



## skin | oncology ingredients

### scrutinizing labels

#### CANCER PATIENTS DEAL WITH

many different skin conditions due to the disease itself, treatments they receive and medications they take. The skin is extremely compromised. Looking at skin care labels can be daunting for the esthetician on a daily basis. However, we need to be extremely careful when dealing with someone undergoing treatment to make sure we are not adding ingredients that may cause further irritation or harm. Anthocyanins, polyphenols and flavonoids are important ingredients that are increasingly used in today's skin care. There are many studies that show their positive benefits for skins challenged with cancer and other health issues.

These three types of extractions are considered the "mega extract" from fruits and plants of certain colors. They are the "heart" of the key molecules that contain the specialized antioxidants from a particular fruit or plant. The deeper the color of the plant, the stronger the antioxidant power.

These key molecules are antioxidants that a plant uses to protect itself from UV radiation, fungal infections, environmental stress and even climates with extreme

temperatures and conditions. If these are able to protect the plant, imagine how exciting it is to transfer the same concept to the skin care of someone undergoing treatment and the skin conditions that come with it. These conditions

cancer treatments particularly need the skin to be hydrated and moisturized. The molecular structure of jojoba oil is the closest to our own skin's sebum, which allows it to be easily absorbed and to restore the skin's natural oil balance

By offering UV protection, antioxidant and antibacterial properties, many of the skin conditions that arise can be calmed.

may include, but are not limited to the following: dry, itchy, rash, photosensitive, immune compromised, pustules/papules and hyperpigmentation.

**RED ALGAE:** Algae is found in the oceans, near the shore area of rocks with rough surfaces. It's actually green in the early stages of growth, and becomes a purplish-red as it matures. Its polyphenol and flavonoid extracts are considered highly effective against DNA damaging UV sun exposure. Red algae has several other benefits that can help compromised skin, including antioxidant, antibacterial, anti-microbial, antibiotic and free radical fighting properties.

**JOJOBA OIL:** Jojoba oil is actually a liquid wax derived from a jojoba seed. Persons undergoing any kind of

without clogging pores. Jojoba oil contains polyphenols of approximately 3% tannins and 0.5% phytosterols, which will help reduce inflammation and itchiness. Jojoba oil has other benefits that can help fragile skin, including antibacterial, anti-microbial, anti-inflammatory, antioxidant, anti-aging, anti-viral and free-radical fighting properties.

**BLACK RICE:** Depending on the extraction point of the plant, black rice contains anthocyanins, polyphenols and flavonoids. Recent studies have reported that an anthocyanin-rich extract from black rice inhibits breast cancer cell growth (taken internally). Based on its internal abilities, black rice is starting to appear in topical products for its antioxidant properties and to help reduce

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inflammation. Black rice has several other benefits that can help someone diagnosed with cancer, including anti-viral, antibacterial, antioxidant, anti-aging, UV protection, moisturizing, anti-microbial and free-radical fighting properties.

**GREEN TEA:** Green tea contains high levels of polyphenols. Studies have shown that it may help certain types of cancer. The most potent one is epigallocatechin gallate (EGCG) (sometimes called epigallocatechin-3-gallate). EGCG has several other benefits that can help someone with sensitive and fragile skin, including anti-viral, antioxidant, antibacterial, antimicrobial, anticarcinogenic, anti-aging, anti-inflammatory and free-radical fighting properties, as well as UV protection.

**BROCCOLI:** Polyphenols, flavonoids, and anthocyanins can all be extracted from broccoli. Studies on the benefits

of broccoli, both internal and external, have shown that it can strengthen health challenged skin. There is also evidence of positive results with UV protection from broccoli when it is added to a topical formulation. Broccoli has several other benefits that can help someone with challenged skin, including: antioxidant, anti-microbial, antibacterial, anti-inflammatory, anti-allergic, anti-viral, anti-aging, hydrating and free-radical fighting properties, as well as UV protection.

Anthocyanins, polyphenols and flavonoids seem to be a great new class of ingredients that cover a broader spectrum of the needs that affect this group. By offering UV protection, antioxidant and antibacterial properties, many of the skin conditions that arise can be calmed. These types of ingredients also offer anti-aging properties that everyone looks for in skin care. As a person moves out of the treatment phase into a

recovery phase, their skin will have new challenges. Skin will not be exactly as it once was, but it will actually have what is called a "new normal" skin type. The body, including the skin, may function differently after treatment since it had to adapt to the changes.

Every professional needs to closely scrutinize all treatments and products for whatever challenges a client may have, including cancer. ■

**Kris Campbell** is an esthetician and the CEO of *Tecniche™*. She has worked for a cosmeceutical laboratory for the FDA, and is passionate about helping individuals with skin affected by health issues or sensitivity. Campbell is enthusiastic about training, speaking and writing on the topic of health challenged skin (including oncology esthetics), as well as product development.