

**DEALING WITH CANCER**Are you personally dealing with cancer? Do you have a friend, family member, relative, co-worker who is dealing with cancer? As slow as it seems at times, treatments today are advancing. One area, though, that has not advanced over the years is how to deal with the trauma of chemotherapy and radiation as they affect the skin, hair and nails.

Far too many times cancer patients hear people say 'Oh, try this', solely due to the fact that they were given samples, many of which offer little to no true benefit. Having personally faced these obstacles and continuously hearing from friends, employees, cancer patients and volunteers who have been looking for high quality, beneficial products, we decided to do something about it.

A-Cute Derm® has developed the Reprev™ products that are not only great for the skin but are designed specifically for embattled skin, during and after chemotherapy and radiation, which can create problems including burns, cracking tissue, chafing skin, infection and severe nail changes. We also know that no one product can help every problem. Today, we are proud to offer a complete program geared specifically for the damaging effects created by cancer treatments.

Your skin, hair and nails can and will go through transitional changes during your treatments. You may develop Fibrosis following surgery, chemotherapy or radiation. Some of these changes will affect you long term. Women, who undergo cancer treatments may experience early onset menopause. Reprev™ products will minimize the downside of cancer treatments and, maximize your ability to look and feel better faster, while maintaining healthier skin beyond your treatments and for years to come. Reprev™ maintains extremely high criteria to help you to maintain your appearance and at the same time deliver nutrients that offer significant benefits for you and your skin's well-being.

Reprev™ products can be used by anyone desiring high quality, gentle skin care maintenance. These have been developed by a Board Certified Dermatologist along with a Ph. D Biochemist, who have significant backgrounds in skin care and cancer treatments. Every item is produced with tender, loving care by individuals, many of whom have been personally afflicted by cancer.

It is our responsibility to help you understand the problems that you will face, what works, why it works and how to best use the products. We hope that you will tell everyone you know about this wonderful program as we make cancer survivors as comfortable as we can for years to come.

A portion of every product sold is donated to non-profit cancer organizations supported by volunteers who are themselves cancer survivors. Please feel free to contact us if you know anyone who is afflicted with this disease or any of their family members who need one-on-one assistance to help find their way through this ordeal.

There is no cost for this service. As a cancer survivor, I can attest to the miracles and other gifts that life has to offer. There is always HOPE and I am living proof of it.

Best Regards.

Bill Davis Kidney Cancer Cancer Survivor

President - A-Cute Derm Inc

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## YOUR SKIN CHANGES DURING CANCER THERAPY

It is remarkable how life can change in an instant. As a physician specializing in Diseases of the Skin, Hair and Nails as well as Cosmetic Dermatology, I see many patients and family members afflicted with cancer. As difficult as cancer is you do have control over your dignity, self-respect and appearance. It is critical that you keep a positive outlook and take care of your skin along with an effective program of products to meet your needs.



Treating the skin can at times feel like a chore especially when you do not feel well. It is paramount during cancer treatments

to keep it healthy. A healthy appearance is an important part of your well-being and mind set. The proper products and the right skin care regimen are essential in helping you to look great and feel better. When facing cancer, a time when everything may seem out of control, taking care of your skin is a facet of your life that you can control.

You will be able to take care of most of the skin, nail and hair problems on your own. You simply need to be diligent and careful. Some of the more common skin conditions include itching, redness, rashes and sensitivity to the sun. Nails can also become darkened, brittle and cracked.

Esta Krowberg, M.D. Board Certified Dermatologist Houston, TX

A-Cute Derm has developed skin care products for my medical practice since 1999. Their products are superb and offer the finest quality throughout the industry.

As a physician I am thrilled to finally see a proven program of products specifically designed for patients who are battling skin problems associated with chemotherapy, radiation and surgical procedures. This has been long overdue.

In closing, I would like to say that I have never dealt with a company more dedicated and caring to the well-being of individuals than A-Cute Derm is. This dedication and caring speaks volumes to my patients and to other physicians that I deal with on a daily basis.

Makena Marangu, M.D.

'Knowing that I had cancer was bad enough. The changes that occurred in my skin... what I went through...was enough to drive me crazy. I was able to work with all of these products and they were fabulous. I used Omega36 Serum for my scalp and itch during chemotherapy. It was also a lifesaver for post radiation and scarring from surgery. The sunscreen gave me lots of moisture and protection without any greasy feel. During radiation I used the Benesal Ointment, which was a great relief for cracked heels and nails. The Bruise Crème was perfect following IV treatments, as well.' - Cindy N, Cancer Survivor

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# CHEMOTHERAPY

## **TREATMENTS**

While undergoing chemotherapy it is important to keep your skin as moist as possible. No matter what your skin type is, chemotherapy makes the skin drier because the drugs interfere with oil and sweat glands.



