



**SHARSHERET**<sup>®</sup>  
The Jewish Breast & Ovarian Cancer Community



## Love the Skin You're In: Before, During, and After Cancer Follow Up

With Shyamali Singhal, MD, PhD, Director of the El Camino Hospital Cancer Center in California, and founder of Hope and Beauty, an oncologist approved skin care line

1. Can you make some specific product recommendations for each category (Hope and Beauty products, as well as drug store type products)?  
Hair: Emu oil or hair oil to keep the scalp moist  
Gentle shampoo, hypoallergenic either Cleure or Alra both available at Hope and Beauty and Walmart  
Nails: Hope and Beauty has nontoxic nail polish remover, 7 in 1 elixir Nail Hardener, Cuticle oil and Polybalm, Drugstore: Nail hardener has Sally Hansen Hard as Nails and the usual nail polish remover etc  
Skin: Face and Skin PCA silk coat balm, creamy cleanser, hydrating serum, dry skin relief bar. Cleure emu oil  
Oral: Cleure unflavored toothpaste, cranberry mouthwash, soft toothbrush
2. You mentioned that minoxidil is sticky. What about taking it orally? Does it include estrogen or any other hormone?  
One can take it orally but remember it is a blood pressure medication primarily so it is not recommended. Minoxidil does not contain estrogen or other hormones.
3. How can I tell the difference between the impact of treatment and regular aging? Does it make a difference in how to address the concerns? They overlap. The main treatment effect is photosensitivity, and dryness. The aging issues can come with force menopause such as taking Tamoxifen or Arimidex.
4. What products should be used BEFORE treatment (radiation in particular) to mediate the effects on the skin? Keep the skin moisturized and use gentle soap.
5. Is there something specific to do with dry, flaky skin under the eyebrows? There are eye creams that contain hydrating ingredients such a ceramide or hyaluronic.
6. In addition to dryness, the skin on my fingers is peeling and hurts terribly. What can I do about this? You are describing hand foot syndrome. A couple of things, gloves, ice packs, 10% urea cream or if that is tolerated 40% urea cream. But you really need a barrier cream such as aquafor, but they tend to be greasy.
7. My hair never grew back. What are my options to encourage regrowth? Minoxidil is one and the laser hair caps.
8. What are your shampoo recommendations? Also, should we use conditioner, or is that overkill? Gentle shampoo, hypoallergenic. I usually suggest Cleure Shampoo/ conditioner and hair gel or Alra has a nice one as well similar priced to Baby Shampoo.

9. Do you recommend vitamins and supplements and which ones are best?  
I don't generally recommend vitamins.
10. What are the best deodorants? Can they be used on healing skin (axillary dissection), or skin that has no feeling? Alra makes a nice deodorant, Cleure makes one also.
11. After my incisions have healed, what can I do to minimize scar tissue, or reduce already formed scar tissue? I suggest Vitamin E oil to the patients. You can also ask the plastic surgeon and they have lasers that can revise the look of many scars. It does not help with raised scars and keloid. What about cupping? Ask the acupuncture MD
12. There were a series of drug-specific questions. Can you note which drugs are specifically known to impact skin, hair and nails? And if there are any drug-specific recommendations? This is a very big question. It depends on what cancer you have what medication you are given, and whether you respond to the medications. Many of the drugs that affect rapidly dividing cells will affect hair and nails. The big ones are Taxol and 5 FU.

Please click [here](#) to see a recording of the full webinar.

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