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A study regarding the dermocosmetic care of cutaneous side-effects associated with chemotherapy between breast cancer patients

Mihelarakis A, Kousoula P and Athanasia Varvaresou
Technological Educational Institute of Athens, Greece

Cutaneous toxicity with chemotherapeutic agents is common. Skin rash (folliculitis) appears in a significant average of patients treated with alkylating agents, anthracyclines, topoisomerase inhibitors and epidermal growth factor inhibitors (EGFRIs). Dryness of the skin is also observed and has been attributed to an imbalance of stratum corneum that ultimately results in a disruption of skin barrier function. Acneiform exanthema is especially observed with EGFRIs. In the current study ten women suffering from breast cancer with axillary lymph node involvement were asked to answer an anonymous questionnaire regarding possible aesthetic and dermocosmetic treatment of cutaneous side effects of oncologic therapy. 60% of the patients suffered from lobular carcinoma and the 40% from porogenous breast cancer. All the patients had undergone mastectomy (30% partial and 70% radical). It is interesting that 50% from the patients had called on an aesthetician and had been accepted moisturisation treatments, anti-stress massage and anti-acne aesthetic care. In conclusion, a strong relationship between health care professionals as oncologists, dermatologists, cosmetologists, aestheticians and nurses is important in order to inform the patients about the appropriate guidelines. A multidisciplinary approach is necessary in order to provide a tailored supportive clinical care.

Biography

Varvaresou A is currently working as Associate Professor in Cosmetology at Technological Educational Institution of Athens. She has been a recipient of many awards and grants. Her research experience includes various programs, contributions and participation at different countries for diverse fields of study. Her research interests reflect in her wide range of publications in various national and international journals. Her research interests include Oncology, Nanotechnology, Organic Chemistry, etc.

varvaresou@pharm.uoa.gr

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