Lipids (oils found deep within the skin) have to be replaced. Adding high quality moisturizers with nutrients including proteins

and vitamins that can penetrate the skin can minimize or prevent chafing, chapping and cracking of the skin, which can otherwise lead to infection, especially for a cancer patient whose immune system is suppressed.

Chemotherapy may also affect nails, retarding nail growth, causing them to become thin and brittle.

## **RADIATION**

Radiation is the gift that keeps on giving. Radiation can cause your skin to become red, inflamed and brittle while you are receiving treatments and for years to come. During and after radiation, the skin surrounding the treatment site may become red, dry and tender. This can begin as early as week 2 and may improve within a few weeks following the end of treatment.



Potential long term radiation damage if not treated



Radiation and chemotherapy can result in nail changes



Redness and inflammation

#### SKIN DISORDERS

The following skin disorders may be typical when facing the treatments required to battle cancer:

- Chafing Fibrosis Infection
  Chapping Fissures (cracked skin) Muscle Atrophy
  Dermatitis Flaking Skin Nail Toxicity
  Dryness Hair Loss Peeling Skin
- Dryness
   Edema (swelling)
   Hyperpigmentation
   Erythema (redness)
   Hypo-pigmentation
   Pruritis (itching)
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#### **FOLLOWING TREATMENTS**

Your skin may appear darker than usual. This will fade with time. Your skin may stay dry for a few months once treatments end as needed. The skin might also peel. To reduce dryness, continue to apply moisturizers to the skin for at least three to four months after treatments.

Fibrosis is a common occurrence. Fibrosis is the formation of scar tissue due to injury or long-term inflammation. It can cause lack of motion and reduced range of motion. Our Omega36 $^{\text{TM}}$  Super Serum can help with the problem since it offers anti-inflammatory properties and appears to help with pain and movement.







# KEYS TO HELPING YOUR SKIN

- $\hfill \bigcirc$  For itching, apply corn starch.
- $\bigcirc$  Lightly towel dry and keep the skin slightly moist.
- O Apply moisturizers often. Do not wait for your skin to feel dry.
- O Wear a high quality UVA/UVB Broad Spectrum Sunscreen
- Apply moisturizers while your skin is damp. This will trap moisture in the epidermal layer.
- Wear gloves while washing dishes. Wear cotton-lined gloves to do household chores, rubber gloves when using chemicals.
- Apply a petrolatum-based product daily, especially around the nails, fissures and cracked skin on the hands and feet.
- File your nails gently rather than cutting them. Do not cut, push or touch your cuticles!
- To avoid dryness, take quick, lukewarm showers or baths. Use one to two cups of baking soda in your bath.

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## WHAT TO AVOID DURING TREATMENTS

- STOP all retinoids (prescription strength Vitamin A, e.g. Retin-A®, Renova®...)
- STOP all Alpha Hydroxy Acid and Beta Hydroxy Acid skin care products containing Glycolic Acid or Salicylic Acid

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- DO NOT USE products with added fragrance in the ingredients listing. This can include essential oils, which may leave a nice smell but may also create contact dermatitis.
- BE CAREFUL of added coloring agents in shampoos and skin care products that can also cause contact dermatitis. This will be noted in the ingredient list as FD&C.
- O DO NOT USE fabric softeners which can create allergic reactions.
- Extreme temperature changes can be disruptive, especially hot to cold and very dry conditions.
- Swimming can be beneficial but be careful with chlorinated pools, which will dry out the skin's surface. If you can smell the chlorine, stay out.
- DO NOT FORGET your sunscreen no matter what the weather might be. You may be photo-sensitive for more than a year once treatments end.

- STOP all self tanners
- O DO NOT SHAKE HANDS
- O STOP bathing more than once a day
- STOP manicures and pedicures
- STOP nail biting, fake nails and wraps
- STOP pushing back your cuticles
- O STOP waxing



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# **HOW TO CARE FOR YOUR SKIN DURING TREATMENTS**

ealthier skin improves the lipid system, which in turn improves TEWL (transepidermal water loss) and the protective barrier (Stratum Corneum) within the skin. By minimizing moisture loss you will make the skin smoother, softer and healthier. This is also important for hands and soles of the feet, which can easily become sore, crack and blistered.

