



# More than Skin Deep: The Lurie Cancer Center Oncodermatology Program

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# The Lurie Cancer Center Oncodermatology Program

- ▶ Who we are
- ▶ Services we provide
- ▶ Common health conditions we manage
- ▶ General skin care and sun protection guidelines
- ▶ Ongoing research endeavors



# Northwestern Division of Oncodermatology



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# ONCODERMATOLOGY

## “Skin Care of the Cancer Patient”

Mucocutaneous  
Toxicities To  
Chemotherapy

Mucocutaneous  
Toxicities  
To Radiation

Infectious Disease of  
the Immunosuppressed

Neoplasms in Cancer  
Patients  
(Cutaneous  
Metastases)

Complications of  
Stem Cell Transplant

Skin Cancer  
Surveillance  
of Cancer Survivors

Paraneoplastic  
Syndromes

Complications of  
Solid Organ Transplant

Genetic Syndromes

# Dermatologic Toxicities of Cancer Treatment

- ▶ Those affecting skin, hair and nails
- ▶ Goals of our program
  - ▶ Minimize those toxicities to maintain quality of life
  - ▶ Maintain consistent cancer therapy as we are safely able



# Oncodermatology Clinic

- ▶ CARES clinic
  - ▶ Cancer treatment Adverse REactions in Skin
- ▶ Unique benefit to cancer center patients
- ▶ Skin reactions due to chemotherapy and radiation:
  - ▶ Negative impact on quality of life
  - ▶ Negative impact on treatment continuation



# Cancer Treatment Side Effects

- ▶ **Dry skin**
- ▶ **Itching**
- ▶ **Photosensitivity**
- ▶ Increased risk for skin cancer
- ▶ Painful eruptions on hands and feet
- ▶ Painful skin around nails
- ▶ Nail changes
- ▶ Hair changes and hair loss
- ▶ Acne like rashes
- ▶ Graft vs. Host Disease

# General Skin Care Guidelines

- ▶ Sun protection measures
- ▶ Dry skin care and gentle skin care



# Preventative Measures

Use a daily sunscreen that is labeled as “broad-spectrum”, which covers both UVA and UVB sun rays. The sunscreen should be at least SPF 30.



# Sunscreens

- ▶ SPF (Sun Protection Factor)
- ▶ SPF 15: screens out 93% of sun's UVB rays
- ▶ SPF 30: screens out 97% of sun's UVB rays
- ▶ SPF 50: screens out 98% of sun's UVB rays
- ▶ In most cases, SPF's beyond 50 are unnecessary.



# “Broad-spectrum”

- ▶ Blocks out components of UVB *and* UVA rays
- ▶ UVA-screening ingredients:
  - ▶ Chemical blockers (have to be absorbed): avobenzone, ecamsule, oxybenzone
  - ▶ Physical blockers (works immediately): titanium dioxide, zinc oxide

# Sun Safety



- ▶ Apply the equivalent of a shot glass (2 tablespoons or 1 fluid oz) of sunscreen to the exposed areas of the face and body.
- ▶ A nickel-sized dollop to the face alone.
- ▶ If using a spray, apply until an even sheen appears on the skin.
- ▶ Reapply every 2 hours; more frequently after swimming, heavy perspiration, or toweling off.
- ▶ Don't forget to apply sunscreen to your face, ears, and neck, as well as your arms and legs if they are not covered by clothing.

# UVA/UVB

- ▶ Use sunscreens year-round.
- ▶ UVB rays are most intense in summer...
- ▶ BUT up to 95% of UV radiation reaching the earth is UVA, which is emitted in about equal intensity throughout the year.
- ▶ Sunburns can occur even when the day is overcast: up to 80% of the sun's dangerous UV radiation can penetrate clouds.

# Preventative Measures

- ▶ Seek shade between 10 a.m. and 2 p.m., which are the peak hours of UVB exposure.





# Preventative Measures

- ▶ Wear lightweight long-sleeved shirts and pants when possible. There are now numerous clothing lines that contain SPF protection built into the clothing and swimwear.



