

A number of CRC treatments lead to side effects of the skin. Here's a list of things to have on hand to help you manage! Learn more about skin toxicities in the Fight CRC Mini Magazine, and visit [FightCRC.org/skintox](http://FightCRC.org/skintox) to watch videos from medical experts and CRC survivors for more details on living with skin toxicities.

## Prescriptions

Talk to your doctor about prescriptions to minimize skin side effects before beginning cancer treatment.

- Prescription topical steroids to face, upper back and chest twice a day
- Oral antibiotics (doxycycline or minocycline)

### FOR YOUR SKIN

- Gentle cleanser, fragrance free
- Non-scented, bland, thick moisturizers
- Broad spectrum UVA/UVB SPF 30+

### FOR FINGERS AND NAILS

- Skin glue for fissures
- Thick ointment based moisturizers
- Nail care items (emery boards, nail clippers)

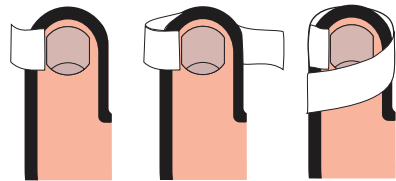
### FOR YOUR FEET

- Wide toe box shoes
- Tape to pull skin away from nails
- Athletic socks (better than cotton at keeping feet dry)

#### WIDE SHOES VS. REGULAR



#### TAPING SKIN AWAY FROM NAIL



It is important to keep close attention on your side effects. Skin toxicities can often lead to infection. If you suspect you might have an infection, call your doctor. If you have any questions about your skin-related side effects, call your doctor or a member of your care team.

## SPONSORS

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