


*In 2015, 1.6 million new cancer cases will be diagnosed.*



# Oncology ebook

Brought to you by  Associated  
**Skin Care**  
Professionals

[What is Cancer?](#)

[Common Forms](#)

[Treatments](#)

[Statistics](#)

[Contact Us](#)



# What is Cancer?

*Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. They are able to divide without control and can invade healthy tissue.<sup>A</sup>*

There are more than 200 types of cancer.<sup>B</sup>

## Citations:

A= American Cancer Society website

B= Becky Kuehn, Oncology Spa Solutions





In this short ebook, you'll learn more about cancer, the skin changes associated with oncology treatments, and the emotional side effects. As always, make sure you stay within your scope of practice, have adequate specialized training, and have your clients receive their doctor's permission for treatment.

# Common Forms of Cancer

## Solid

**Carcinoma:** Affecting epithelial tissue

*Examples: Colon Carcinoma, Basal Cell Carcinoma*

**Sarcoma:** Affecting adult bone or soft tissue

*Examples: Liposarcoma, Osteosarcoma*

**Central Nervous System:** Affecting brain and spinal cord tissue

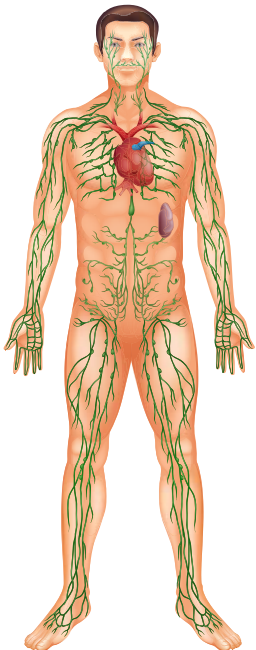
*Examples: Glioblastoma, Astrocytoma<sup>B</sup>*

## Liquid

**Leukemia:** Affecting blood-forming tissues, bone marrow, and the lymphatic system

**Multiple Myeloma:** Affecting plasma cells in bone marrow

**Lymphoma:** Affecting cells in the lymphatic system<sup>B</sup>



# What Causes Cancer?

Cancer is caused by **external factors** and **internal factors**, or any combination of both.<sup>A</sup>

Generally, factors causing cancer are 10 percent hereditary, 90 percent environmental/external.<sup>B</sup>

## External Factors

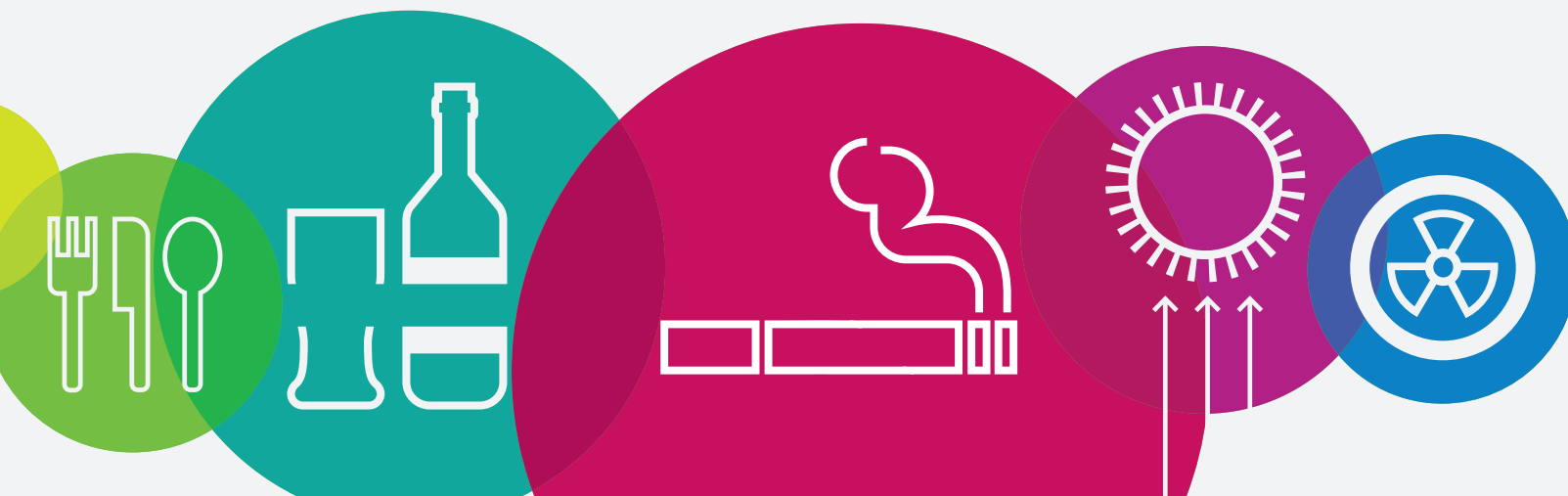
Aging, alcohol and tobacco use, sun exposure, radiation exposure, chemicals, viruses, bacteria, poor diet, obesity, lack of exercise.<sup>B</sup>

