



Your Cancer Treatment Guidebook

Essential tips for managing skin health
and emotional well-being

A comprehensive guide to managing skin side effects during cancer treatment

Bridging the gap between cancer care and healthy skin



A cancer diagnosis can be overwhelming, bringing with it a whirlwind of emotions and challenges. As you embark on your treatment journey, it's important to understand that these treatments, while life-saving, can bring about various changes in your body—including your skin. This guide aims to provide you with comprehensive information on the skin conditions that may arise during three common cancer treatments: chemotherapy, radiation therapy, and immunotherapy.

Understanding these potential changes and knowing how to manage them can significantly improve your quality of life during treatment. While it may feel daunting at first, remember that you are not alone. Many patients have faced similar challenges and emerged stronger and more resilient.

With advancements in medical science and a supportive care team by your side, you're equipped not just to face cancer, but to confront it with knowledge, resources, and an unwavering determination to reclaim your health.



What you once saw as your biggest challenge could one day become the strongest reminder of your resiliency.



Ailey Jolie



Understanding your cancer treatment options

All of the recommendations on the following pages are for guidance only and can vary per person. It is important to always consult with a healthcare professional and follow their advice and recommendations.

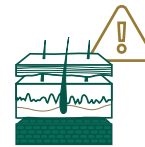


Chemotherapy

Chemotherapy uses drugs to slow or stop cancer cells from growing. These drugs can also affect healthy cells—like those in your skin—causing dryness, rashes, and other changes. Knowing what to expect can help you prepare and care for your skin during treatment.

How is Chemotherapy given?

Treatment is often given in cycles (weekly, bi-weekly, or every three weeks) through an intravenous (IV) line in your arm. In some cases, a small device such as a portacath or PICC line may be used for easier access. Before each session, you'll have a blood test and a brief check-up to ensure you're ready. You'll also get a treatment record book to track appointments, test results, and any side effects.



Common skin side effects of Chemotherapy

Skin-Related Side Effects

- ~ **Chemo rash (Acne-like rash)**
Small pimples or blister-like spots on the face, neck, chest, or back.
- ~ **Skin inflammation**
Redness, swelling, and itchiness from how chemo affects fast-growing cells.
- ~ **Brittle nails and cracked cuticles**
Treatment can weaken nails and surrounding skin.
- ~ **Extravasation (Chemo leak)**
If chemotherapy leaks into nearby tissue, you may experience pain, redness, swelling, or blisters.

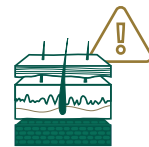
Hair loss

Losing your hair can be tough emotionally, but it's usually temporary—**hair often regrows after treatment**. Wigs, scarves, or hats can help you feel more comfortable. Ask your healthcare team about scalp cooling (cryotherapy), which may lessen hair loss by cooling the scalp during treatment. Results vary, so talk with your team to see if it's an option for you.



Managing skin side effects during Chemotherapy

- ~ **Clean and moisturize**
Use gentle, fragrance-free products to keep skin hydrated.
- ~ **Protect from the sun**
Apply sunscreen with a high SPF and limit direct sun exposure.
- ~ **Stay hydrated**
Drink plenty of water to support overall skin health.
- ~ **Use lukewarm water**
Hot water can dry out your skin, so opt for lukewarm instead.



Common skin side effects of Radiation Therapy

- ~ **Radiation dermatitis**
Redness, swelling, and irritation in the treated area.
- ~ **Skin pigmentation changes**
Darkening or discoloration where radiation is given, which can be more noticeable in darker skin tones. For breast cancer patients, the skin of the breast or nipple may darken or change color.



Radiation Therapy

What is Radiation Therapy?

Radiation therapy uses high-energy beams to shrink or destroy cancer cells. It precisely targets cancerous tissue while sparing nearby healthy cells. However, it can cause skin changes—such as redness, irritation, or peeling—in the treated area.

How is Radiation Therapy given?

Each session lasts about 15 minutes, although the actual radiation portion only takes a few minutes. You'll lie still on a treatment table while the machine moves around you, delivering radiation from different angles.

