

# THE APPLICATION OF AN EMOLLIENT HELPS TO REDUCE THE CUTANEOUS SIDE EFFECTS OF ANTI-CANCER TREATMENTS

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## INTRODUCTION

Dryness, redness, irritation and itching are the primary skin-related side effects of cancer treatment. These unpleasant skin sensations lead to a further deterioration of the quality of life of patients receiving these treatments. It is also common for cancer patients to develop skin sores or cracks. These side effects in the skin can cause discomfort or even pain, and can increase the risk of infection. Side effects are also a recurring complaint from patients seeking management of their disease, although they are aware that continuing their cancer treatment remains the priority.

## MATERIAL & METHODS

In order to assess skin acceptability in patients undergoing cancer treatment, a real-life study was conducted in 47 male and female patients, aged 18 years and over, undergoing cancer treatment and receiving an emollient (emollient containing Shea butter, thermal spring water, Niacinamide, Microresyl and Aqua Posae Filiformis as actives).

## RESULTS

Forty-seven patients were included, but 5 patients were excluded due to deviation from the protocol, and thus, 42 patients were analysed. The sex ratio was in favour of women, who represented 79% of our sample, with an average age of 55.4 years  $\pm$  14.1. A total of 41% had undergone chemotherapy, 29% radiotherapy, and 12 % chemotherapy combined with radiotherapy.

During the study, a total of 33.3% initiated the emollient treatment at the beginning of their cancer treatment period. A total of 46.3% had used emollient before the onset of any skin changes. 79% of patients used emollient daily (Fig.3), and the mean duration of use was 36 days  $\pm$  35 days during which 61%, 32%, 24%, 22% and 19.5% complained of dryness, redness, irritation, burning sensation and scaling or itching, respectively (Fig. 1). One in two subjects reported applying the product to the face, hands, arms or lower neck area, while the back and chest were less common areas for application, at 28.9% and 7.9%, respectively; 97.6% [93.0; 100.0] (Fig2).

Patients described improvements in the condition of their skin and symptoms induced by anti-cancer treatment; 94,6% [87,3; 100.0] of the population felt that the product used was better suited to their skin's needs than products that were previously used (5 did not express an opinion, and 2 expressed a contrary opinion); 71.4% were very satisfied overall, and 28.6% were satisfied with the emollient used.

