

Caring for Your Skin During Radiation Therapy

Irritation, minor burns, dryness*

Guide for Patients

BOIRON **CALENDULA**



World Leader in Homeopathic Medicines

What are common skin reactions during radiotherapy?¹⁻³

Because of the effect of radiation therapy on the skin, uncomfortable side effects may happen. Your doctor and medical team will tell you what to expect, depending on the type and duration of the treatment. Common skin reactions include the following:

Redness. The area treated may look red, irritated, sunburned, or tanned.

Itching. Skin in and around the treatment area may feel itchy, and excessive scratching can cause further skin damage.

Dryness and peeling. Skin in the treatment area can feel tight or get dry and flaky, like peeling after a sunburn. Wet peeling commonly occurs in areas prone to friction or with folds, such as your buttocks, behind your ears, or under the breasts, and ulcers or sores may develop.

Blisters and open wounds. Some people develop a rash or blisters that may open and peel.

How long will symptoms last?

You may notice skin reactions a few hours to a few weeks after you start radiation therapy. Your skin usually recovers after treatment is over; however, some changes may last longer. The treated area may be darker, thicker, or feel more sensitive than it was before.

Your treatment team will work to minimize side effects to your skin and check for changes during each radiotherapy session. Some skin changes are serious, so make sure to report any changes that occur during treatment or after treatment has stopped.

Benefits of Boiron Calendula

Calendula CREAM

spreads smoothly to cover large areas, as well as the face.

- Promotes healing
- Soothes irritations
- Light & moisturizing

Calendula OINTMENT

has a thick, moisturizing texture that adheres longer to the skin.

- Promotes healing
- Soothes irritations
- Protects skin



How to Use

Start using Boiron Calendula when you begin treatment. For easy spreading, place the desired amount of cream or ointment in the palm of your hand to warm and soften. Then apply a thin layer to affected area 3 times a day or as needed.

- Do not rub vigorously.
- Do not apply 2 hours prior to treatment to make sure skin is clean of any residue before your session.
- Avoid using Calendula on the tattoo marks needed for your radiation therapy until treatment is finished.

Warnings: For external use only. Do not use if you are allergic to *Calendula officinalis* or to any of this product's inactive ingredients. Ask a doctor before use in case of serious burns. Always read and follow label directions.

Moisturize with Calendula

Selecting the right skin care product can be hard when there are so many choices. For skin reactions from radiation therapy, you'll want something that can soothe, moisturize, and heal your skin as well as provide relief for redness and itching.

Boiron Calendula is a skin care and first aid product that promotes the healing of minor burns, chafing, and other skin irritations.* It's made from Calendula flowers, which have been used for generations to naturally soothe and repair irritated and damaged skin.

Ingredients matter, especially when it comes to treated skin. Our Calendula topicals do not contain fragrances, dyes, or parabens. And the flowers we use to make this medicine are carefully selected and grown in France without the use of pesticides or fertilizers.

More than 400 oncology centers across the country routinely recommend Boiron Calendula to their patients to manage symptoms of irritation and dryness during radiation therapy. The **Oncology Nursing Society** considers Calendula likely to be effective in caring for skin during radiation therapy.

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

\$2.00 OFF

any **BOIRON®** Calendula product

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Retailer: Boiron will reimburse you the face value of this coupon plus .08 cents handling for coupons redeemed in accordance with this offer and coupon redemption policy. Invoices proving purchase of sufficient stock to support coupon submissions must be provided upon request. **Consumers** are limited to one coupon per purchase and are responsible for all taxes. Cash value is .0001 cents. **Send all coupons to: Boiron Inc., P.O. Box 407, MPS Dept 685, Cinnaminson, NJ 08077.** Please call MPS at (888) 426-4650 with any questions concerning coupon submissions or retailer reimbursement.

***Not to be combined with any other offer.**

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Hygiene and Skin Care Tips^{3,4}

You have an important role in caring for your skin during radiation therapy. These tips can help you ease discomfort, reduce irritation, and minimize skin reactions.

Use mild, gentle soaps to cleanse your skin.

Take short showers or baths in lukewarm water, and dry yourself with a soft towel by patting your skin.

Moisturize your skin with recommended creams or lotions to prevent dryness and itching.

Prevent and treat dry, itchy skin by avoiding products that contain fragrances and dyes since they can cause irritation.

Be gentle with the treatment area. Do not apply extreme heat or cold. Avoid using heating pads, ice packs, or bandages directly on treated skin. Consider switching to an electric razor, and stop shaving if your skin is tender and sore.

Choose soft fabrics for clothes and bedding. Avoid clothing that is tight and unbreathable.

Safeguard your skin when outside with sun-protective clothing and/or sunscreen as recommended by your treatment team.

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About Boiron

At Boiron, we believe there's a better way to feel better. Since 1932, the Boiron family has been dedicated to providing the purest medicines using sustainable practices. As world leader in homeopathic medicines, quality has always been our passion and your well-being is our goal.



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