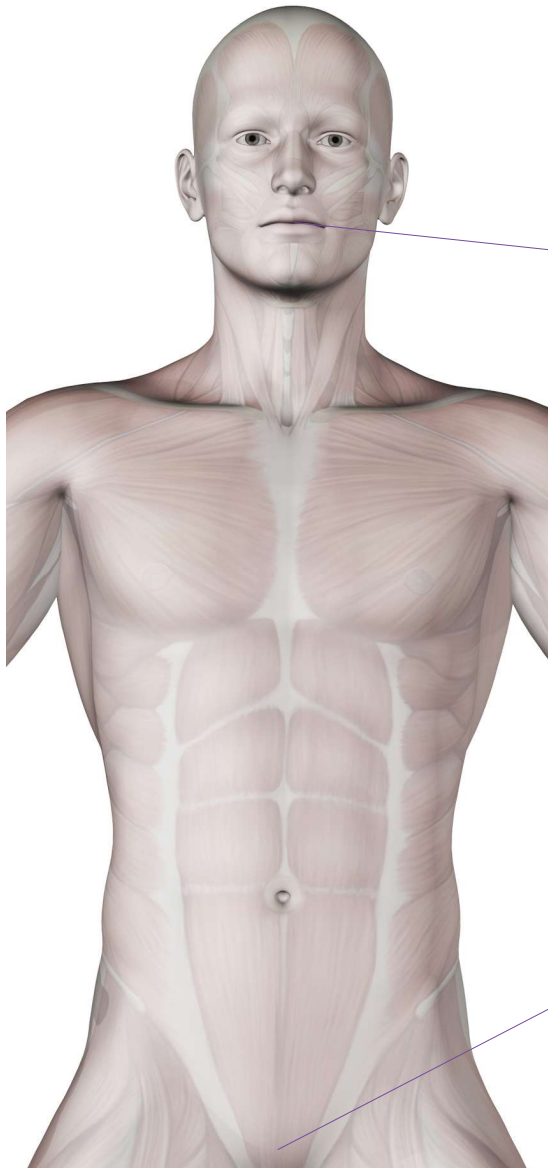


# Skin Changes

# What are the symptoms?

- **A skin rash with or without itching**
- **Skin burning or tightness**
- **Itching without a rash**
- **Skin blisters**
- **Peeling skin**
- **Sores in your mouth or rectum**

# Where are the symptoms?

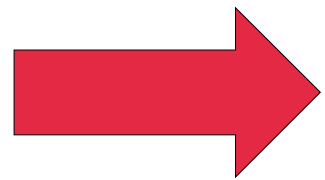


- Sores in your mouth

- A skin rash with or without itching
- Skin burning or tightness
- Itching without a rash
- Skin blisters
- Peeling skin

- Sores in your rectum

# Why should you report these symptoms early to your oncology team?



**Reporting symptoms early increases your chances of staying on your treatment**

- Steps can be taken to address your symptoms early
- Mouth sores  infection
- Skin rashes  long-term skin damage

# How can I take care of my skin?

## DO

- Apply a cool cloth to the area or cooling cream with menthol or camphor (refrigerate the cream first for even greater relief)
- Keep your fingernails short to protect your skin from damage if you scratch
- Apply a moisturizer that contains the ingredients urea or glycerin daily
- Protect your skin from the sun by wearing sunscreen, a hat, and UV-protective clothing and sunglasses. Don't forget your hands and face

## DON'T

- Use soap. Instead, use gentle, nonsoap cleansers such as Cetaphil®
- Take hot showers or baths (short, lukewarm showers are OK)
- Use lotions that have perfumes or dyes

# Who will help me with skin side effects?

## YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with moisturizers and topical medications

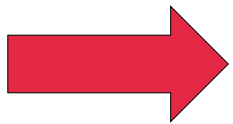
**BUT, if symptoms progress**

- A doctor who specializes in skin issues (dermatologist) may need to help
- You may need stronger steroids
- Severe or life-threatening symptoms
  - May require that you be admitted to the hospital and treated by a dermatologist
  - Very rarely intensive care may be required if large areas of your skin are involved or gets infected

# When should I be most concerned?

**If you experience**

- **A rash that covers a large part of the body or is quickly getting worse**
- **Blisters in your mouth or your rectum**
- **Peeling skin or widespread/intense itching**



**Call your oncologist IMMEDIATELY and be prepared to go to the emergency room**