

## Skin Reactions from Targeted Cancer Therapies

Targeted cancer therapies are medicines that block the growth and spread of cancer. Skin reactions are a common side effect from targeted cancer therapies.

Skin reactions may begin one week after taking the medicine and may improve over time or after therapy has stopped. They can occur on the face, upper chest, back, and on any skin surface including inside ears, eyes, nose, genitals, body folds, rectum, and feet.

Inform your healthcare team if you develop **any** of the symptoms listed below. They will tell you what medicine you should apply or take based on your symptoms. **Do not** stop taking your medicine unless told to do so by your healthcare team.

### Skin Reactions

- Dry, flaky skin
- Itchiness
- Redness of skin or red spots (flat or raised)
- Small raised bumps or pimples (“whitehead”)
- Drainage or pus from skin
- Tender sores inside the nose, corners of mouth, or eyes
- Dryness, tenderness, redness, swelling, or cracking of skin around cuticles of fingers and toes
- Small “paper-cut” like breaks in the fingertips
- Nails that become brittle and may loosen
- Hair loss over the entire scalp and decreased hair on legs and arms
- Increased growth and curling of the eyelashes and eyebrows

### Things to Avoid

- Sun, heat, and humidity
- Hot baths, showers, or hot tubs
- Skin products, lotions or moisturizers with alcohol or alpha hydroxy acid (these products are usually scented)
- Shaving cream
- Razor blades
- Nail biting
- Pushing back cuticles
- Tearing skin around nail bed
- Wearing tight shoes

## Things to Do to Prevent or Relieve Skin Reactions

- Use broad-spectrum (UVA-UVB) sunscreens with SPF 30 or higher
- Wear a hat when outdoors
- Take cool baths or showers
- Wash with mild soaps and cleansers such as basis<sup>®</sup>, Neutrogena<sup>®</sup>, or Cetaphil<sup>®</sup>
- Use anti-dandruff shampoo with the active agent pyrithione zinc, such as Head & Shoulders<sup>®</sup> if scalp is dry
- Clean genital, rectal, and skin fold areas well
- Apply zinc barrier, such as Desitin<sup>®</sup> to rectal area after washing
- Use water based, hypoallergenic make-up
- Use electric razor when shaving
- Wear loose fitting clothing made with cotton material
- Drink plenty of fluids (8-10 eight ounce glasses each day)
- Use personal lubricant for intercourse
- Apply cool compresses for itchy skin
- For itchy skin, use powder or cream, such as Gold Bond<sup>®</sup> powder, Aveeno<sup>®</sup> baths, Coloplast Sween<sup>®</sup> cream, or Sarna<sup>®</sup> Ultra Anti-Itch cream.
- For dry and/or itchy skin, apply alcohol-free emollient cream twice a day, generously, such as Vanicream<sup>®</sup>, Eucerin<sup>®</sup> cream, Cetaphil<sup>®</sup> cream, Aquaphor<sup>®</sup> healing ointment, Bag Balm<sup>®</sup>, Zim's Crack Crème<sup>®</sup> products, Udderly Smooth<sup>®</sup> Udder Cream, or petroleum jelly
- For cracks around cuticles of fingers and toes, use products such as Band-Aid Liquid Bandage<sup>®</sup> Skin Crack Gel after cleaning thoroughly with soap and water

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**