Although you'll be alone in the room, the radiographers will monitor you closely and speak with you via intercom. After your treatment, you're not radioactive and can safely be around others, including children and pregnant individuals.

Preparing your skin for radiation

It's helpful to start using a gentle, nourishing skincare routine, such as **ĒSKIN's Starter Duo (Intensive Cream and Recovery Oil)**, before your first treatment. This can help condition your skin and improve its resilience. Be sure to keep the treated area clean with a mild, fragrance-free wash before each appointment, and apply soothing products afterward to support the healing process.

Taking care of your skin before, during, and after treatment is important, with the most noticeable difference coming from the care you give it in advance.



Managing skin side effects during Radiation Therapy

- ~ **Keep your skin clean**
Use mild, fragrance-free cleansers and moisturizers.
- ~ **Avoid sun exposure**
Treated skin is more sensitive, so use sunscreen and protective clothing.
- ~ **Moisturize regularly**
Hydration can help reduce irritation and peeling.
- ~ **Follow your care team's instructions**
They may have special tips for looking after the treated area.



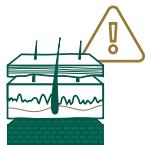
Immunotherapy

How does Immunotherapy work?

Immunotherapy strengthens your immune system so it can recognize and fight cancer cells. Unlike chemotherapy, which kills cancer cells directly, immunotherapy helps your body do the work. This process can take longer to show results, and sometimes the cancer might appear worse before it improves.

How is Immunotherapy administered?

Treatment is usually given in cycles—monthly or every two weeks—through an IV infusion. Each session typically lasts under two hours. Before each infusion, you'll have a blood test and a check-up to make sure it's safe to proceed.



Common skin side effects of Immunotherapy

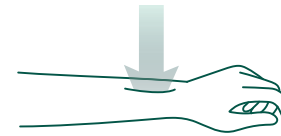
- ~ **Skin rashes**
Common and sometimes require steroid creams or tablets.
- ~ **Itching**
Can often be managed with moisturizers or medication.
- ~ **Changes in pigmentation**
Skin color or texture may change but often returns to normal after treatment ends.



Managing skin side effects during Immunotherapy

- ~ **Moisturize regularly**
Use fragrance-free lotions or creams to keep skin hydrated.
- ~ **Protect your skin from the sun**
Wear sunscreen and cover up with clothing to avoid irritation.
- ~ **Communicate with your healthcare team**
Let them know about any new or worsening skin problems.

Additional considerations Understanding Malignant and Palliative Care wounds



Malignant wounds

Sometimes cancer invades the skin and causes long-lasting wounds that are hard to heal. These can be painful and distressing for you and your caregivers. Specialized care is important to manage discomfort and prevent infection.



Palliative Care wounds

Patients with advanced cancer may develop chronic wounds or pressure sores. These issues are often overlooked but need careful attention to improve comfort and quality of life.

Prevention matters

Regularly change positions, use specialized mattresses or cushions, maintain good hygiene, and control moisture. Proper hydration, balanced nutrition, and routine skin checks can help prevent tissue breakdown and reduce the risk of infection, ultimately improving overall well-being.



Surgery in oncology

Surgery is often an essential part of cancer treatment. It aims to remove tumors or affected tissues, offering a chance for recovery or symptom relief. The type of surgery you may need depends on the cancer's location, stage, and overall treatment plan.

Preparing for surgery

Before surgery, your medical team will assess your health to ensure you're ready for the procedure. This might include blood tests, imaging, or consultations with specialists. It's normal to feel anxious, so ask your healthcare team any questions you have, and consider having a support system in place for emotional reassurance.



The surgery process

Surgery is usually performed under general anesthesia, meaning you'll be asleep during the procedure. The length of the surgery depends on the type of operation. Your surgeon will explain the procedure in detail, so you'll know what to expect. Whether it's removing a tumor or taking biopsies, the goal is always to treat or control cancer effectively.

Recovery after surgery

After surgery, your body will need time to heal. You may experience pain, fatigue, or discomfort, but your team will provide support and pain management options.

Caring for the surgical site is essential—gentle, soothing products like **eUSKIN's Recovery Oil** can help support healing and comfort during the recovery process.



