CONCLUSION

Results obtained on 253 patients initiating an exclusive or adjuvant radiotherapy following a breast cancer have shown an excellent tolerance of the products applied on the irradiated area and the interest of the dermocosmetic products in particular to delay the onset of the cutaneous side effects. The heavy users presented benefits more important than low users. These results support the international recommendations and importance to use adequate skin care products to minimize the impact of secondary cutaneous reactions.

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