

FEEL STRONGER LIVE BETTER

Look Good Feel Better for men.



look good
feel better®

FACING CANCER WITH CONFIDENCE

A man with short brown hair, a beard, and glasses is smiling broadly. He is wearing a dark blue jacket and a grey knitted scarf with frayed ends. The background is a bright, slightly cloudy sky over a beach.

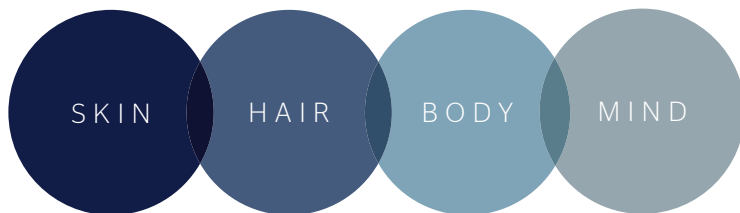
**LOOK
GOOD
FEEL
BETTER
FOR MEN**

FEEL **STRONGER** LIVE **BETTER**...

Feeling better can help you feel in charge. Whatever you want to do, you shouldn't have to compromise because you don't quite feel yourself. In fact, physicians agree a better outlook can begin by reducing the appearance-related side effects of cancer treatment.

This session will cover skin, hair, body and mind so you feel stronger and more in control during and after your cancer treatment. It is full of practical, easy-to-follow tips you can use to get on with your life. We cover body and mind with recovery and exercise recommendations for men facing cancer in conjunction with the Pinc and Steel Cancer Rehabilitation Trust.

Supporting any person, undergoing treatment for any cancer is Look Good Feel Better's mission. We hope you have a relaxing and informative session and take some tips and skills away to help support you through treatment.



look good **feel better**[®]
FACING CANCER WITH CONFIDENCE

LOOKING AFTER YOUR SKIN



If you are undergoing chemotherapy, dry skin is inevitable. Radiation therapy can often cause radiation dermatitis, which can trigger a rash, flaking and peeling skin at the treatment site.

Dry skin can get itchy, and scratching may create a risk of infection. To care for your skin try some of these tips. Remember to hydrate well . Drink plenty of water as long as you are not on fluid restriction.

SKINCARE TIPS

Washing

Even if you've washed with the same soap for years, now may be the time to switch to something formulated for sensitive skin. A water-based liquid face cleanser or gentle soap can help. Use warm (not hot) water to open pores and protect surface capillaries. Pat, don't rub your skin dry.

Exfoliate with care

Use a soft washcloth to gently wash your face. Don't rub with gusto or use a granular scrub before shaving as this can cause razor-burn. If you are undergoing radiation, don't use a washcloth on the radiation site.

Moisturise often

Apply moisturiser throughout the day if possible — especially after washing your hands and always right before bed. Use gentle, hydrating products without strong fragrances.

For extreme dryness, try a cream or "body butter," which are thicker, providing more of a protective barrier and better hydration

Block the sun

Sunscreen isn't only for the sand and slopes, it's for every day — especially during chemotherapy, which can cause sun exposure-related skin reactions. Sunburns often occur on ears, lips, back of neck, and arms. Doctors warn against tanning during treatment, so if this look is important to you, ask your doctor if you can use a men's self-tanning cream or bronzer instead. A high level of protection (SPF 30) of sunblock should be considered. Don't use on radiation areas as the skin is VERY sensitive.

Be smart about baths

Bathe in warm - not hot - water. Apply moisturiser within three to five minutes of

your bath or shower, when your skin is most absorbent

Conceal

Using concealer to hide facial discolouration and dark circles under the eyes is a foreign concept to most men. But you'd be surprised how often it's done. Hyperpigmentation (dark spots) and sallowness, both of which can be side-effects of treatment, can be covered using a concealer or tint. Find a concealer that precisely matches your skin tone, dot on any dark spots, blot excess, and blend edges until hidden. Or pick up a moisturiser with a tint and smooth on just as you would any face lotion. It's as simple as that.



SKIN



SKIN

SHAVING TIPS

Shave during treatment, when you are at risk of bleeding and infection, your doctor may suggest that you switch to an electric razor to prevent potential cuts.

1. Warm skin first with water or hot towel and rinse afterward with cool water. Pat, don't rub your skin dry.
2. Avoid alcohol, menthol or strong fragrance aftershave.
3. If you feel you must use a manual razor (discuss with your doctor first): keep it sharp, always rinse after use, and shake off excess water without wiping.
4. Soften hair follicles with shaving cream, leaving it on your face for about one minute before the first stroke. Try to take a break from shaving now and then (over the weekend) to let your skin rest.
5. To reduce stinging let skin rest a bit from shaving before applying other products. To smooth and relieve dry or flaky skin, dampen a cotton pad with alcohol-free toner and gently swab over face. Next, apply a pea-size amount of light moisturiser on cheeks, forehead and chin - or just on dry patches - and massage in softly. If blemishes are an issue, avoid products with harsh disinfecting ingredients and consult your doctor instead.

