



LOOK GOOD
FEEL BETTER®

SIGNATURE
STEPS

GUIDE
FOR MEN

Cancer and its treatment can cause a variety of changes in your appearance. Your skin may become extra dry and irritated, it may change colour and texture, and dark circles may appear under your eyes. Depending on your treatment, you may temporarily lose your hair, including your eyebrows and lashes.

Any of these changes may impact how you feel about yourself. Look Good Feel Better's Signature Steps program provides simple tips and techniques that will help you manage any changes in your appearance.

SKINCARE

Whether you're someone who knows his way around grooming, someone who's never laid hands on a moisturiser before or somewhere in between - caring for your skin during treatment can make a world of difference to how you look and how you feel.

Here's a short list on skincare steps to use daily:

FACE

1. Cleanse
2. Exfoliate
3. Apply moisturiser
4. Apply sunscreen
5. Lip balm

BODY

6. Body lotion
7. Hand cream

Read below for more details on each step.

Useful Skincare Products:

Cleanser:

A facial cleanser will remove dirt and dry flaky skin and help stimulate circulation. Look for products that say “gentle” or for “sensitive skin”. Ideally, use a facial cleanser twice a day – morning and night. For the rest of your body, you can use a gentle body wash.

Exfoliator:

To get a deeper clean, try using a gentle exfoliator once or twice a week. This will help to remove dead skin cells, prevent black heads, reduce ingrown hairs and leave the skin looking smoother, clearer and brighter. Again – look for a gentle option during treatment and try testing on a small area first.

Moisturiser:

Moisturiser is hands down the most straightforward and effective way to keep your skin in top shape – apply after washing and patting dry your face. While most men generally have oilier skin than women, treatment can have an effect on this so staying hydrated (both inside and out!) is fundamental.

Sunscreen:

This is an absolute must-have. One of the most prevalent side-effects of treatment is sun sensitivity, so wearing a daily sun protection with a minimum of SPF30 is essential.

Hand Cream:

Hydration is, again, a key element in maintaining your skin during this time. Keep a hand cream by your sink.

Body Cream/Lotion:

Having a body moisturiser will more than earn its place in your daily care while undergoing treatment. Dryness, irritation and possible skin cracking are all things you want to avoid so laying on the lotion is more than worth the effort. Apply after you shower or bathe, and throughout the day as needed.

Lip Balm:

Your lips, just like any other part of your body, may experience dryness during treatment. Keep things simple with a hypoallergenic lip balm with an SPF to keep you moisturised and prevent burning during the day.

Tinted Moisturiser/Concealer:

There are some great tinted products out there that are very light-weight and natural. These products help minimized any redness, uneven skin tone and/or dark circles under the eyes.

TOP TIPS

Always look for fragrance free hypo- allergenic products when picking up your grooming essentials as treatment can make even the most robust of skin a little more sensitive.

Avoid using anything harsh on skin during your treatment. This includes any abrasive scrubs or exfoliators with ingredients that include retinoids.

SAMPLE STEPS

Here are some easy skincare steps to help your skin looking and feeling the best it can.

1

Start by rinsing your face with lukewarm water. Apply a small amount of cleanser and gently rub in circular motions across your skin. Once you've worked your entire face, rinse thoroughly and ensure you've removed all of the product.

- 2** Once or twice a week exfoliate your face using a gentle exfoliating product. Don't rub too hard and apply and take off just like the cleanser stage.
- 3** If shaving – shave now. (See below for a more detailed shaving experience.)
- 4** Pat your face dry – don't rub. Once your face is relatively dry, apply your moisturiser all over, remembering your ears or the back of your neck.
- 5** Whether you have showered or not, it's really important to apply an all over body lotion to prevent dryness and irritation.
- 6** Now that your skin is moisturised, follow by applying a sunscreen to your face alongside any exposed areas of your body including your ears, back of the neck, top of your head, etc. Reapply throughout the day.
- 7** Finishing up, you may wish to apply some lip balm to avoid dryness or even a spot of tinted moisturiser/ concealer as preferred.

A NOTE ON BATHING

While there is no need to shower every single day, when you do, keeping things to a minimum is key.

Maintain a cool/warm temperature to avoid irritation, use a gentle cleansing wash and avoid any harsh scrubs.

Keep showers or baths short, moisturise directly after.

SUN PROTECTION

The sun can have harmful effects on skin at any time of the year. However, radiation and chemotherapy treatments, as well as some medications, can increase your susceptibility to sunburn and skin damage.

As a general rule, no sun exposure is a good idea when you're receiving radiation treatment if the site of the treatment is exposed skin. Your doctor may not want you to put sunscreen or any cream on while you're receiving radiation treatment as the skin is prone to injury at that time.

Always check with your radiation oncologist.

TOP TIPS

- Apply sun protection daily and liberally – a dollop about the size of a golf ball – to all exposed skin, such as the lips, ears, scalp, sides and back of neck.
- Get in the habit of applying sun protection every morning, about 20 to 30 minutes before going outside, and reapply often – about every two hours.
- Remember that you're still exposed to UVA/UVB rays even in shady areas. If you're indoors, windows do not protect against UVA rays.
- Stay inside during the intense-sun hours of 11 a.m. to 4 p.m.
- Don't forget to wear a hat – preferably one with a wide brim of about three inches.
- Don't forget your eyes – they need protection too. Wear sunglasses with UVA/UVB protection.