Fig.1 Cutaneous side effects caused by anti-cancer treatment

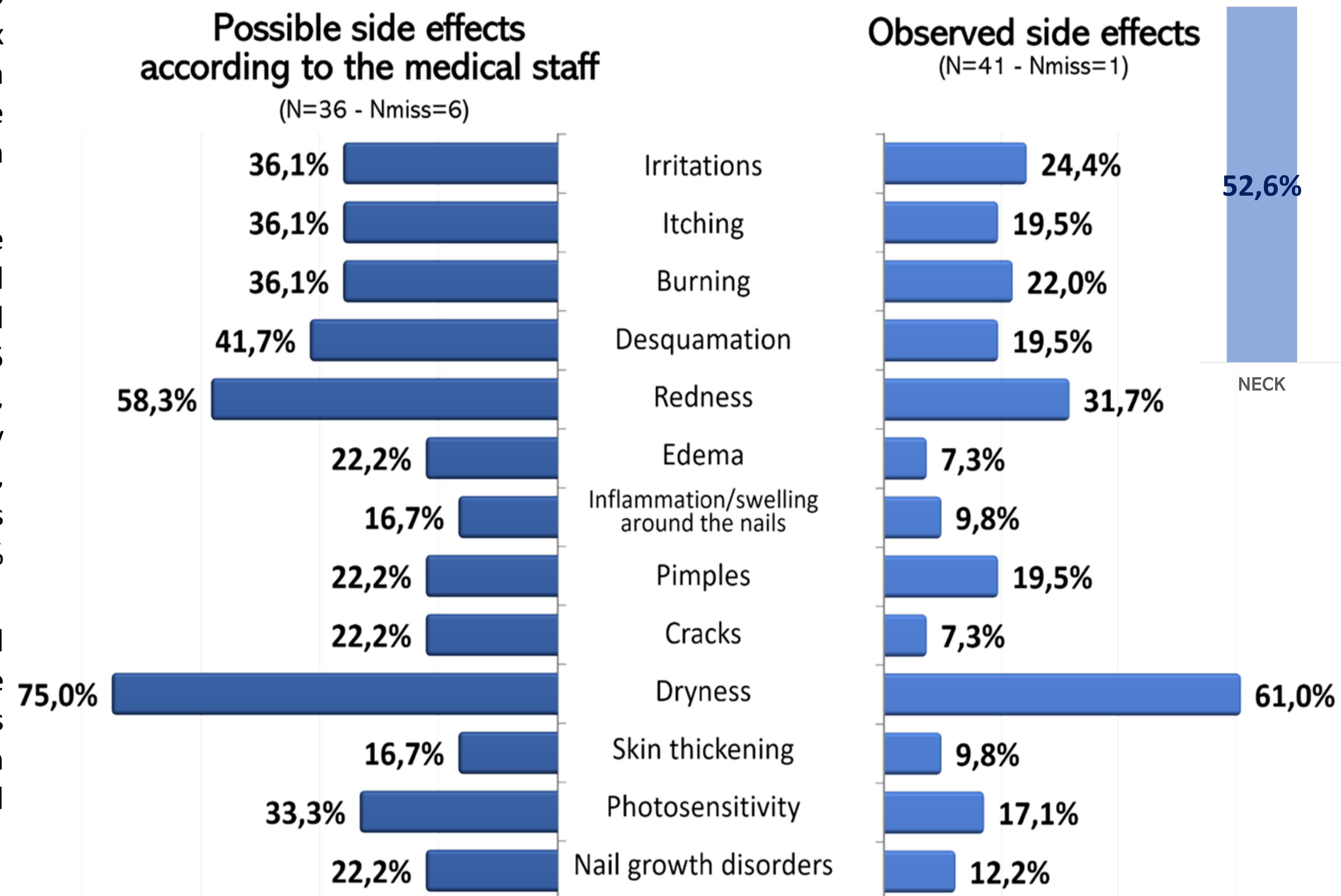


Fig. 2 Zones of application

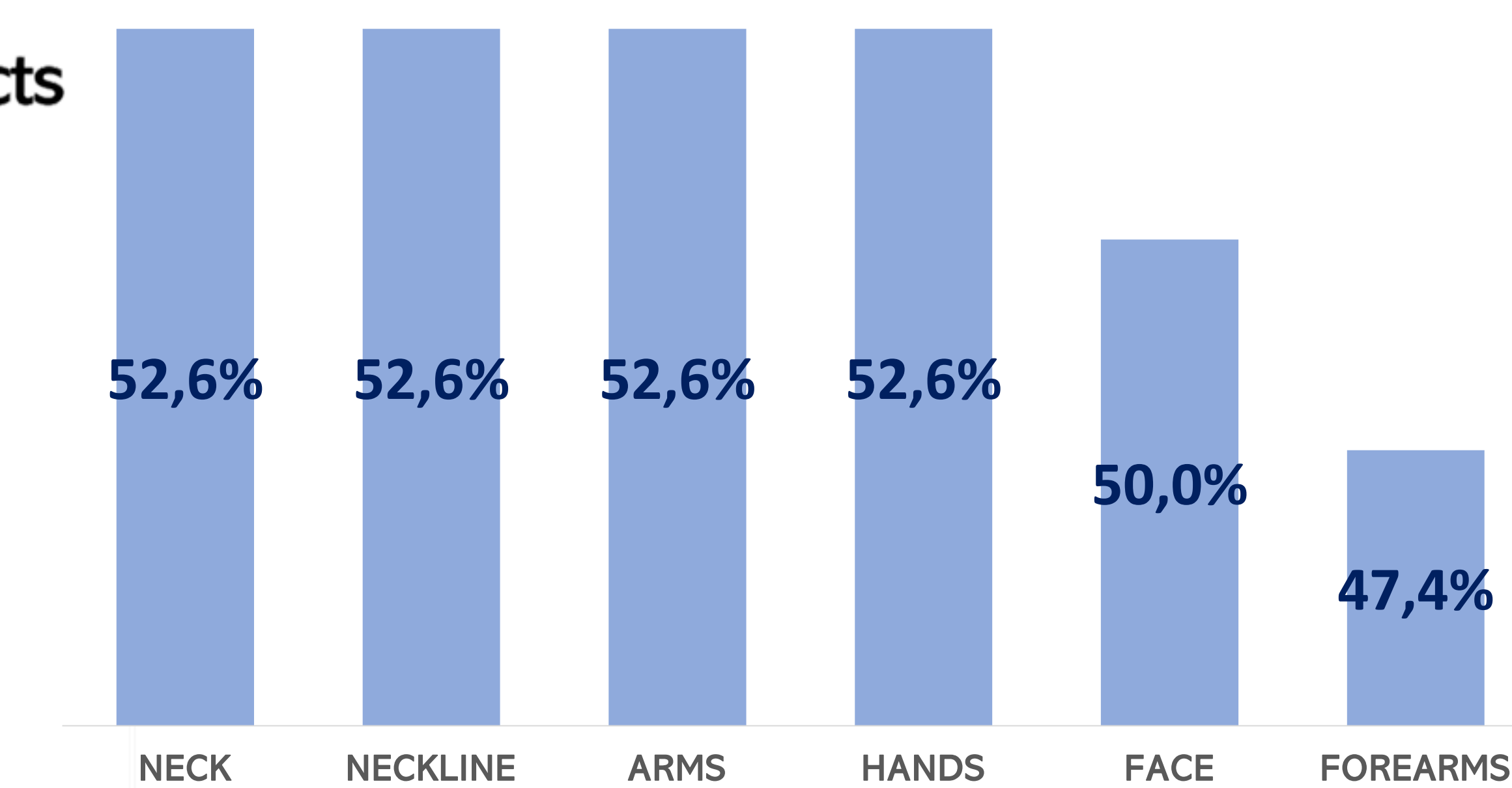


Fig. 3 Frequency of application

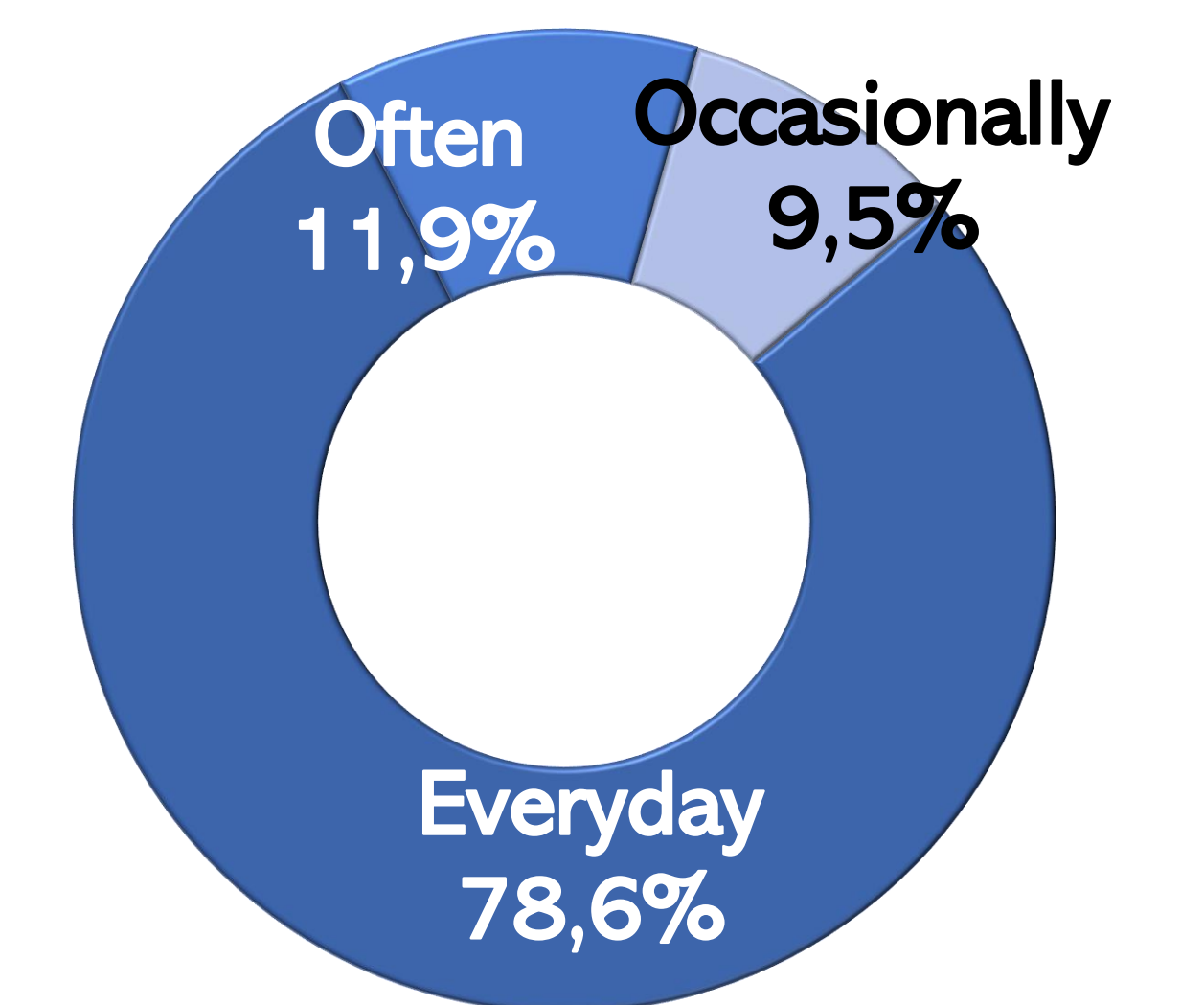


Fig. 4 Product satisfaction

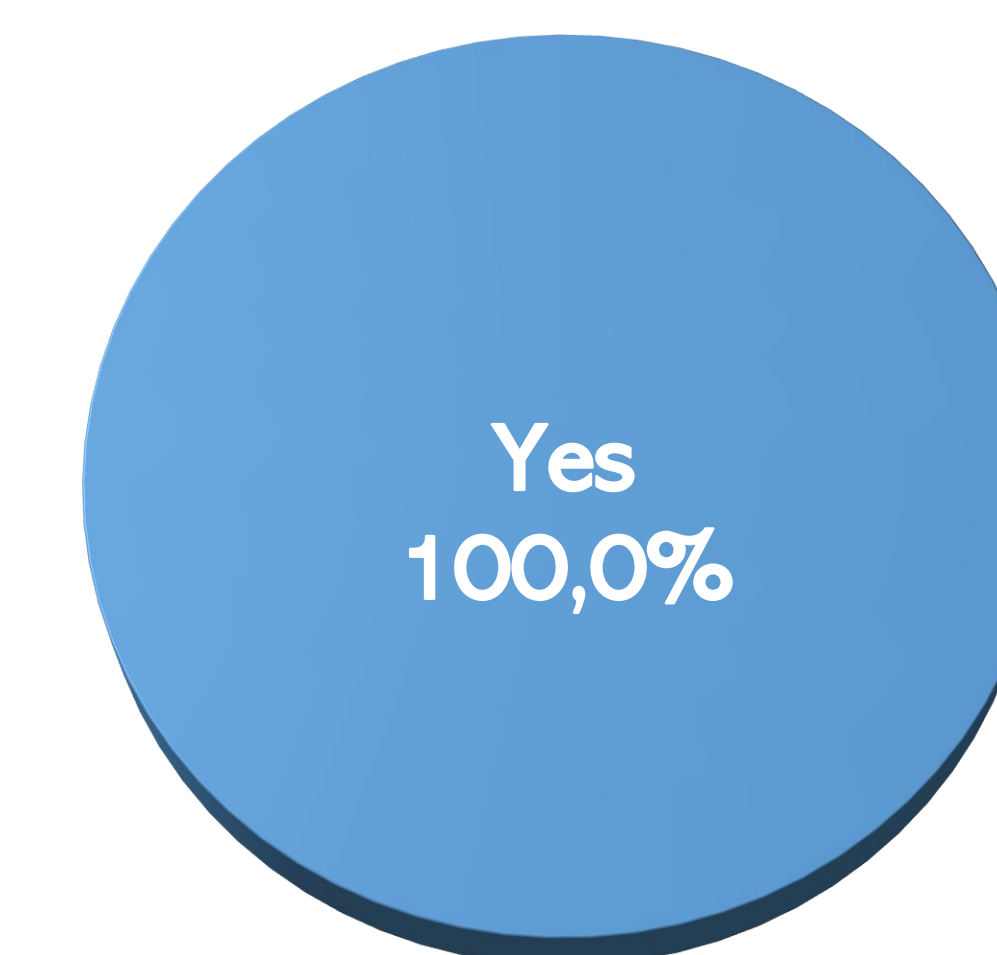