We highly recommend gentle to very mild products. Treat the skin as you would a burn. Wash hands using tepid or lukewarm water. Use alcohol-free cleansers including an antibacterial wash before touching areas being treated. Be sure to follow application directions, which vary from product to product. You will also need to keep the skin moist at all times due to the drying effects of the treatments. Wear sun protective apparel and a high quality broad spectrum sunscreen.

The regimen for proper skin care revolves around a Core Program. Reprev™ recommends three categories to your skin's well-being

### CLEANSE



The best cleanser should be extremely gentle with little to no added fragrance other than a product's natural ingredients. The cleanser can be soap-less (non-foaming) or have very little foam. Foams contain surfactants that can create drying effects on the skin. You should also have an anti-bacterial wash that is alcohol-free and preferably without Triclosan.

Cancer patients and survivors are advised to never scrub their skin. Overzealous cleansing can strip away the remaining natural oils and scar the skin.

## MOISTURIZE



Add moisturizer to all affected areas numerous times daily. It should be light in feel and fragrance-free. You will need to consider various moisturizers, a creme for the face and a lotion for the body.

Severe cracking of the skin and ulcerations need to be dealt with quickly. We recommend ointments with a petrolatum base that can offer an occlusive barrier while also delivering nutrients to the skin.

Bruises can be another problem. A topical that can work on embattled skin and uses Arnica will put you on track for improved results and offer some prophylactic measures to minimize future bruising.

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#### **PROTECT**



We know that UVB radiation causes cancer and can kill. It does not have to create a burn effect on the skin to cause damage. And, it only takes ten minutes for the average skin type to burn without protection.

UVA radiation is more harmful as it creates significant damage by destroying necessary nutrients in the skin. We also know that UVA has one hundred percent (100%) potency from sunrise to sunset, rain or shine, every day of the year. It too, causes cancer and can kill.

Since we become more vulnerable to this damage with a reduced immune system, it

becomes critical that all cancer patients and survivors wear a significantly effective broad spectrum sunscreen. We have learned over a twenty year period that ingredients such as zinc oxide, titanium dioxide and Parsol 1789 (Avobenzone) are not necessarily the best ingredients to use.

A sunscreen should be elegant, light to the touch, grease-less so that it dries quickly and works extremely well with make-up. It should not break down when you perspire or go into the water. Most importantly, it should get stronger and last all day long without having to reapply.

Although cancer patients are advised to moisturize with products containing sunscreen it is important to know that you do not want a moisturizer that contains sunscreen; you want a sunscreen that contains moisturizing elements and potent antioxidants like Aloe Vera and pharmaceutical-grade Vitamin E.

Many medications may cause you to react to sunlight (photo-sensitivity.) Be certain to always wear a high quality broad spectrum (UVA & UVB) sunscreen with SPF20 or higher. This should become part of your daily regimen even if you are only going out for ten (10) minutes during the day. We are much more vulnerable to this damage which occurs long term.

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# REPREV™ PRODUCTS

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## **CLEANSERS**

Our cleansers are designed specifically for you. You also need choices because no single cleanser can do everything for everyone. Use any one or all three of these items. It is really your personal preference.



Bacicleanse™ Antibacterial Wash: Improves wound healing. A maximum-strength antiseptic. Alcohol-free yet kills 99.99% bacteria on immediate contact including Staph, Pseudomonas and E.coli. Induces improved wound healing by controlling the sterility in open wound sites. Use on the entire body including washing your hair or scalp. This offers maximum strength protection in controlling and killing bacteria for hours. Unique product that meets and exceeds two diferent FDA criteria for OTC Drug status. Superb total body cleanser and should be used by the entire family.

**Benecleanse™ Ultra Gentle Wash:** A soap-less, pH neutral cleanser. Light and elegant with a slight moisture barrier to comfort your skin. Helps remove make-up. Can even be used without water. Perfect for sensitive areas.





Vitox™ Antioxidant Wash: Utilizes a light blend of fruits to cleanse the skin without stripping the oils. Utilizes potent antioxidants (Japanese Green Tea and Vitamin E) and proteins to impede further damage to skin as it re-nourishes the epidermal layer; Aloe Vera and Kola Nut Extract calm the skin. This superb cleansing agent leaves the skin soft, smooth and refreshed. Ideal for the face.