# Preventative Measures

- ▶ Wear a wide-brimmed hat and sunglasses whenever possible.





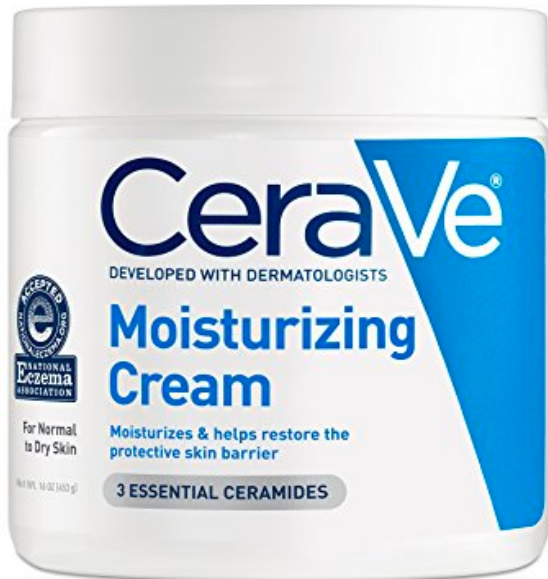
# Dry skin care

- ▶ Dry skin and itching are common side effects from chemotherapy
- ▶ Both can be prevented and adequately treated with topical emollients, good dry skin care habits, and topical steroids if needed



# Strategies to prevent dry skin

- ▶ Use an emollient twice daily (creams and ointments preferred)
  - ▶ Cerave, Vaseline, Cetaphil, Vanicream, etc.
  - ▶ Unscented, often found in a tub





# Strategies to prevent dry skin

- ▶ Add an emollient with urea, salicylic acid, or an alpha hydroxy acid (salicylic acid, lactic acid)
  - ▶ Urea cream 10-40%
  - ▶ AmLactin
  - ▶ Cerave SA



# Strategies to prevent dry skin

- ▶ Avoid hot showers
- ▶ Moisturize immediately after showering
- ▶ Avoid showers longer than 10 minutes
- ▶ Avoid products with fragrances
- ▶ Do not aggressively scrub your skin
- ▶ Use gentle cleansers, like Dove for sensitive skin
- ▶ Consider the use of a humidifier in your home



# Managing Itchy Skin

- ▶ Good dry skin care measures
- ▶ Sarna lotion (menthol)
- ▶ Antihistamines (e.g. Zyrtec, Xyzal)
- ▶ Oatmeal baths
- ▶ Prescription topical steroids



# Clinical Trials

- ▶ I. Prevention of acne-like rash secondary to EGFR inhibitors (e.g. Tarceva, Erbitux, Vectibix, Tegrisso; used to treat colon cancer, lung cancer, head/neck cancer) using a topical steroid twice a day for the first 6 weeks
- ▶ II. Prevention of hand-foot syndrome (redness, swelling, pain) secondary to chemotherapy with a topical cream applied twice a day for 12 weeks
- ▶ III. Treatment of chemotherapy-related paronychia (swelling, redness of nailfolds) with a topical solution applied twice a day
- ▶ IV. Treatment of chronic GVHD (graft-versus-host disease) with daily oral ruxolitinib (JAK/STAT inhibitor)
- ▶ V. Upcoming – treatment of permanent chemotherapy-related hair loss with daily oral minoxidil for 6-12 months



# Northwestern Division of Oncodermatology

- ▶ Robert H. Lurie Comprehensive Cancer Center
- ▶ Galter 21<sup>st</sup> Floor
  - ▶ Monday AM
  - ▶ Tuesday PM
- ▶ Arkes 16<sup>th</sup>/17<sup>th</sup> Floors
  - ▶ Monday-Friday clinics
- ▶ Cancer Center Inpatient Consultation Service
- ▶ Rube Walker Blood Center: ECP

# Northwestern Division of Oncodermatology

## How Patients Can Make An Appointment

- ▶ Patients can make an appointment at Check Out
- ▶ Patients can call directly: 312-695-8106

Thank you for your time!

▶ Questions?