

CLINICAL EXPERIENCE WITH R1 AND R2 LOTION FOR PROPHYLAXIS OF RADIATION DERMATITIS IN HEAD AND NECK CANCER PATIENTS

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Introduction: Radiation dermatitis is a well known complication in patients undergoing curative radiotherapy for cancer in the head and neck area. Patients developing grade III or IV toxicity of the skin often have prolonged restitution period after finishing radiotherapy. At the time there is no evidenced-based recommendation for prophylaxis or treatment of radiation dermatitis.

R1&R2 are lactokine-based Medical Devices consisting of a waterbased –gel which provides hydration and a cooling effect to protect the skin against inflammation. R2 is a soothing lotion with an anti-inflammatory properties and also protects the skin from the damaging effects of UVA and UVB.

Aim: We wanted to experience the effect of R1 and R2 for prophylaxis and treatment of dermatitis in patients receiving curative radiotherapy for head and neck cancer.

Methods: Between November 2010 and January 2011 ten patients with locally advanced head and neck cancer undergoing curative radiotherapy applied R1 and R2 to the irradiated skin during the treatment period. R1 was applied short time after radiation once a day, whereas R2 was applied four to six times daily. R1 and R2 were used during the whole treatment period. Patients were examined, and toxicity was monitored weekly by an experienced head and neck oncologist.

Two elderly patients could not manage to follow the instructions and did only use R1 and R2 regularly for 2-3 weeks of the treatment period.

Results: In our clinical experience application of R1 and R2 was well tolerated and seemed to be an effective prophylaxis of acute radiation dermatitis. None of the patients developed grade III or IV dermatitis.

We further want to include patients in a randomised, controlled clinical trial to get further knowledge about R1&R2s role in prophylaxis and treatment of radiation dermatitis in head and neck cancer patients.