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# **MOISTURIZERS**

Products include a super serum, facial crème, body lotion, bruise crème and an ointment for fissures and cracked skin. The program utilizes highly purified Emu Oil, a natural ingredient that is loaded with Omega 3 and Omega 6 nutrients, which the skin craves. We also use pharmaceutical grade Vitamin E, a potent antioxidant that creates synergy with all other ingredients. Emu oil penetrates the epidermal layers to nourish dry, chafed, cracked, tired and irritated skin. Emu oil appears to help with pain and acts as a bio-active transport to mediate other nutrients into the skin as well as accelerate the body's ability to heal.

# MOISTURIZERS / SUPER NUTRIENTS

Don't go anywhere without these three products. This will be your skin treat for the day. They will keep your skin moist but not greasy. They will offer nutrients that will go a long way to keeping your skin healthy and looking great.

Omega36™ Super Serum: A super potent moisturizer loaded with lipids. Use any time the skin feels dry, day or night on the face, neck or body. This may be used for itching, severe irritation including blistering, scabbing, cuts and scars. DO NOT PLACE DIRECTLY ON RADIATION SITES UNTIL ALL TREATMENTS HAVE BEEN COMPLETED.





Omega36™Hydration Crème: A lighter formulation than the Serum to be used as a facial moisturizer. Can be used as an after shave balm and works extremely well under makeup. Leaves your skin feeling soft and silky smooth.

Omega36™ Hand & Body Lotion: A light and elegant fragrance-free lotion to help nourish the skin. Your body will feel softer, smoother and more moist than with traditional moisturizers.



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#### **BRUISING**



Omega36™ Bruise Crème: A light crème that utilizes Arnica, prized for its ability to quickly work on bruises. This product conditions and improves the appearance of the skin that does not heal well or bruises easily. May also be used as a prophylactic measure to impede or minimize the chance of bruising.

# **CRACKED SKIN**

Why suffer from broken skin on your hands, feet and lips, which increases the risk of contamination and infection? Stop the problem in its tracks with Benesal  $^{\text{TM}}$  Ointment. This is also perfect for bed sores.

**Benesal™ Ointment:** Perfect for use on fissures and ulcerations on the hands and feet. May be used on i.v. sites and can be applied on and around sensitive skin from radiation treatment. And don't forget your lips.



# FACE MASK



Vitox™ Green Tea Mask: A light, antioxidant and nutrient-filled facial mask helps to fight free radicals while it delivers rich moisturizers to the skin. Includes highly prized Japanese Green Tea Extract, a potent antioxidant, and Peppermint Extract to calm the skin and act as an anti-bacterial agent.

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#### **PROTECTION**

The best sunscreen under the sun! Complete protection for your acute condition.

- Higher, more consistent level of protection for UVB and UVA radiation than Zinc Oxide, Titanium Dioxide and Parsol 1789 (Avobenzone).
- Our SPF20 offers higher protection compared to sunscreens up toSPF60
- Rub-proof. One application actually lasts 24 hours.
- Waterproof. You do not need to reapply.
- O Moisturizing, elegant lotion and works extremely well with make-up
- O Parabens-free, Fragrance-free
- Developed for cancer patients

Spectral SPF20™ Sunscreen Lotion: Extremely high quality sunscreen that covers the entire spectrum. It blocks 97% of all UVB radiation and well over 90% of the harmful long-term UVA rays to keep your skin protected from further damage. Lasts all day. Ultra lite and grease-less.



## **OPEN STOCK & STARTER KIT**

A perfect way to start taking care of your skin. All products are available in open stock including various sizes in many items. As an added convenience, we offer a superb Starter Kit with 6 items to give you a selection of key products. This also makes a superb gift.





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REPREV ™ CANCER SKIN CARE PROTOCOL					
CATEGORY	PRODUCT			NOTE	
cleanser	BACICLEANSE™ BENICLEANSE™ VITOX™	1	1	anti-bacterial, alcohol free ultra gentle, soap-less anti-oxidant & calming	
	OMEGA 36™ SUPER SERUM	2	2	for serious dryness, chafing & inflammation; use as often as needed	ı
moisturizer	OMEGA36™ HYDRATION CREME	2		use under makeup; as an after-shave balm; day creme	
	OMEGA 36™ BODY LOTION	2	2	keep body moist 2-3 times daily	
bruising	OMEGA 36™ BRUISE CREME	3	3	use in lieu of moisturizer (step 2) on affected areas	•
cracked skin	BENESAL™ OINTMENT	4	4	use in lieu of moisturizer 2-3 times daily, as needed on hands, feet, lips and bed sores	
sunscreen	SPECTRAL™ SPF20 LOTION	5		use daily rain or shine	
makeup		6		as desired	
facemask	VITOX™ GREEN TEA		5	2-3 times per week	
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