

A HELPFUL GUIDE

Keeping Your Skin Healthy During Oncology Treatment



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A Message from the CEO of NeoGenesis



This eBook is designed to guide you through skin concerns you may develop as a result of cancer treatments. We'll explore essential skin care tips, delve into the potential side effects you may experience, and provide practical advice on how to address these issues. Our goal is to provide the support and information you need, while arming you with the tools to navigate this aspect of your treatment with confidence and as little discomfort as possible.

- Steve McGee

NeoGenesis Co-Founder & CEO

Essential Skincare Tips

Cleanse

Cleansing is one of the most important steps when it comes to keeping your skin healthy. It helps remove dirt, makeup and other impurities from your face. Keep the process simple. over-cleansing can actually strip away natural oils and lead to dryness or irritation.

Look for a product that's specifically designed for sensitive skin. Avoid products with harsh chemicals or perfumes, as these can be drying and irritating. Check out [this link](#) for more information on ingredients to avoid in skincare products.

Cleansing can also improve the effectiveness of other skin care products by allowing them to better penetrate the skin. Setting your skin up for success to maximize product effectiveness will make it easier to quell inflammation and accelerate the healing process. This is especially important after treatment starts.

Moisturize

Moisturizing is just as important as cleansing, especially during cancer treatment. Moisturizers help keep the skin hydrated, prevent it from drying, and maintain the skin's barrier function. This barrier helps protect the skin from external factors and prevents water loss. Moisturizing is especially important after treatments because the skin can be more sensitive and extra-prone to dryness or irritation. Choose a product with ingredients that are gentle and non-drying.



Protect

It's also important to take steps to protect your skin from ultraviolet (UV) rays during cancer treatments. UV radiation can damage the skin and make it more prone to skin cancer. 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.



Regular Care for Your Nails

Your nails can be affected by cancer treatments, making them brittle and dry. That's why it's important to practice good self-care. Try not to cut them too short, as this can increase the risk of infection. Instead, trim them regularly to keep them in good condition. You should also 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.

Potential Side Effects From Treatment

Our skin is the largest organ in our body and it plays a vital role in our overall health. As cancer cells are targeted for treatment, healthy cells are also damaged causing pain and discomfort to the skin. Before, during, and after treatments start, you can take steps toward making your skin as healthy as possible to try and avoid serious skin side-effects. During and after treatments, continuing to keep your skin healthy will contribute to your general wellness and boost your confidence too. While changes to the skin may not seem like a priority at this time, they can wreak havoc on your comfort and the ability of the skin to withstand the treatments necessary to fight this disease.

Side effects can range from mild to more severe, depending on the type of treatment and can vary from person to person depending on the individual's sensitivity. Not all side effects will manifest immediately after treatments start. In fact, some may appear days or even weeks later so it's important to keep an eye on your skin even after treatment has ended.

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



Radiation

Radiation is a localized cancer treatment, but the side effects can affect your whole body. Eighty-Five percent of people who get radiation treatment will experience burns or severe burns at the treatment site and immediately surrounding tissue. The skin can look irritated, swollen, and blistered, much like severely sunburned skin. After a few weeks, some patients develop Radiation Dermatitis. This form of Dermatitis surfaces as dry, flaky, itchy and peeling skin in the area of the treatment. Once it occurs, it can continue for several weeks after radiation treatments have ended.

Beyond the focused treatment area, many radiation patients also experience changes in their complexion, which can lead to signs of early aging. Therefore, taking care of both the area that's being radiated and the face is extremely important to overall skin health.

Practicing a regular skincare routine so that you're restoring skin balance, keeping the skin moisturized, and maintaining the skin barrier will allow you to get the benefits of the radiation without experiencing significant side effects and help you maintain a better quality of life during treatment.

Chemotherapy

Chemotherapy is a total body cancer treatment. Side effects from chemo range from mild, scattered rashes with redness and itching to severe, irritated rashes and open sores.

The skin also becomes drier as chemotherapy reduces the amount of oil the glands secrete. This dryness compromises the skin's barrier and makes healing more difficult. Because of the changes in skin oil, chemotherapy can cause changes in the complexion such as cystic acne breakouts on the face.



Being proactive and getting in the good habit of using restorative and hydrating skin care products before treatments even start can prevent many of these issues from becoming too severe and uncomfortable.

The good news is these skin reactions are usually temporary and will eventually fade once treatment stops. Both reaction to chemotherapy treatments and healing time will be unique to each person. Maintaining a proper skincare routine before, during, and after chemotherapy treatments will keep the skin properly nourished and hydrated.

Managing Skin Side Effects

The best way to manage skin side-effects during cancer treatments is to take the necessary steps outlined above, such as cleansing, moisturizing and protecting. However, there are other things you can do too. Here are a few 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.
- Use an alcohol-free toner after cleansing your skin to help restore its pH balance.
- 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.

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.

NeoGenesis oncology skin care products are designed to support you wherever you are in your journey. Our patented S²RM[®] 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, sunburned, 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 in your skin.



NeoGenesis Oncology Friendly Products

Find the skincare products you need to nourish your skin during cancer treatment at [NeoGenesis.com](https://www.neogenesis.com).



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 the skin and retain moisture, providing it with the nutrients it needs to maintain proper barrier function.



Moisturizing Mist

Hydrate + cool with this spray that may be used throughout the day to provide soothing relief + alleviate red, irritated skin and combat dryness and discomfort of the skin after cancer treatments. It delivers antioxidants and S²RM[®] technology directly to the skin to provide instant hydration + cooling relief.



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.

Alleviate Financial Stress

You deserve to move through your treatment with the best quality of life possible.

Going through radiation, chemotherapy or cancer surgery can be taxing in so many ways. Varying degrees of treatment can also add an immense amount of financial and emotional stress.

We get it. And we want to do whatever we can to support you on your treatment journey.

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!