It's important to follow care instructions for wound care and rest. While complications are rare, monitor for signs of infection or changes in your healing and reach out to your team if you have any concerns.



Emotional and physical impact

Surgery can affect you both physically and emotionally. Physical changes such as scars or changes in mobility are possible, and these might take time to adjust to. Emotionally, it's normal to have mixed feelings; talk to a counselor, support group, or loved ones for extra support during your recovery.



Follow-up care

After surgery, your healthcare team will monitor your progress with regular check-ups. These follow-ups are crucial to ensure that healing is progressing well and to detect any potential complications early.

Depending on your situation, further treatments like chemotherapy or radiation may follow to help reduce the risk of cancer returning.

Skin care essentials for oncology patients



Taking care of your skin before, during, and after treatment can help keep you comfortable and reduce unwanted side effects.

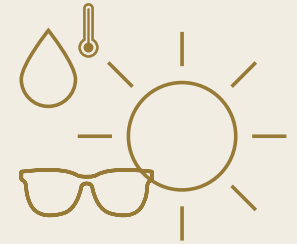


Goals for managing skin reactions

- 1. Stay hydrated**
Start using gentle moisturizers early to keep skin healthy.
- 2. Prevent worsening**
Use mild, fragrance-free products to avoid further irritation.
- 3. Stay comfortable**
Address skin issues promptly so you can continue treatment without discomfort.
- 4. Protect your skin**
Reduce pain and prevent injuries.
- 5. Lower infection risk**
Keep skin clean and moisturized.
- 6. Support healing**
Maintain a moist environment if skin is broken.
- 7. Control symptoms**
Manage bleeding, odor, or discharge, especially during radiotherapy.
- 8. Talk to your healthcare team**
Report any concerns or changes right away.



What to avoid during treatment



- ~ **Sun exposure**
Stay in the shade or cover up to prevent irritation.
- ~ **Harsh skincare products**
Strong fragrances or chemicals can irritate sensitive skin.
- ~ **Hot water**
Use lukewarm water to prevent dryness.
- ~ **Scratching or picking**
This can worsen damage and increase infection risk.



Recommended practices



- ~ **Gentle cleansers**
Opt for fragrance-free products.
- ~ **Regular moisturizing**
Keep skin hydrated with mild lotions or creams.
- ~ **Stay hydrated**
Drink plenty of water daily.
- ~ **Lukewarm water**
Gently pat skin dry instead of rubbing.
- ~ **Loose, protective clothing**
Choose soft fabrics to avoid further irritation.
- ~ **High-SPF sunscreen**
Shield exposed skin from the sun.
- ~ **Mild laundry detergents**
Look for fragrance-free options to reduce irritation.





Nurturing your skin naturally The power of bioactive ingredients

At **eŪSKIN**, we believe in a gentle yet effective approach to skincare during oncology treatments. Our products feature bioactive ingredients that work in harmony with your skin's natural healing process—soothing, repairing, and protecting at every step.

By easing inflammation and restoring hydration, our carefully selected formulas help enhance comfort and improve quality of life during treatment.



Scan to read more about each powerful ingredient we use to nurture your skin.



The importance of natural skincare ingredients

During cancer treatment, your skin can be extra sensitive. Harsh chemicals in many skincare products may worsen irritation and inflammation. That's why choosing natural ingredients—free from synthetic additives—can be especially helpful. They're gentler on compromised skin and less likely to cause unwanted reactions.



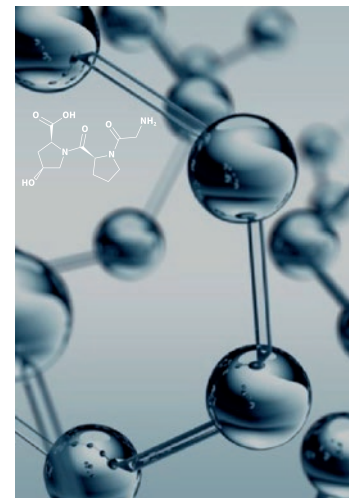
Natural doesn't mean ineffective

Many plants and herbs (such as aloe vera, calendula, and chamomile) have been used for centuries to soothe and protect the skin, including skin affected by cancer treatments. These natural ingredients contain powerful compounds that help calm inflammation and support healing.



