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Dermocosmetic treatment for radiodermatitis in oncology patients

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Radiodermatitis ranges from erythema and dry or wet desquamation to skin necrosis or ulceration of full thickness dermis with spontaneous bleeding. In the case of more severe skin reactions, correct radiation dose and distribution should be verified. Radiation dermatitis is classified to four grades according to National Cancer Institute – Common Terminology Criteria for Adverse Events v4.0. : Grade 1- faint erythema or dry desquamation; Grade 2- moderate to risk erythema, patchy, moist desquamation, moderate edema; Grade 3- moist desquamation other than skin folds and crease, bleeding induced by minor trauma or abrasion and; Grade 4- skin necrosis or ulceration of full thickness of dermis, spontaneous bleeding from involved site. Preventive topical techniques include topical avoidance of creams, moisturizers and emulsions shortly before radiation treatment as they can cause a bolus effect; thereby artificially increase the radiation dose to the epidermis. Grade specific management approaches are as follows: Gentle washing with mild soap in the absence of clinical signs of infection, drying gels with antiseptics, hydrophilic dressings after radiotherapy, zinc oxide paste, remove it totally if it is possible before the next session. Regarding the use of hyaluronic acid as hydrating agent, there is a discrepancy in the literature. Topical antioxidants have also been proposed. In conclusion, preventive and curative care strategies in the case of radiotherapy could be adapted in the aim to delay erythema, limit complications related to radiodermatitis and improve patients' comfort.

Biography

Athanasia Varvaresou is currently working as Associate Professor in Cosmetology at Technological Educational Insitution 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 interest includes Oncology, Nanotechnology, Organic Chemistry, etc.

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