HAIRCARE TIPS

Cut

Always comb hair gently and use a mild shampoo. As hair starts to thin, consider cutting it short or even having it neatly clipped to the scalp by a professional hair stylist.

The close-cropped or “shaved head” look can offset concerns about patchy hair loss. Just remember, doctor’s caution against shaving the scalp with a razor, which can cause hard-to-heal cuts that can result in infection when blood counts are low.

Remember to moisturise the head regularly if hair loss has occurred.

Cover

There are many hat and cap styles today for sports, sun, cold, rain, wind and pure style – it’s relatively easy to find something you like, to cover and protect your head. If hair loss really bothers you, there are also hair prostheses that can conceal bald spots. As hair starts to grow back, these can be phased out. *

Counteract

When eyebrows are thinning, try using a brow pencil for minor gaps – be wary that drawing in the whole thing can be too obvious on men. Instead, try wearing eyeglasses with heavy frames, which can add definition to the area – no prescription required!

* Government funding is available for headwear and wigs. Ask your Oncologist for more information.



H A I R



BODY

HANDS AND FEET

Chemotherapy sometimes affects your fingernails and toenails, which can develop lines and ridges. The nail beds can change colour and nails can fall off.

Trim nails often

Cut nails short and keep them clean, using clean nail instruments. Smooth jagged edges with a nail file and remove hangnails promptly with nail clippers, to avoid catching. Use nail implements gently so you do not damage the skin.

Dry and cracked skin

You may notice your hands and feet are dry

or cracked, or your nails feel brittle. Most often a bit of TLC can help you deal with these annoyances. If however the areas become painful or inflamed, consult your doctor.

Keep feet cool, dry and clean and don't pumice or scrub too harshly.

ORAL hygiene

Finally, good oral hygiene is also important during treatment, and you should consult your dentist for more information on dental and oral care. Think about a soft bristle brush.

MIND

Unwind

It can be hard to relax – especially during such a difficult time – so try to find a means to relieve stress. Oncology massage therapy is one popular choice: relaxing the muscles can often relax the mind. Other techniques such as yoga, deep breathing and meditation may also be useful: discuss the options with your doctor.

Get support

It helps to have family and friends that you can turn to for emotional support. Some men seek out others with cancer to talk and share experiences through local or online support groups..

Learn

Remember that knowledge is power. Take notes and bring questions to appointments. Seek out reliable cancer information to help you make informed decisions about your treatment and care.

MIND





THE **DAILY** ROUTINE

SKIN

Wash

Choose a water based cleanser or gentle soap

Use warm (not hot) water

Don't rub or scrub.

SHAVE

Try to use an electric razor

Soften beard with warm water or shave gel if manual shave

SMOOTH

Let skin rest a while before applying other products (reduces sting)

Dampen cotton pad with gentle toner and wipe gently over the face

Moisturise well and massage in gently.

PROTECT

Use high SPF sunblock

Don't forget to apply to ears, lips, back of neck and arms.

Cover head with hat and protect your eyes with sunglasses.

ENHANCE

Hide dark circles or facial marks with concealer/tinted moisturiser.

Dot concealer on discoloured area, blot excess and blend gently.

HAIR

Always comb gently and use mild shampoo

Clip hair short to offset hair loss

Don't shave head with razor
(Cuts can cause infection)

COVER

Hats or wigs can conceal hair loss

COUNTERACT

If brows are thinning fill
in gaps lightly with
brow pencil





PHYSICAL EXERCISE & PHYSIOTHERAPY

**PINC&
STEEL**
CANCER
REHABILITATION
TRUST

TIP

1

MOVETM
OVER CANCER

AVOID INACTIVITY

- **Move your body**
- **Deconditioning** can occur very quickly and can have a compounding effect. The less you do the less you are able to you.
- It needs to be understood that while surviving cancer itself is a difficult journey, suffering from additional complications related to inactivity can make **recovery more difficult, can affect cancer survival itself and can lead to serious lifelong complications.**
- If you are **avoiding** moving any part of your body due to pain, stiffness, or fear then it is essential that you see a cancer rehab Physio for a physical assessment so they can help get you moving safely again.
- Short regular sessions are helpful, especially when you are starting out and don't have the time or energy for a long exercise session



TIP

2

MOVETM
OVER CANCER

GET A PHYSICAL AND FUNCTIONAL ASSESSMENT WITH A CANCER REHAB PHYSIO

- Rehabilitation is an extremely important part of cancer care – along with the **best medical treatment** – you also need the **best physical rehab treatment available**.
- **One size doesn't fit all. Individualised care is essential first.** Every single person's cancer is different, even those diagnosed as the same type and stage. People respond very differently to treatment and need individualised rehabilitation to suit them.
- All cancer treatments have an impact on your body. Your physio will be able to advise you on what you can do to overcome some of the impact that the treatments are having on your body to maximise your recovery.
- Addressing signs and symptoms early can save a lot of time and money later, **improve your recovery time and prevent long-term problems**.



