

# Cancer Answers

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## **Skin Care During the Cancer Journey – taken from chapter 3 “What’s in your Skin Care Bag” of Beauty During the Cancer Journey by Carin g Hansen**

Your skin is the largest organ of your body. It breathes in, breathes out and protects you. So, it only makes sense that you want healthy skin. For healthy skin during cancer treatment I advocate doing the least amount of work possible to get the most benefit. We all know that skin care can be summed up in three steps: cleanse, moisturize and protect. If we want truly healthy skin we need to combine these three steps along with a good diet, and proper hydration.

You might want to consider purchasing and using a hydrating spray. There are sprays available for both the body and face. They are wonderful to mist on anytime of the day. Spray’s with vitamins and minerals in their formula help nourish, not just hydrate. Any hydrating spray will give your skin added moisture it so desperately craves during treatment. Choose organic products as much as possible to nourish your skin gently and thoroughly.

My recommendations are:

1. Organic Moisture Mist by Lily Organics - In addition to hydrating the skin the herbs in this formula help rejuvenate the cells and is anti-inflammatory.
2. Hydrating Mist by Juice Beauty - This blend of organic antioxidant juices, aloe vera, rosehip, grapeseed oil and vitamins hydrates and balances the skin’s natural moisture.
3. Rose Monsoon Hydrating Mist by Miessence - The botanicals in this product are wonderful for re-hydrating and invigorating your skin.

The following issues are very important to consider regarding skin care during treatment:

- Use lukewarm water when washing your face or body to avoid excessive dryness.
- Exercise caution with fragrances when choosing products. During the cancer journey you are likely to be quite sensitive to many fragrances. You may find you cannot handle any kind of fragrance and need to choose fragrance-free products.
- Unless you find your skin extremely oily, avoid alcohol based products. Please be aware that in cosmetic labeling, the term "alcohol" used alone refers to ethyl alcohol only. Cosmetic companies can label a product "alcohol free" if it does not have ethyl alcohol. However, it may contain ethyl alcohol, cetyl alcohol, stearyl alcohol, cetearyl alcohol or lanolin alcohol. You should avoid ALL of these. They will only aggravate your dry skin.
- You may be able to use masks and scrubs. Check with your doctor or dermatologist for their guidelines on if or how often you should use these products. If you do use either of the above, exercise extreme caution. Use gentle pressure when applying and removing. Masks containing only organic ingredients are generally considered safe if they do not harden while on your skin. Masks that harden are generally too drying.

## Join Y-me on Mother's Day

Join more than 40,000 participants in 15 cities across the nation for an inspiring Mother's Day and help ensure that no one faces breast cancer alone! Together, we will aim to raise nearly \$9 million to fund programs and services for those who can't wait for tomorrow's cure. Log on to Y-me.org to get more information.

## **Cancer Answers for Men**

Many women do not think that it is as traumatic for men to lose their hair during treatment because it is in “vogue” to be bald. However, one must remember that ALL hair is lost – not just the hair on the top of your head. Not having eyebrows is a give-away that chemotherapy is being administered even if he has chosen to embrace the “bald look”. The nuBrow company offers great looking false eyebrows that are very natural looking AND easy to apply with a non-toxic adhesive. They are available in brown and can be worn “as is” or dyed with an eyebrow/eyelash tint to match his natural hair color. They can also be trimmed to fit the look they prefer. With gentle care a pair of these eyebrow will last 4-6 weeks and the cost is nominal.

Men who have a hormone-based cancer, such as prostate or breast, should be aware that treatment may leave them sterile. Having sperm frozen in a sperm bank can offer some security and comfort should they become sterile. Make certain to have them check with their doctor if you think this is something they should consider doing. Whether he is planning on having children (or more children) is not the complete issue here. These types of cancer attack their perception of themselves as men. Just knowing they have sperm available, should they want it, can be a tremendous boost to their masculine well-being!