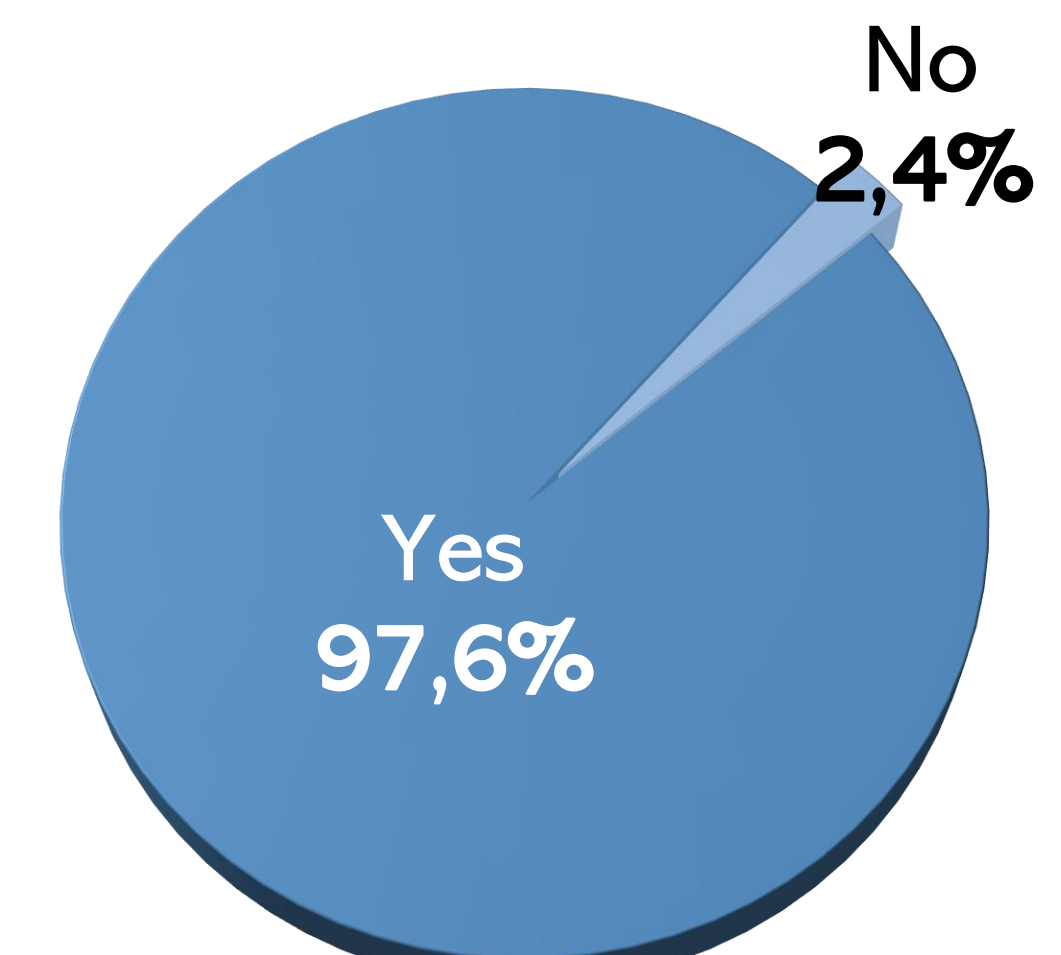


Fig.5 Improvement of the skin condition



## DISCUSSION & CONCLUSION

Oncology treatments (chemotherapy, targeted therapies, radiation therapy) can induce skin side effects that on top of the cancer itself impact the quality of life of the patients and the burden of the disease. Prevention and management of these side effects are key not only to improve skin condition and quality of life, but also to help patients maintain their oncology treatment. Skin dryness is one of the main side effect observed in oncology patients. This study in real life conditions :

100% of patients undergoing anti-cancer treatment are satisfied with the product (Fig.4).

98% of patients undergoing anti-cancer treatment consider that the product is suitable for the needs of their skin.

98% of patients consider that the product improves the skin condition and the signs associated with anti-cancer treatment (Fig.5).