Gynura procumbens source of natural antioxidants

Due to its high phenolic content, it protects the skin from free radicals and environmental aggressors¹.



Collagen peptides rich in Gly-Pro-Hyp

Collagen has been shown to improve healing chronic wounds in randomised clinical trials².



Ganoderma lucidum excellent anti-inflammatory

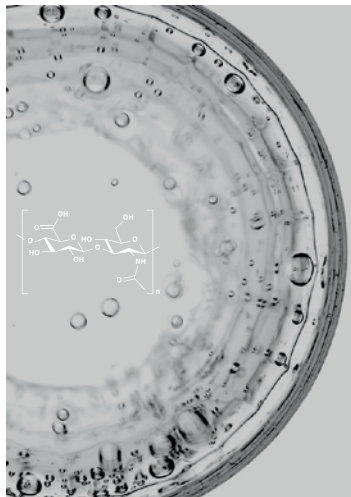
Ganoderma lucidum has been shown to potentially inhibit inflammatory skin conditions and promote keratinocyte proliferation³.



Aloe vera

rich in vitamins and minerals

Glucomannan has demonstrated anti-inflammatory, tissue regeneration acceleration, and antibacterial properties⁴.



Hyaluronic acid

excellent moisturising abilities

Hyaluronic acid has been shown to reduce the surface area of the wound by 70%⁵.



Balsam oil

rich in naphthoquinones

Naphthoquinones found in Balsam oil possess remarkable wound healing and anti-inflammatory activities⁶.



Shea butter

excellent source of fatty acids

Fatty acids are the main component of shea butter that play a role in its antioxidant and anti-inflammatory properties⁷⁻⁹.



Calendula officinalis

excellent anti-inflammatory

Xanthophyll has a role in treating minor inflammation of the skin and assisting the healing process of minor wounds¹⁰.



Cannabis seed oil

rich in cannabidiol

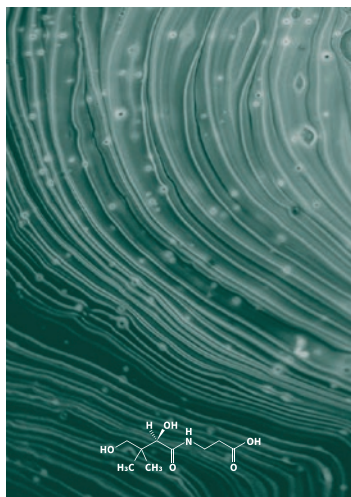
A valuable source of biologically active substances that reduce oxidative stress, inhibit skin aging processes and positively affect the viability of skin cells¹¹.



Grapeseed oil

excellent antioxidant properties

Its antioxidant properties may be beneficial to protect the skin against radiation-induced free radicals¹².



Panthenol

excellent moisturising abilities

Panthenol, improves hydration in the upper layers of the skin and prevents transepidermal water loss¹³.



Sweet orange peel oil

excellent tissue-repair properties

POH demonstrates significant anti-inflammatory effects in dermal inflammation and wound healing experiments¹⁴.



Cucumber extract

excellent antioxidant properties

Rich in Vitamin C, it stimulates collagen synthesis and assists in antioxidant protection and photodamage¹⁵.



Lavender essential oil

rich in monoterpenes

Due to its high monoterpene content, it has anti-bacterial and anti-fungal properties¹⁶.



Chamomile extract

rich in bisaboloids

Has a role in faster reepithelialisation and wound-breaking strength¹⁷.

Skin care during treatment

Product guide and tips

At **EŪSKIN**, we understand the importance of taking extra care of your skin during cancer treatments. Our specially formulated products are designed to support the healing process, soothe irritation, and help maintain skin health.

Below are some of our key products, along with practical tips to guide you in your skin care routine.

INTENSIVE CREAM

A rich, restorative cream formulated with Ganoderma Lucidum, Hyaluronic Acid, and Panthenol, the Intensive Cream helps repair skin damaged by radiotherapy, chemotherapy, or other irritants. It aids in moisturizing, reducing inflammation, and speeding up wound healing.

