

A HELPFUL GUIDE

# Keeping Your Skin Healthy During Oncology Treatment



[NeoGenesis Oncology Support](https://neogenesis.com)  
[neogenesis.com](https://neogenesis.com)

neo  
GENESIS™

# Table of Contents

<b>Potential Side Effects From Treatment</b>	<b>3</b>
<hr/>	
<b>Caring for Your Skin</b>	<b>5</b>
<hr/>	
Building Your Skin Care Routine	<b>5</b>
<hr/>	
Products That Can Help Before, During, and After Treatment	<b>7</b>
<hr/>	
Additional Tips for Managing Skin Side Effects	<b>9</b>
<hr/>	
<b>Alleviate Financial Stress   NeoGenesis Gifting Program</b>	<b>10</b>

## A Message from the CEO of NeoGenesis



This e-book is designed to guide you through skin concerns you may develop as a result of cancer treatment. We'll explore key treatments for cancer, the potential side effects you may experience, and provide practical advice on how to address these issues. Our goal is to provide the information you need and give you the support necessary to have the best "quality of life" during and after treatment.

*- Steve McGee*

NeoGenesis Co-Founder & CEO

# Potential Side Effects From Treatment

As cancer cells are targeted for treatment, healthy cells are also damaged causing pain and discomfort to the skin. The impact on your skin can vary depending on your treatment plan, ranging from moderate to severe.

Here are some examples of what skin conditions might affect you during treatment:

- Color Changes in Skin Tone
- Hyperpigmentation
- Redness
- Chemo Rash
- Radiation Rash or Dermatitis
- Patches of Dry Skin
- Photosensitivity
- Itching
- Vaginal Dryness
- Cracking
- Chaffing
- Burning
- Severe Breakouts
- Peeling
- Blisters
- Open Sores + Lesions
- Hand & Foot Syndrome



In addition to the list of potential side effects listed above, your complexion can be severely compromised. Cancer treatments can prematurely add 5-15 years of aging to the appearance. This can have a profound impact on self-esteem and confidence during a critical time in your life.

Although it may not appear to be a top concern, changes to the skin can greatly affect your comfort and the ability of your skin to endure the necessary treatments to combat this disease. Let's take a closer look at the potential impact of the four primary forms of cancer treatment. It is highly likely that you will undergo one or more of these treatment methods.



### **Radiation Side Effects**

Radiation is a localized cancer treatment, but the side effects can affect your whole body. 85% percent of people who receive radiation treatments will experience moderate to severe burns, also known as radiation dermatitis. This occurs at the treatment site and immediately surrounding tissue. The skin can look irritated, swollen, red, and blistered. The pain and irritation can range from mild to extreme and the peeling skin can feel dry, flaky, and itchy. Beyond the focused treatment area, many radiation patients also experience changes in their complexion, which can lead to chronic dryness.

### **Chemotherapy Side Effects**

Chemotherapy is a total body cancer treatment. Side effects from chemo range from mild, scattered rashes with red, itchy, dry skin, to severe rashes and open sores. As the skin becomes drier, this compromises the skin's barrier and makes healing more difficult. Because of the changes to oil production in the skin, chemotherapy can cause changes in the complexion such as cystic acne breakouts.

### **Surgery Side Effects**

Whether exploratory, preventative or more invasive, cancer surgery causes trauma to the skin and surrounding tissue taking weeks to heal and can leave scars that are uncomfortable or painful. Necrosis, another possible side effect, is dead tissue that can occur due to a lack of proper blood flow to the tissue.



### **Immunotherapy Side Effects**

Immunotherapy is a targeted treatment that works by stimulating the immune system to attack cancer cells. Side effects can be mild, but in some cases they can be serious. Skin toxicity is the most common adverse effect from immunotherapy with approximately 30-50% experiencing some skin symptom. Skin toxicity usually presents in the form of a rash, erythema (redness) or pruritus (itchy). Common side effects associated with immunotherapy include redness, itching, swelling, and redness at the injection site. Other side effects may include acne or rashes on the face.

Whatever treatment you receive, it's very important you be your own advocate. Be sure to recruit as many people as possible to assist you during this time. This includes having medical professionals and advocates to help you with research and questions to ensure you receive the help you need.



# Caring for Your Skin

The goal of skin care during treatment is to ensure that your skin can tolerate the necessary treatments and maintain its natural balance. This is important in terms of your overall recovery, but also for helping you feel your best.

It's important to find a gentle regimen that works with your skin needs as it adjusts to the treatment. You deserve to treat yourself well so that the treatment doesn't interrupt your daily routine anymore than necessary. No matter what skin issues you're dealing with, make sure to stay on top of them so they don't get worse. No matter what cancer treatment you undergo, your skin will probably bear the brunt of the side effects. Every person is unique in the way their skin reacts from treatment.

## Choosing the Right Products

Many skincare products on the market have one or more ingredients that are considered toxic. It's essential to investigate every product prior to putting it on your skin. You will be amazed by how many products that claim to be "safe", "organic", and "natural" have one or more toxic ingredients that will actually cause pain and inflammation to your skin. Here is a link to a [list of toxic ingredients](#) to keep an eye out for and avoid.

## Building Your Skincare Routine

When it comes to your daily routine, there's a few simple steps you should be sure to include to keep your skin healthy, help you manage any side effects you may be experiencing, and prevent those side effects from escalating.



### Cleanse

Cleansing is one of the most important steps when it comes to keeping your skin healthy. Cleansing helps remove impurities from your skin. It can also improve the effectiveness of other skincare products by allowing them to better penetrate the skin to quell inflammation and accelerate the healing process. This is especially important after treatment starts. Keep in mind that over-cleansing can actually strip away natural oils and lead to dryness or irritation.



