

In Ostrava

To:

From:

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**Application of Water Jel R1 and R2 in the treatment of radiation dermatitis.  
Pilot experiences of the Oncology Clinic, Faculty Hospital Ostrava.**

In 2009-2010 our clinic had an opportunity to test products Water Jel R1 and R2 which is a two-phase treatment of symptomatic therapy of acute radiation dermatitis. The major active substance in R1 is purified water, in R2 then regeneration and hydration substances on acrylate basis. R1 is applied immediately after treatment, while R2 during a day according to subjective feelings of patients.

Radiation dermatitis is caused by vasodilatation of small blood vessels in skin at the treated volume which clinically appears like a hyperaemia of the affected area. Hyperaemia leads to redness of skin and a subjective feeling of burns – this reaction is typical at the end of the third week of the fractional radiotherapy, at accelerated schemes can appear a little sooner. The reaction culminates in the following weeks (4th -6th), when more sensitive patients can record even a distortion of skin cover, especially at the area of skin folds. This damage typically heals approx. 2-3 weeks after the end of radiotherapy.

In total we used the product Water Jel R1 respectively R2, at 26 patients. Application scheme was uniform: at the beginning of 1st. dermatitis (erythem), the product R1 was always applied on the affected area immediately after the radiotherapy, left there for about 20 min and then wiped off. R2 Soothing lotion was applied on the same area after 2-4 hours. Following applications of R2 were individual and their frequency depended on subjective feelings of patients.



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From the total number of 26 patients, at 15 cases patients were treated at the area of head and neck, in 8 cases at the area of thorax during the radiotherapy of breast cancer and at 3 cases at the area of pelvic. Average duration of R1 and R2 application was 4 weeks, R2 was at majority of cases applied 2-3 times a day. 25 from 26 patients (96%) demonstrated subjective feelings of relief, reduction of pain, burning or itching; symptomatic effect of Water Jel R1 and R2 cannot be questioned. Objective finding in the treated area seemed to be at a lower limit of normal post-radiation reaction and it is possible to suppose also a certain regenerative effect of R2. Since we did not carry out a classical study of the type "case-checking", this viewpoint can be considered only as a subjective one.

From the viewpoint of user we classify R1 and R2 very high: their use is easy, size of packaging appropriate. Consistency of R1 is very light, the product can be wiped off from the patient's skin very easy without pain or other negative feelings even at the dermatitis of the 2<sup>nd</sup> degree, it means when skin cover is distorted. Lotion R2 is easily absorbed and does not create any hermetical layer, which would inhibit access of air.

Generally we classify our experiences with products Water Jel R1 and R2 as outstanding and we recommend them for a routine use in radiotherapy practise.

In Ostrava May 31, 2010

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