



**ST. VINCENT'S
UNIVERSITY HOSPITAL**
Elm Park



**SVHG Strategic
Skin Cancer Network**

Your skin before, during and after cancer treatment

Dr Blaithin Moriarty

*Consultant Dermatologist
Associate Professor UCD School of Medicine*

Living Well Beyond Cancer 3rd September 2022



Charles Institute of Dermatology
UCD School of Medicine
Scoil an Leighis UCD

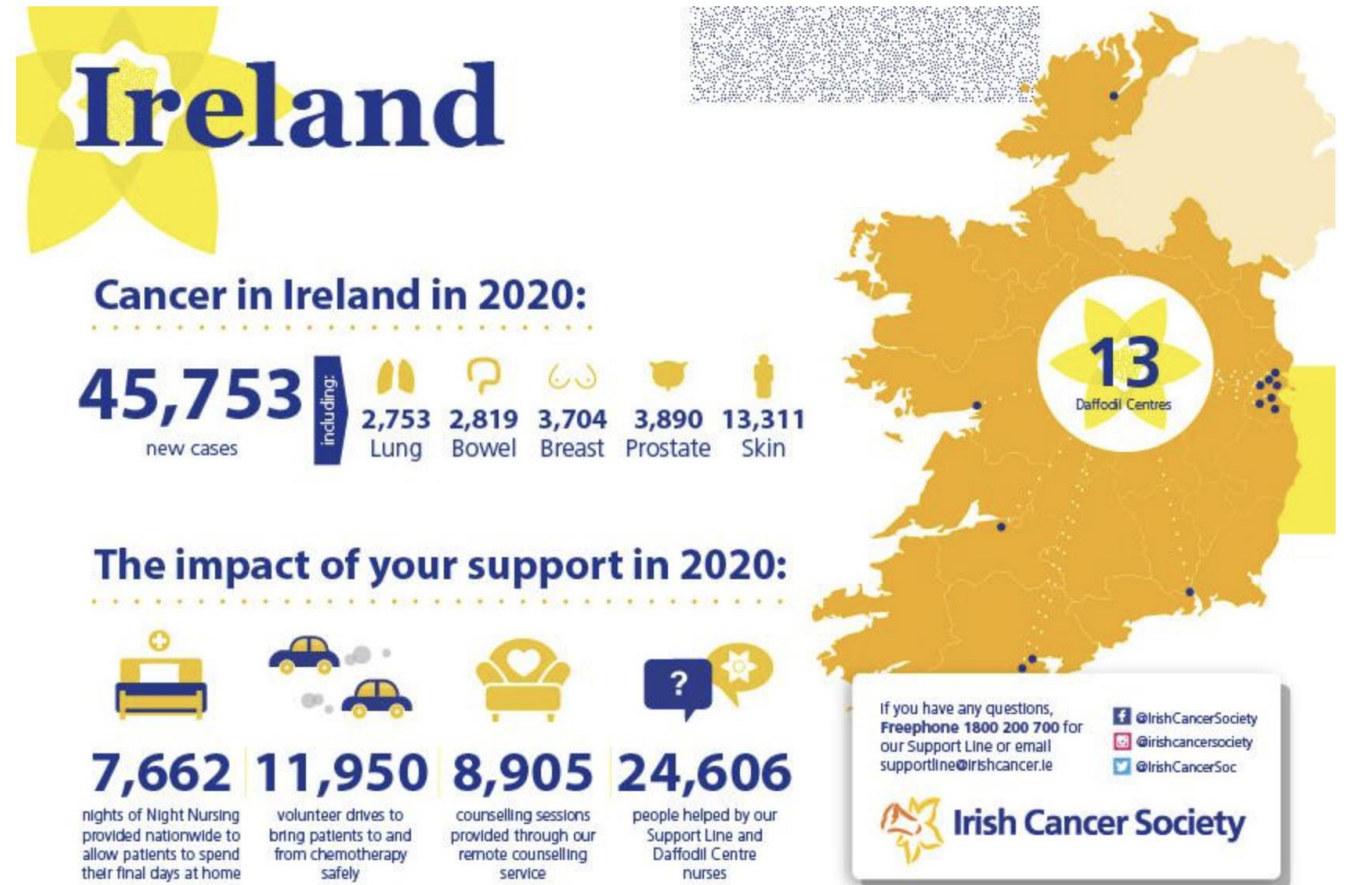
Dermatologist

- Hospital based consultant
- Diseases and disorders of skin, hair and nails
- Majority of patients referred are for suspected skin cancer
- Oncodermatology