### Moisturize

Moisturizing is just as important as cleansing, especially during cancer treatment because the skin can be more sensitive and extra-prone to dryness or irritation. The right moisturizers help keep the skin hydrated and maintain the skin's barrier function. An intact barrier helps protect the skin from external factors and prevents water loss.

Choose a product with ingredients that are gentle and not in the list of toxic ingredients above.



### Protect

It's also important to take steps to protect your skin from ultraviolet (UV) rays during cancer treatments. When going outdoors, cover up with sun-protective clothing such as wide-brimmed hats and long sleeves. Be sure to use a sunscreen with a broad spectrum SPF of at least 30 or higher to block UV rays from damaging your skin. If you live in an especially warm or subtropical climate, you should consider a higher SPF of at least 50. Your sunscreen should be water-resistant and free of harmful chemicals like oxybenzone.







### Proper Nail Care

Cancer treatments can make your nails brittle and dry. They can fracture or split and they can even fall out. Try not to cut your nails too short, as this can increase the risk of infection. Trim them regularly to keep them in good condition. Avoid using nail polish or other harsh products.

If splitting occurs, file them lightly instead of trimming, no more than once a week. You can protect your fingernails by wearing rubber gloves when cleaning and washing dishes to help avoid contact with chemicals and stronger soaps. If you notice your fingertips widening or dark pink or brown discoloring around the nail tips, talk to your doctor.

## Products That Can Help Before, During & After Treatment

At NeoGenesis, our core emphasis is serving the oncology community. We understand the effects cancer treatment has on the skin. The products recommended here are oncology friendly, non-toxic, organic, highly effective and can be used by everyone. They are designed to be incorporated into these critical steps in your daily routine; cleansing and moisturizing.

NeoGenesis oncology skin care products are designed to support you wherever you are in your journey. Our patented S<sup>2</sup>RM<sup>®</sup> technology aids in strengthening the skin prior to treatment, and rejuvenates it during and post-treatment. This technology mimics the healing process in our bodies naturally, by simply returning to the damaged tissue the molecules that were present in greater abundance when it was young and healthy.

NeoGenesis products naturally support the skin, delivering nutrient-rich molecules to areas that are inflamed, burned, and peeling from the effects of cancer treatments. Simple topical application of these products may help mitigate redness, irritation, and pain.

Beautiful and healthy skin is important to everyone. This external organ plays a vital role in your confidence and self-esteem. Taking care of your skin with high-quality ingredients can transform the way you feel.





## NeoGenesis Oncology Friendly Products

We recommend the following skincare products to nourish your skin during cancer treatment. Learn more at [neogenesis.com](https://neogenesis.com)



### Cleanser

Gentle + soothing + sulfate-free, this naturally formulated cleansing gel maintains the moisture barrier and natural pH balance of the skin. It works well on sensitive or compromised skin by calming + soothing irritation.



### Recovery

Our most powerful product + abundant in our patented technology, NeoGenesis Recovery serum can help restore balance in the skin by delivering nutrient-rich ingredients to areas that have been damaged, inflamed, or burned due to the effects of cancer treatments. For preventive measures, begin using Recovery pre-treatment to help minimize side effects and naturally return the skin to a healthy and radiant state.



### Barrier Renewal Cream

Your skin goes through a lot during cancer treatment and is constantly seeking balance. NeoGenesis Barrier Renewal Cream is a deeply hydrating cream that helps to soothe + strengthen the skin, providing it with the nutrients it needs to maintain proper barrier function.



### Moisturizing Mist

NeoGenesis Moisturizing Mist is a gentle, hydrating spray that may be used throughout the day to soothe, cool and combat dryness and discomfort of the skin after cancer treatments. Alleviate irritated and red skin by delivering antioxidants and S<sup>2</sup>RM® technology directly to the skin to provide instant hydration + cooling relief.

## Additional Tips for Managing Skin Side Effects

The best way to manage skin side-effects during cancer treatment is to take the necessary steps outlined above, such as cleansing, moisturizing and protecting and using products with high quality ingredients to support and strengthen the skin. However, there are other things you can do too. Here are a few additional tips that may help:



- Avoid using hot or cold water for bathing. Instead, use lukewarm water as this will be gentler on the skin.
- Avoid taking long showers or baths and limit your time spent in the shower to no more than 10 minutes.
- Avoid using harsh soaps or detergents on your skin as these can irritate and dry out the skin. Opt for those designed specifically for sensitive skin instead.
- Use a humidifier to help keep the air in your home moist and avoid over-drying of the skin.
- Avoid over-scrubbing or over-exfoliating to prevent exacerbating skin irritation.
- If you're experiencing inflammation or redness, use a cold compress on the affected area to reduce swelling and soothe the skin.
- Eat foods that contain healthy fats, such as avocados, olive oil and nuts for an extra boost of nourishment for your skin.

# NeoGenesis Gifting Program

**If you're feeling financial stress, we might be able to help.**

You deserve to move through your treatment with the best quality of life possible. NeoGenesis offers financial assistance to help provide products to those in need. Our goal is to make sure that everyone has access to the best oncology friendly skincare solution during treatment.

We want to be there for those who need our products, but can't afford them. If you or someone you know needs financial assistance in order to afford these products, please reach out to our team, we may be able to help!

We want to do whatever we can to support you on your treatment journey. Please feel free to reach out to us anytime.

NeoGenesis, Inc.

San Diego, CA 92121 USA

(858) 751-4714

[oncology@neogenesis.com](mailto:oncology@neogenesis.com)