Tip: Apply gently to affected skin after each treatment, focusing on dry or irritated areas.



RECOVERY OIL

This non-greasy oil, enriched with Gynura Procumbens, Cannabis Sativa, and Grapeseed Oil, helps soothe sensitive and irritated skin. It supports recovery by reducing inflammation and promoting healing.

Tip: Pair with Intensive Cream for a complete routine, applying to areas that need extra hydration and relief.



SOOTHING BODY LOTION

The Soothing Body Lotion, featuring Aloe Vera, Gynura, and Collagen, is designed to calm and hydrate stressed skin. It leaves a nourishing layer of moisture, helping to restore skin balance.

Tip: Apply twice daily, especially after a shower when your skin is slightly damp, to lock in moisture and keep irritation at bay.



INTENSIVE GEL

Ideal for sensitive areas like mucous membranes, the Intensive Gel combines Aloe Vera, Cucumber Extract, and Chamomile to reduce inflammation and promote healing.

Tip: Apply a small amount to mucosal areas or affected skin with gentle tapping to help protect and hydrate.



NAIL REPAIR OIL

This nourishing oil, made with Grapeseed, Lavender, and Gynura, helps repair and strengthen nails and cuticles, especially during chemotherapy.

Tip: Apply daily to nails and cuticles to soothe dryness and encourage healthy nail growth.



LIP CARE

A soothing balm with Sweet Orange Peel Oil, Calendula, and Shea Butter, Lip Care helps hydrate and repair dry, cracked lips.

Tip: Use regularly, especially before bed, to keep lips soft and nourished overnight.



Practical tips for skin care during treatment

- ~ **Start early:** It's helpful to begin using our products before your first treatment to give your skin the best chance to stay healthy during therapy.
- ~ **Gentle cleansing:** Cleanse the treated area with a mild, fragrance-free cleanser before each session. Avoid harsh scrubs or products that may irritate the skin.
- ~ **Regular hydration:** Apply your creams and oils regularly, especially after each treatment. Consistency helps your skin heal and stay moisturized.
- ~ **Protect your skin:** If you're spending time outdoors, apply sunscreen and wear protective clothing to shield treated areas from sun exposure.
- ~ **Follow your care team's instructions:** Always consult your healthcare team if you have questions about product use or skincare during treatment.

For more information on how to care for your skin during treatment, visit our website, where we provide additional resources and support.



Skin care during treatment

Dedicated kits for Chemotherapy and Radiotherapy

At **ĒŪSKIN**, we've created two specially curated skincare kits to support your skin during chemotherapy and radiotherapy treatments. These kits combine our most effective products to provide the essential care your skin needs.



ĒŪSKIN Chemo Kit

Designed specifically for patients undergoing chemotherapy, the **ĒŪSKIN Chemo Kit** helps combat dryness, sensitivity, and nail damage, ensuring your skin stays nourished and protected throughout your treatment.

What's included

- ~ **Intensive Cream (15ml)**
Deep hydration to combat dryness and sensitivity.
- ~ **Recovery Oil (15ml)**
Restores balance and soothes irritated skin.
- ~ **Nail Repair Oil (5ml)**
Strengthens and nourishes nails affected by treatment.

Benefits

- ~ Targets dry, cracked skin and helps repair sensitive areas.
- ~ Strengthens and nourishes nails that may become brittle during chemotherapy.
- ~ Soothes irritation and promotes overall skin health, ensuring comfort during treatment.



Why choose our kits?

Our **ĒŪSKIN Chemo Kit** and **ĒŪSKIN Radio Kit** offer a simple and effective solution to meet the specific skincare needs of patients undergoing chemotherapy or radiotherapy. These kits provide everything you need to protect, soothe, and nourish your skin, making your treatment journey smoother.

For more information or to order your **ĒŪSKIN Chemo Kit** or **ĒŪSKIN Radio Kit**, visit our eshop or scan the QR codes.



ĒŪSKIN Radio Kit

The **ĒŪSKIN Radio Kit** is specially formulated for patients undergoing radiotherapy. It provides targeted relief for skin affected by radiation, helping to reduce inflammation and irritation while supporting skin regeneration.

