

Tips for patients with a History of Skin Cancer

1. Avoid mid-day sun, seek shade, utilize window shades/tinting in vehicles, and wear sun protective clothing and a hat as a first line of defense.
2. Apply sunscreen daily to areas not protected by clothing. Sunscreen should be applied 30 minutes before physical activity. Reapply every 2 hours.
 - ✓ For those with Actinic Keratosis (AK's), we recommend the Eryfotona Actinica sunscreen by Isdin as data has shown this to reduce recurrences of AK's following treatment.
3. Use of topical antioxidants can help with free radical reduction. Because not all antioxidants are created with the same quality to ensure penetration, we recommend SkinCeuticals CE Ferulic or Phloretin CF.
4. Use of niacinamide (also known as nicotinamide) 500mg twice daily. This can be found in combination with Heliocare (as a stand-alone supplement) or an oral antioxidant. Using niacinamide has been shown to reduce the number of NEW non-melanoma skin cancers by 25% in a limited study of patients with a history of non-melanoma skin cancer (see below).
5. Certain oral antioxidants have been shown to be helpful. Polypodium leucotomos (found in Heliocare) has been shown in numerous studies to help the skin protect itself from damaging effects of sun exposure.
6. Different forms of retinoids, derivatives of Vitamin A (such as adapalene, and tazarotene), have been shown to help normalize abnormal cells. There retinoids along with Tretinoin and Retin-A can improve the cosmetic appearance of sun damaged skin, however, there is no data showing that they will prevent skin cancer.
7. Hydrochlorothiazide, HCTZ (a prescription drug for high blood pressure) has been associated with a risk of squamous cell carcinoma.
8. Other options (oral medication, soriatane and periodic photodynamic therapy) may be available for patients with a suppressed immune system and a high risk of pre-cancers and non-melanoma skin cancer.

Clinical Data on the Benefits of Niacinamide:

In 2015, the *New England Journal of Medicine* published a study showing the benefits of taking oral niacinamide twice daily for patients with a history of non-melanoma skin cancers. Patients who took 500mg of niacinamide twice a day had 25% fewer newly diagnosed non-melanoma skin cancers than those who did not.

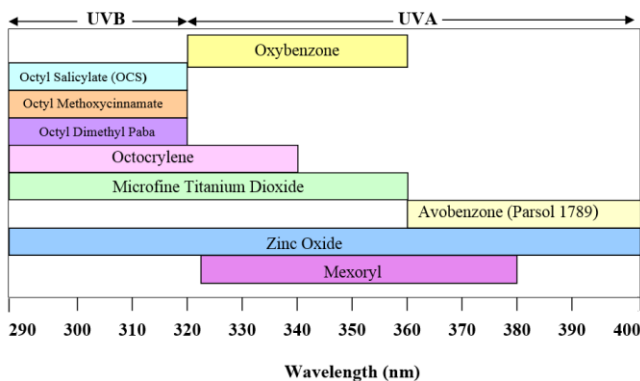
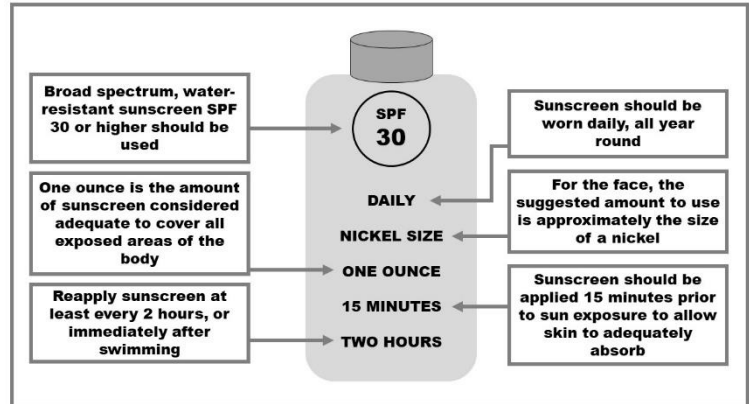


Those benefits did not last after patients stopped taking niacinamide. It is important to continue taking niacinamide in order to continue seeing the benefit.

Niacinamide (also known as nicotinamide) is a derivative of Vitamin B3. Please note that there are different types of Vitamin B3 derivatives (ex. Niacin) and they do not have the same effects. It is important to make sure you are taking nicotinamide to achieve the results found in the study. Nicotinamide can be found in GETMr's "The Vitamins" or Heliocare Advanced.

Sun Protection 101

1. We recommend the use of broad-spectrum UVA and UVB sunscreen (UV = ultraviolet) along with broad-brimmed hats, sunglasses (to protect your eyes), shade, protective clothing, and window shades/tinting.
2. UVB causes sunburns, precancers, skin cancers, melanoma, and contributes to photo aging. UVA is a longer wavelength that can penetrate through glass. It also penetrates deeper into the skin causing wrinkles, skin laxity, damaged blood vessels, brown spots, and skin cancer as well. In years past, good UVA protection was not available in sunscreens, and represented a weak spot in their coverage.
3. SPF (sun protection factor) refers only to UVB wavelength protection. Use SPF 30 which gives 97% protection for UVB light, when applied properly.
4. Protectors of UVA are **Zinc Oxide, Titanium Dioxide, Parsol 1789 (Avobenzone), and Mexoryl.**
5. To augment your photo protection, consider adding a topical antioxidant such as SkinCeuticals CE Ferulic or Phloretin CF.



6. **Daily** use (even on a cloudy day and year-round) will help prevent photo aging (wrinkles, broken blood vessels, and brown spots) and skin cancers associated with sun exposure.
7. Many sunscreens are labeled UVA and UVB on the bottle, but only have small amounts of UVA protection.

You may purchase these sunscreen brands from our office that have true broad-spectrum coverage:



GetMr.



EltaMD UV



SkinCeuticals



Eryfotona Actinica

- SPF Clothing can be found in the following brands:
 - Sunbrella, Exofficio, Coolibar and Solumbra. Or utilize a laundry additive such as Sunguard.