SHAVING

As with all the physical side effects you may experience, the likelihood of losing your facial hair is down to your treatment and, of course, your body's reaction to that treatment.

During treatment your skin will be more susceptible to cuts, bruising and infections, therefore it is important you take a look at your shaving regimen.

Some people prefer to try an electric shaver during treatment and others stick with a wet shave – it's really your choice but ask your medical team's advice.

An ideal practice:

1

Shower before shaving or apply a warm towel/face cloth. This warms the skin, opening the pores and softening the hair cuticles.

2

Apply your chosen sensitive skin shaving gel or foam, ideally using a shaving brush and make sure you generate a warm, rich protective lather.

(Using a shaving brush softens and lifts the facial hair off the face helping to maintain good levels of hydration and lubrication).

3

Use light, gentle strokes, letting your razor do the work. Facial hair grows in many directions so you'll shave both with and against the grain. Shave in the direction that feels most comfortable.

4

Rinse your blades often and remember, don't shave without your shaving cream/gel/oil or over-shave the same spot, as this can cause irritation.

5

Rinse with cold water, this will remove shaving cream residue, tighten pores and cool the skin.

6

Moisturise the whole face and neck area with a mild moisturiser.

TOP TIPS

Use a good quality razor, not disposable.

Replace blades regularly.

Don't borrow or share your razor.

EYEBROWS

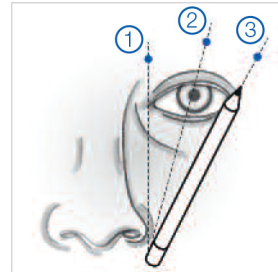
Loss of eyebrows can be upsetting for both men and women. There are options available to you should you choose – so you don't need to go without the look of brows unless you want to.

An easy way to disguise any loss of hair is with the simple use of an eyebrow pencil. A simple few strokes should do the trick.

Here's a clever way to recreate your eyebrows (see diagram below)

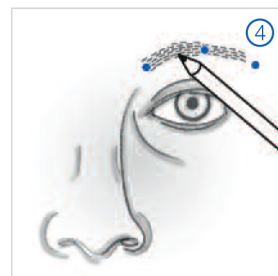
1

Hold a pencil vertically along the outside of your nostril and inner corner of your eye. Make a dot above your eye at this line, right on the brow bone. This is the inner edge of your brow.



2

Hold the pencil vertically across your iris (the coloured part of your eye) and again make a dot above the eye, just above or on the brow bone. This is where your natural arch occurs.



3

Hold your pencil at an angle beginning at the outside edge of your nostril, lined up with the outside edge of the eye. This is where your brow should end. Draw another dot.

4

Connect these dots with a series of gentle, arching, feathery strokes to mimic the look of hair. Concentrate on fullness closer to the inner edge, thinning as you go outwards.

A NOTE ON EYEBROWS

Another option to consider, particularly suited to men who wear glasses, is to opt for a thicker framed pair that'll give the illusion of a fuller brow.

NAILS

Cancer treatment can sometimes make your nails, nail beds and surrounding skin more fragile and prone to infection.

Here's how to care for and protect your hands (and your feet, too). Changes are typically temporary and will eventually grow out.

- Avoid cutting your cuticles. Instead, use cuticle cream to help combat dryness, splitting and hangnails.
- Moisturize with rich hand cream.
- Keep nails short by trimming then filing.
- Wear rubber gloves while doing chores as excessive exposure to water can lead to fungal infection of the nail bed.

TOP TIPS

If you have gone to a nail salon in the past, consider taking a break until you are finished treatment.

MANAGING HAIR LOSS

Hair loss for men can be as distressing as it is for women, especially for men who have always had a full head of hair.

Although it is currently a style statement for some men to have shaved heads, this may not be your personal preference.

Hair loss or thinning may or may not happen depending on your specific cancer treatment.

Remember, hair loss is almost always temporary.

TOP TIPS

- Always comb hair gently and use a mild shampoo (but not a baby shampoo).
- As hair starts to thin, consider cutting it short or even having it neatly trimmed by a professional stylist. This can help if your hair becomes thin or patchy.
- Don't shave your head to the scalp as this may cause irritation and potentially cuts or nicks that could lead to infection. It's recommended to cut hair no shorter than 1/8 of an inch.
- When you've lost your hair, your scalp may become drier. Gently massage your scalp with your facial moisturizer to make it feel more comfortable and increase circulation to your stressed hair follicles. Caring for your scalp will greatly reduce sensitivity and itchiness.

TOP TIPS

- There are many hat and cap styles today for sports, sun, cold, rain, wind or style to help you find something you like to cover and protect your head.
- Try a wig - those designed for men may require some styling and can be cut to give a natural look. Speak to a professional wig specialist who will be able to advise.

HAIR REGROWTH

Depending on the type and duration of your treatment, your hair will start to reappear at a rate of about ½ of an inch a month.

Once your hair grows back, it may be different than before your treatment due to the absence or alteration of pigments.

As the pigment cells return to normal, hair should go back to its original colour and texture.



workshops@lgfb.ca



1.800.914.5665