What's included

- ~ **Intensive Cream (15ml)**
Calms and soothes skin affected by radiation therapy.
- ~ **Recovery Oil (15ml)**
Enhances skin regeneration and protects sensitive areas.
- ~ **Intensive Gel (15ml)**
Provides targeted relief for inflammation and irritation.

Benefits

- ~ Soothes and restores skin affected by radiation exposure.
- ~ Helps reduce inflammation and irritation with gentle, effective ingredients.
- ~ Promotes skin regeneration, ensuring maximum comfort and healing during treatment.



Choose the right product for your condition



SKIN SIDE EFFECTS	Intensive Cream	Recovery Oil	Soothing Body Lotion	Intensive Gel	Nail Repair Oil	Lip Care	Gentle Wash
Bullous Diseases ~ Blisters, Bullous, Dermal Cysts, Pemfigous vulgaris, and Stevens-Johnson syndrome (or Toxic epidermal necrolysis (TEN))	•	•					
Cutaneous Squamous Cell Carcinoma	•	•					
Dermatitis ~ Atopic, Allergic, Acquired Ichthyosis, Dry Skin, Eczema, Exfoliative, Radiation and Irritative Dermatitis, and Xerosis (dermatitis sicca)	•	•	•	•			•
Erythemas ~ Erythema Multiforme and Nodosum	•						•
Herpes Zoster	•						
HPV Infections including Warts and Papilloma	•	•		•			
Keratotic Diseases ~ Acantholytic Dyskeratosis (Grover's disease), Hyperkeratosis, Keratoacanthoma, Sebaceous Hyperplasia, Seborrhoeic Keratosis		•					•
Melanoma	•						•
Palmar-plantar erythrodysesthesia syndrome (PPE), Hand foot syndrome (HFS) or Bullous Acral Erythema		•					•
Petechiae		•					•
Photosensitivity	•						•
Psoriasis	•						•
Semi malignant diseases ~ Basal Cell carcinoma, Bowen's disease	•						•
Skin Atrophy	•		•	•			•
Skin healing complications ~ Enterocutaneous fistulae (ECF), Skin fistulae, Skin ulcers, Skin Wounds	•	•	•				•
Skin Rashes ~ Acneiform, Maculopapular, Oedema, Papulopustular, Pruritus and Urticaria rash	•	•	•				•
Vitiligo, Skin Hyperpigmentation		•					•
NAIL COMPLICATIONS							
Brittleness, Cracked Nails, Dystrophic Nails, Paronychia, Onycholysis and Onychoschisis					•		•
ORAL COMPLICATIONS							
Cheilitis, Dry Mouth, Perioral Dermatitis and Stomatitis	•					•	•

Preparing for treatment



Physical & Emotional readiness

- ~ **Follow dietary tips**
Stick to any meal plans or nutritional advice from your healthcare team.
- ~ **Stay hydrated**
Drink water regularly and eat water-rich foods like fruits and veggies.
- ~ **Manage stress**
Practice relaxation techniques (deep breathing, meditation, or gentle stretching).
- ~ **Moisturize early**
Apply gentle moisturizers—especially on areas likely to be exposed to treatment—to maintain skin integrity and reduce irritation.

Managing side effects Practical tips



Fatigue

- ~ **Listen to your body**
Rest when you need to and avoid overexertion.
- ~ **Stay lightly active**
Short walks, stretches, or gentle exercises can boost energy and mood.
- ~ **Ask for help**
Accept support from family and friends when feeling low on energy.



Nausea & Vomiting

- ~ **Small, frequent meals**
Easier to digest and less likely to trigger nausea.
- ~ **Stay hydrated**
Sip water throughout the day.
- ~ **Medication**
Anti-nausea prescriptions can help; talk to your healthcare team if symptoms persist.



Hair loss

- ~ **Emotional considerations**
Hair loss is often temporary; hair typically regrows after treatment.
- ~ **Coping options**
Wigs, scarves, or hats can help you feel more comfortable. Ask about scalp cooling (cryotherapy), if appropriate.



Tired feet syndrome

Symptoms

Muscle fatigue, swelling, aching, and discomfort in the feet—especially after prolonged standing or walking.