TIP

3

MOVETM
OVER CANCER

BE PROACTIVE ABOUT DOING THINGS TO DECREASE STRESS

- There is no way to navigate a cancer diagnosis without a tremendous amount of stress. Much of the stress that goes along with a cancer diagnosis is related to the uncertainty that accompanies it.
- Too much stress can make you feel emotionally battered.
- We know things like exercise, going fishing, and gardening can help.
- Studies have shown that getting outside and reconnecting with nature can help reduce stress, lift depression, improve energy and boost overall wellbeing.
- Stress can also be greatly reduced when we increase our social connections. Catching up with your mates is important.
- Put simply: **TOGETHER WE'RE BETTER**



TIP

4

MOVETM
OVER CANCER

PRIORITISE 'EXERCISE' EACH WEEK LIKE YOUR LIFE DEPENDS ON IT

- The research is undeniable – exercise is so important for mental and physical wellbeing and quality of life.
- **Cancer survival – exercise reduces risk of death by nearly a half.**
- Ref: A review in May 2017 of more than 100 studies involving tens of thousands of cancer patients worldwide found **mortality rates among those who regularly exercised fell up to 44%. The risk of cancer recurrence dropped up to 33%** and the side effects of chemotherapy were also less pronounced.
- **150 minutes of moderate physical activity per week** plus 2 to 3 resistance workouts is recommended.
- If you aren't hitting these targets you should seek support to help you incorporate **more activity** into your week.
- Exercise is a priority but it needs to invigorate you, not wear you out.
- The **type, intensity** and **duration** of exercise may need to change from what you have previously done. This could include circuit training with prescribed rest to work ratios tailored for where you are at in your recovery.
- Exercise needs to be something you enjoy and doesn't necessarily need to be under fluorescent lights at the gym.



TIP

5

MOVE[™]
OVER CANCER

LISTEN TO YOUR BODY

- Don't ignore symptoms. **Get pain, swelling, pins and needles, signs of infection and stiffness checked.**
- Your health and recovery process is always changing. It's important to have your doctor or physio monitor your blood count, muscle and joint pain, and fatigue.
- If you are struggling to cope at work make sure you seek help to manage this for you.
- Many symptoms that are common to men undergoing cancer treatment like fatigue, pain, bowel and bladder problems, can all be treated much easier if they are picked up early.



TIP

6

MOVE[™]
OVER CANCER

FEEL STRONGER WITH **RESISTANCE TRAINING**

■ Resistance training is exercise that uses springs, pulleys, bands or weights. It can help to:

- Increase strength
 - Improve range of motion
 - Improve balance and reduce falls risk
 - Maintain muscle and bone health
 - Reduce stress, fatigue, anxiety and depression
 - Improve feelings of well-being, confidence and control of your life
 - Assist weight control
- Exercising with free weights and resistance bands is inexpensive and easy to work into a home routine.



TIP

7

MOVE™
OVER CANCER

REST BUT NOT TOO MUCH - **SEEK HELP FOR FATIGUE**

- Fatigue is being tired – physically, mentally and emotionally and it is the most common side effect of cancer treatment
- It is important to seek support, if left untreated, it will severely impact your quality of life
- Some signs of cancer-related fatigue are:
 - Prolonged, extreme tiredness after an activity
 - Feeling weak, tired, weary or exhausted even after sleeping
 - Too tired to complete normal every day activities
 - Trouble concentrating, thinking clearly or remembering
- Some strategies to help you manage fatigue are:
 - Rest, but not too much. Establish good night time sleeping patterns, take short naps rather than one long rest during the day
 - Stay Active – Regular moderate exercise has been shown to ease symptoms of fatigue. Its important that you pace your exercise
 - Save your energy. Prioritise your day and plan ahead. Take rests when needed and don't push yourself to fit too much in your day



TIP

8

MOVETM
OVER CANCER

CELEBRATE YOUR WINS

- Set small goals and celebrate your wins.
- Taking the first step to write down a goal gives you something to strive towards, as well as look forward to.
- The sense of accomplishment that comes from achieving your goals can feel very empowering, satisfying and healing.
- Don't forget to celebrate each little win on your road to recovery.



REMEMBER EVERY SINGLE PERSON'S ROAD TO RECOVERY IS DIFFERENT. DON'T STRUGGLE ON YOUR OWN SEEK HELP. **THERE ARE PEOPLE WHO CAN HELP AND UNDERSTAND THE CHALLENGES YOU ARE GOING THROUGH.**
TAKE CARE OF YOU.

**FEEL
STRONGER
LIVE
BETTER**

Helping men
face cancer
with confidence



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Original Cancer Support Campaign



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