High skin cancer rates

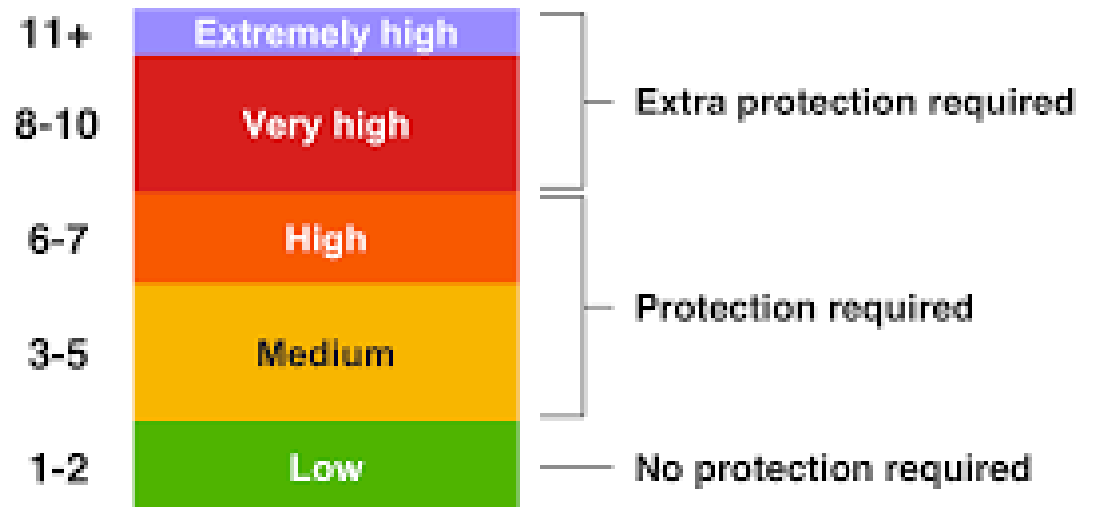
- 29% of all cancers in Ireland
- One new cancer every 10 mins



Why do we have such high skin cancer rates?

- Fair skin due to genetic 'defect'
- Late to adopt sun protection behaviours
- Easily 'caught out' in Ireland
- Sunsmart 2019

What are the UV Index levels?



Before . . . During . . . After . . .

- Skin
- Hair
- Nails



DermLite dermatoscope

Before . . . During . . . After . . .

What might you have noticed?

- Disease specific rashes
- Skin
 - Itch
 - Dryness
- Hair
 - Dryness
 - Thinning/increased hairfall
- Nails
 - Brittle



Image from DermNet

Before . . . During . . . After . . .

What can you do if you are about to start treatment?

- Skin
 - Sun protection
 - Moisturizer
- Hair
 - Condition
 - Diet
- Nails
 - Avoid trauma
 - Maintain cuticle



Photoprotection



Sunscreen

- dermnetnz.org/topics/topical-sunscreen-agents
- dermnetnz.org/topics/how-to-choose-and-use-sunscreen

- Cream
- SPF 50
- 4/5 star UVA
- Chemical or physical
- Patient likes it!!



Before . . . During . . . After . . .

What can you do if you are about to start treatment?