Management

- ~ **Foot exercises**
Improve circulation and strengthen foot muscles.
- ~ **Proper footwear**
Supportive shoes with good arch support help reduce strain.
- ~ **Rest & elevation**
Elevate your feet after activity to reduce swelling and promote better blood flow.



Skin reactions

- ~ **Gentle care**
Use mild, fragrance-free products and moisturize regularly.
- ~ **Sun protection**
Wear loose clothing, hats, and sunscreen on treated areas.



Nutrition & Hydration Supporting your body

- ~ **Balanced diet**
Include fruits, vegetables, whole grains, and lean proteins—or follow any specific guidelines from your healthcare team.
- ~ **Stay hydrated**
Drink water, herbal teas, or clear broths throughout the day.



Emotional support

Navigating the psychological challenges of treatment

~ Build a support network

Lean on loved ones, patient associations, or support groups for empathy and encouragement.

~ Communicate openly

Share your feelings with friends, family, or healthcare professionals—bottling up emotions can increase stress.

~ Practice self-compassion

Allow yourself to feel a range of emotions without judgment. Treat yourself with the kindness you'd offer a close friend.

~ Stay informed (in moderation)

Learn about your diagnosis and treatment from reliable sources, but set limits on distressing information.

~ Maintain routine & structure

Small, regular routines can bring a sense of stability and control during treatment.

~ Try stress-relief techniques

Deep breathing, mindfulness, yoga, or hobbies can help you unwind and reduce anxiety.

~ Seek professional help

A therapist or counselor who understands cancer-related challenges can offer specialized coping strategies.

~ Focus on the present

Celebrate small victories and find gratitude in daily moments rather than worrying about the future.



Follow-up care

Continuing your journey after treatment

~ Attend check-ups

Keep all follow-up appointments to monitor your health and catch any issues early.

~ Prioritize overall well-being

Stay active, eat well, and continue with stress management and self-care practices.

~ Stay connected

Keep in touch with supportive friends, family, and groups that understand what you're going through.



Your path forward

This guide offers practical advice and emotional support for managing cancer treatments and their skin-related side effects. Remember, everyone's journey is unique—your healthcare team is the best resource for tailored advice, so never hesitate to ask questions.



Key takeaways

~ Your treatment journey is about more than fighting cancer; it's also about maintaining your quality of life.

~ Caring for your skin and emotional well-being can make treatment more comfortable.

~ Support from your care team and loved ones, combined with your own resilience, will guide you through this challenging time.



These guidelines are not a substitute for professional medical advice. Always consult your healthcare provider for personalized recommendations.



References from trusted sources

These references from reputable organizations such as the NHS and other trusted medical institutions have informed the creation of this guide.

NHS Cancer Support Guide

National Cancer Alliance, NHS.

Available at: cancersupportguide.nclcanceralliance.nhs.uk

Oxford University Hospitals Cancer Patient Leaflets

Oxford University Hospitals NHS Trust.

Available at: ouh.nhs.uk

The Christie NHS Foundation Trust Patient Booklets

The Christie NHS Foundation Trust.

Available at: christie.nhs.uk

National Cancer Institute (NCI) Resources

National Cancer Institute, U.S. Department of Health and Human Services.

Available at: cancer.gov

MD Anderson Cancer Center Patient Education Booklets

MD Anderson Cancer Center.

Available at: mdanderson.org

King's College Hospital Cancer Patient Information Leaflets

King's College Hospital NHS Foundation Trust.

Available at: kch.nhs.uk

University Hospitals Plymouth NHS Trust Oncology Resources

University Hospitals Plymouth NHS Trust.

Available at: plymouthhospitals.nhs.uk

National Comprehensive Cancer Network (NCCN) Patient Resources

National Comprehensive Cancer Network.

Available at: nccn.org

Patient Resource Cancer Guides

Patient Resource.

Available at: cancercareservices.org

The Clatterbridge Cancer Centre Patient Information

The Clatterbridge Cancer Centre NHS Foundation Trust.

Available at: clatterbridgecc.nhs.uk



A good half of the art of living is resilience.



Alain de Botton

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