



Tips in this leaflet are only suggestive. You should always seek advice from your oncologist. The latter, depending on the degree of manifestation of HFSR, may take various actions to relieve your condition. In some cases, your treatment may be suspended. You should know, however, that frequent discontinuation of targeted anticancer drugs outside regimen is not a good idea – let's not forget that these drugs keep your serious underlying disease under control. Therefore, you should better start taking systematic care for your feet and hands before you had the first indications of development of HFSR and not stop even if you feel well. Such easy-to-implement procedures can lead to a successful and long lasting therapy.



Management of TTK-induced HFSR-Manchen et al www.stomatologia-oncologia.net
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Hand-Foot Skin Reaction (HFSR)

Common side effects of treatment with *sunitinib* ('Sutent')

An integral part of malignant disease treatment is modern drugs affecting tumor at molecular level. These are drugs which when administered target and block specific parts of its structure, the reason for its growth. Therefore they are called targeted drugs. We all know about the side effects of cancer treatment with chemotherapy – nausea and vomiting, alopecia, disruption of blood parameters... In targeted therapy, these side effects did not occur, or at least not as strongly pronounced. However, there is one major difference – when treating cancer with chemotherapy, in most cases, treatment is conducted for a period of time, and after its termination, the body has time and ability to recover. Therapy with targeted drugs continues much longer, sometimes for years, and dealing promptly with its side effects is a key to successful treatment.

Such medication is *sunitinib* ('Sutent') which is used to treat advanced renal cell carcinoma (mRCC) and gastrointestinal stromal tumor (GIST) after exhibited resistance or intolerance to imatinib.

According to reports from clinical studies, common side effects include development of the so called *hand-foot skin reaction* (HFSR) – a condition that can impair quality of life.

- ✓ Soothing effects can be observed when applying creams and lotions that inhibit the accumulation of keratin. With such effect you can use creams with high content of *urea*, *fluorouracil 5%* - cream, *tazarotene* (0.1% - cream) which is a synthetic form of vitamin A as a cream. For relief, you can also use creams that contain rose oil.

Some of the above mentioned creams are cosmetics, but some are drugs, and are sold in pharmacies with a prescription. During their use, you should avoid affecting healthy areas of the skin, as this could cause irritation. For their application, it is best to seek advice from a dermatologist experienced with patients like you. Only a specialist (dermatologist, oncologist) can be familiar with the reasons for unlocking this condition and would give you the best prescription for adequate treatment.

The National Cancer Institute of the United States has developed common toxicity criteria (NCI Common Toxicity Criteria) and according to them, HFSR occurs in three stages:



Grade 1: Minimal skin changes or dermatitis (eg, erythema, edema, or hyperkeratosis) without pain.

Grade 2: Skin changes (eg, peeling, blisters, bleeding, edema, or hyperkeratosis) with pain; limiting instrumental activities of daily living.



Grade 3: Severe skin changes (eg, peeling, blisters, bleeding, edema, or hyperkeratosis) with pain; limiting self-care activities of daily living.

✓ It is better to protect those parts of the feet and hands that you press in daily activities. For this purpose, when carrying something in your hands, always use moisturizer and cotton gloves. You can protect the feet by wearing shoes with a soft anatomical footbed, avoiding walking barefoot. If you don't have such shoes, you can buy anatomical insoles. You can use coin and jewelry inspection gloves. They are made of soft tricort.



✓ You should also avoid using cosmetics (deodorant, powder, etc.) containing perfume. Any cosmetics to be used must be friendly to the skin of the palms and soles

✓ When you take care of your personal hygiene, you should not use very hot water. Rather, you should use cold water because cold baths relieve the condition. There are moisturizing creams causing cooling sensation – they would also be suitable.

This description and the pictures may cause a great concern, but if you are well informed and know when and what to do, you would not come to this severe adverse reaction. Here, we will try to give some tips to help you in dealing with HFSR:

✓ It is advisable to regularly take care of your feet, thoroughly sanding the corns and calluses down with a pumice stone or other suitable means. Pumice must be maintained very clean, not allowing infection. All this must be done very carefully, avoiding aggressive removal by cutting them off even when some parts are hard and difficult to remove.



✓ You should regularly moisturize your feet and hands. For this purpose, you can use different moisturizing creams, and put gloves and/or socks of pure fine cotton that retain moisture. Creams should be applied continuously, even if you have no serious complaints at the moment.