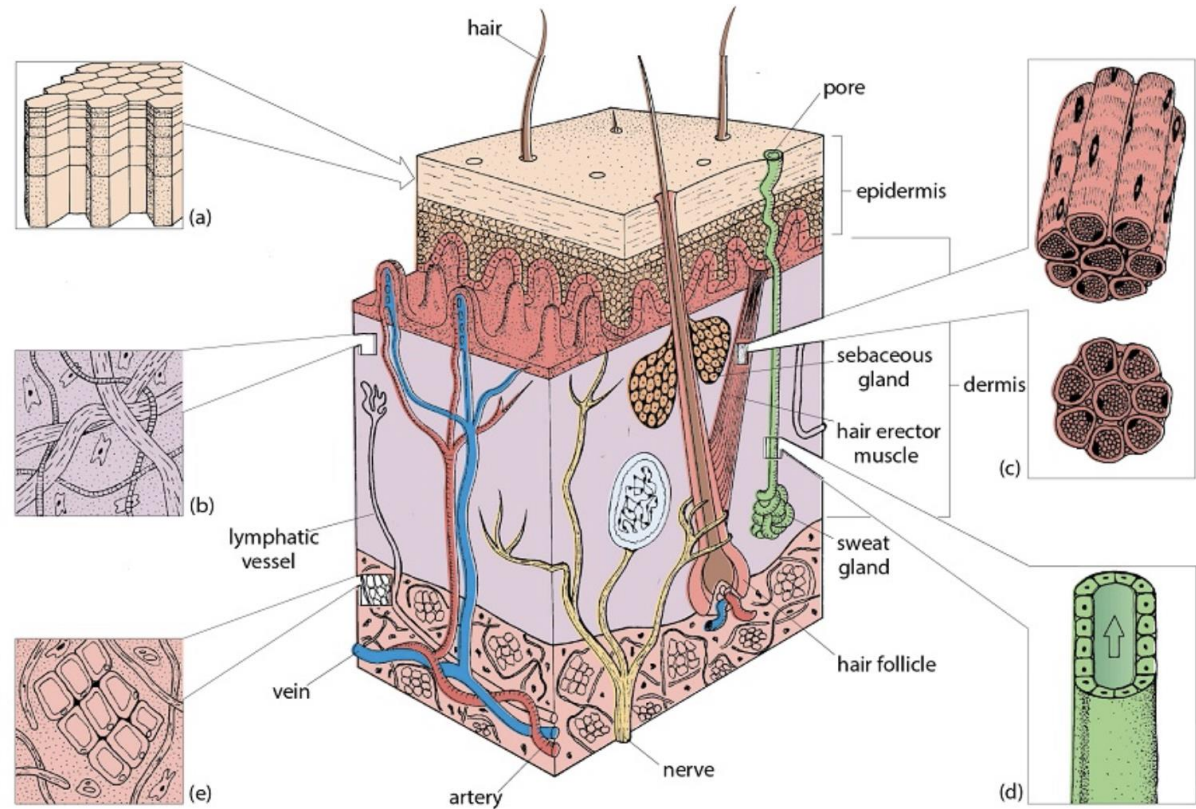
- Skin
 - Sun protection
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Before . . . During . . . After . . .

What might happen????

- Surgery
- Chemotherapy
- Immunotherapy
- Radiation
- Drug - specific rashes



Before . . . During . . . After . . .

What can you do?

- Skin
 - Maintain pH
 - Sun protection
 - Moisturizer
- Hair
 - Condition
 - Diet
- Nails
 - Avoid trauma
 - Maintain cuticle

ASK, ASK, ASK!!!!!!!

Oncology nurses

Medical team

GP

Daffodil centre

Irish Skin Foundation nurses

Dermatology if available

Resources

- <https://www.cancer.ie/cancer-information-and-support/cancer-information/cancer-treatments-and-side-effects/coping-with-side-effects/skin-and-nail-changes>
- <https://www.stjohnsdermacademy.com/patient-resources>
- <https://www.aad.org/public/diseases/skin-cancer/types/common/melanoma/radiation-care>

Before . . . During . . . After . . .

What now? Back to normal?

- Skin
 - Sun protection
 - Moisturizer
- Hair
 - Condition
 - Diet
- Nails
 - Avoid trauma
 - Maintain cuticle



Resources

- Oncology nurses
- Medical team
- GP
- Daffodil centre
- Irish Skin Foundation nurses
- Dermatology
- <https://www.cancer.ie/cancer-information-and-support/cancer-information/cancer-treatments-and-side-effects/coping-with-side-effects/skin-and-nail-changes>
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Protect your skin



Know the UV index: In Ireland, the UV radiation levels are high from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am-3:00pm.



Slip on clothing: Cover skin as much as possible, wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slop on sunscreen. Use factor 30 for adults and 50 for kids. Apply sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.



Slap on a wide brimmed hat: Protect your face, ears and neck.



Seek shade: Especially if outdoors between 11am and 3pm, and always use a sunshade on a child's buggy.



Slide on sunglasses: Guard your eyes from harm by wearing sunglasses with UV protection.



Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.





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