## Internal Factors

Hormones, inherited genetic mutations, immune conditions.<sup>A</sup>

## Time Between Exposure and Diagnosis

Often 10 or more years pass between exposure to external factors and detectable cancer.<sup>A</sup>





# Treatments

Surgery, radiation, chemotherapy, hormone therapy, immune therapy, and targeted therapy (drugs that specifically interfere with cancer cell growth).<sup>A</sup>

# How is **Cancer** Staged?

Staging is used to describe the severity of the cancer. Doctors use the TNM method for assessing:

**T** = Primary tumor extent

**N** = Node involvement

**M** = Absence or presence of metastases<sup>A</sup>




# Statistics

- From ages 50–59, 1 in 17 females and 1 in 15 males will develop invasive cancer<sup>A</sup>



- 1 in 3 women and 1 in 2 men have a lifetime risk



- 589,430 people are expected to die in 2015 (1,600+ a day)
- Cancer is the most common cause of death in the United States, exceeded only by  heart disease (610,000)
- 14.5 million survivors<sup>B</sup>



# How does **cancer** treatment relate to the esthetician?

Knowing about cancer and the various treatment options can help you understand the different side effects and how to properly (and safely) accommodate your client.

## Surgery

The physical removal of a growth or mass.

**Skin side effects:** Disfigurement, scar tissue, bruising, swelling, drainage from surgery site, lymphedema.

Questions to ask on the client intake form:

- Where and when did you have surgery?
- Are you undergoing other treatments or taking additional medications?
- Were lymph nodes removed? If so, where?

Determine how to make your client comfortable and safe, then modify treatment as necessary.



## Radiation Therapy

An external beam targets an internal tumor and any healthy skin in its path.

**Skin side effects:** Dry skin, erythema, hyper/hypopigmentation, radiation dermatitis, radiation recall, photosensitivity.

Questions to ask on the client intake form:

- Where and when have you had radiation?
- Are you undergoing other treatments or taking additional medications?
- Were lymph nodes radiated? Where?

Determine how to make your client comfortable and safe, then modify treatment as necessary.





## Anti-Cancer Drug Therapy (Chemotherapy)

*A systemic approach to cancer treatment, cytotoxic drugs are administered through the blood stream to kill cancer cells and all rapidly dividing cells.*

**Skin side effects:** Dry skin, itchy skin, rashes, hyper/hypopigmentation, photosensitivity.

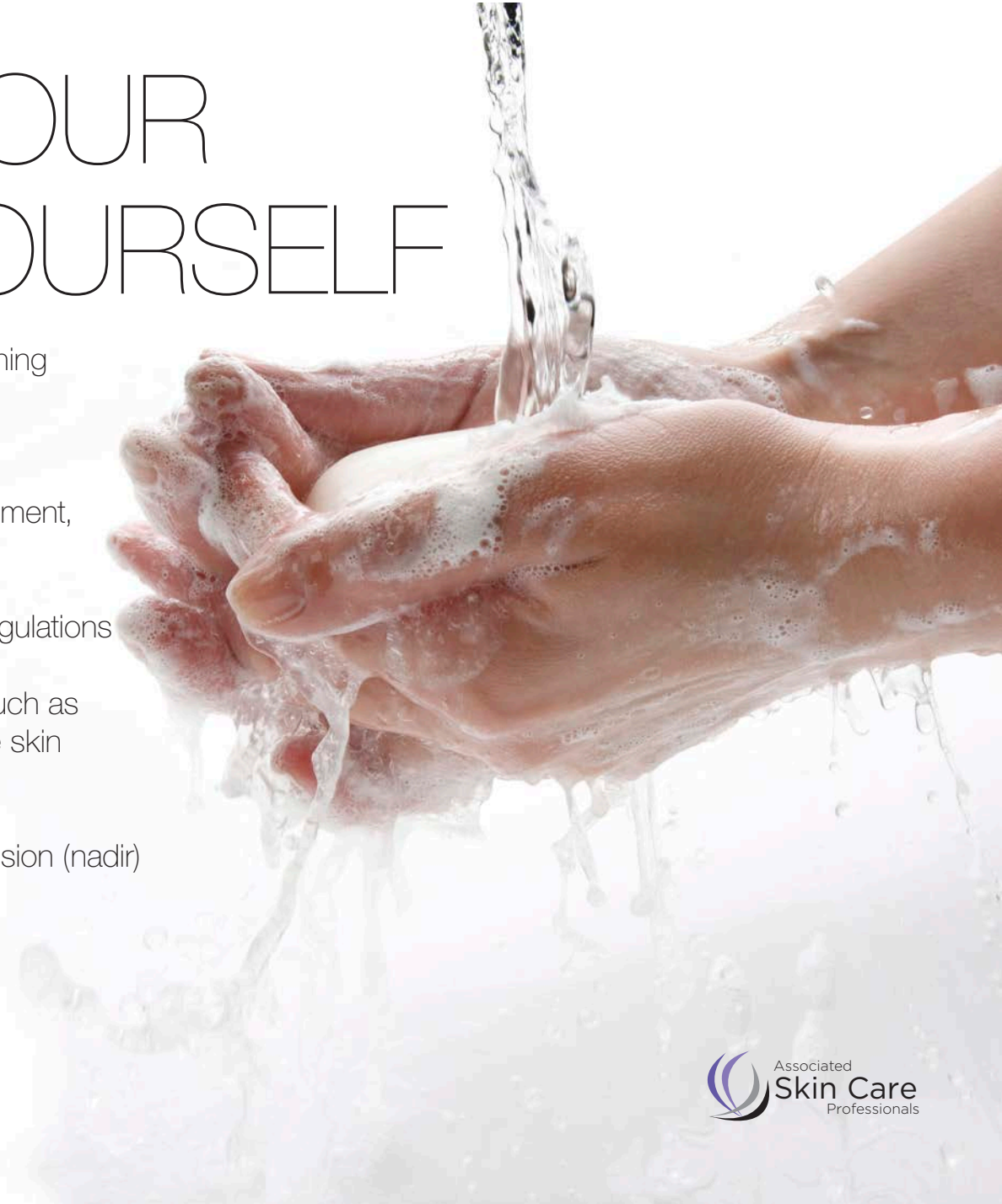
Questions to ask on the client intake form:

- Talk with your client openly about what's going on in her life; encourage trust.
- Have you received any anti-cancer drug therapy?
- If so, what medication are you taking?
- When was your last infusion date? Are you in nadir?
- Are you experiencing fatigue, or at risk for infection, bleeding, or bruising?
- What has your oncologist instructed you to avoid in terms of treatments, services, or ingredients?

Be cognizant of side effects and factors that can exacerbate side effects (smells, chemicals, etc.). Determine how to make your client comfortable and safe, then modify treatment as necessary.

# PROTECT YOUR CLIENT & YOURSELF

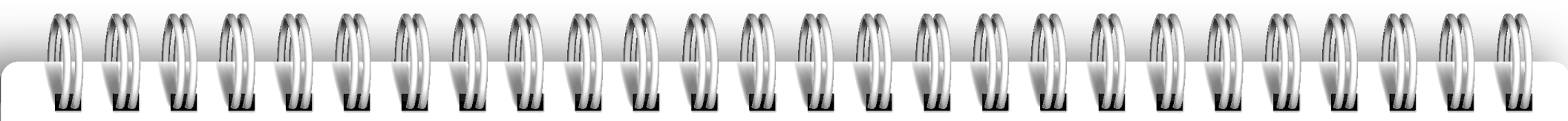
- Follow steps for proper and regular hand washing
- Use non-latex gloves (vinyl or nitrile)
- Sanitize and disinfect surfaces, utensils, equipment, and products
- Launder towels and sheets per state board regulations
- Avoid any treatment that puts clients at risk, such as anything that breaks the barrier function of the skin (chemicals included)
- Avoid any treatment in the 7–14 days from infusion (nadir)
- No treatment in the first 48 hours



# Treatment Plans

- Consult
- Analyze
- Discuss treatment plan
- Treatments that are soothing, calming, hydrating, protecting
- Little to no fragrance
- No chemicals that can break down the structure of the skin (acids, alcohol base, synthetics, toxins, etc.)





## How to help clients while staying in the scope of your license

Be trained, be prepared, be ready

- Stock and use safe products
- Be able to educate your clients
- Know what equipment is safe and within your scope
- Do not diagnose
- Build a referral network
- Choose the right words:
  - \* Choose “soothing facial” over “oncology facial.”
  - \* Choose “oncology-trained esthetician” over “oncology esthetician” or “medical esthetician.” Only list what is on your state issued license.





Associated  
**Skin Care**  
Professionals

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**To learn more about how you can become an esthetician trained in oncology skin care, check out Oncology Spa Solutions. This intensive course will equip you with the knowledge and tools you need to work with cancer survivors.**

**Please visit: <https://oncologyspasolutions.com/trainings/>**

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