

POST CANCER CURE AT LA ROCHE-POSAY AN UPDATE ON OBSERVATIONAL STUDIES

R. AINOUCHE¹, C. LESREL¹, S. SEITE², J. BARDIN¹, C. IONESCU¹, PL. DELAIRE¹, J. ULLUBA¹

¹La Roche-Posay Thermal Centre, La Roche-Posay, France,
²La Roche-Posay Dermatological Laboratories, Asnières, France



STUDY 2010/2011: Thermal Water Cure and Lipikar Balm AP

AIM: To evaluate tolerance, satisfaction and benefits of dermatological thermal cure in patients previously treated for cancer (breast, uterus, digestive...)

DEMOGRAPHICS: A total of 102 post-cancer patients undergoing thermal water treatments were recruited. Of those, 99% were females with a mean age of 57 years (31 to 88). Cancer was diagnosed at a mean age of 52 years. Among the patients recruited, 93% had undergone at least one surgical intervention, 67% had received combination therapy (radio and chemotherapy). This was the first thermal treatment for 74% of patients and 85% had a cure following breast cancer.

METHODS: During a three week stay at La Roche-Posay Thermal Center, patients received a dermatological cure based on thermal water (medicalised thread-like showers provided by a dermatologist, facial and general vaporization, baths and moist massages, thermal water to drink, specific mouth care, if necessary). During this period, patients received a bottle of Lipikar Balm AP for topical application, once or twice daily. At Day 1 and Day 18, the dermatologist completed with the patient a questionnaire to evaluate the severity of cutaneous symptoms and quality of life. Differences between baseline and end-of-cure data determined the level of improvement or eventual worsening of symptoms.

RESULTS: This study, conducted in 102 post cancer patients, confirmed the excellent tolerance (99%) and satisfaction (97%) of thermal cure. At the end of the cure, the skin condition and quality of life of patients had notably improved.

DURATION: For the 26% of patients who had already had a cure the previous year, the mean benefit duration for the cutaneous and psychological wellbeing was 8 months.

Skin improvement	Almost to complete
Flexibility and elasticity	86%
Pruritus and itching	83%
Scars	80%
Erythema	78%
Xerosis	74%
Lymphoedema	44%

Psychological improvement	Almost to complete
Overall wellbeing	94%
Social life and relationship	76%
Acceptance of scars	69%
Self-esteem	65%

STUDY 2012: Lymphoedema and functional improvement of the upper member after breast cancer

AIM: To evaluate functional recovery following a thermal cure at La Roche-Posay in patients in remission and suffering from functional problems of the upper limb following breast cancer treatment.

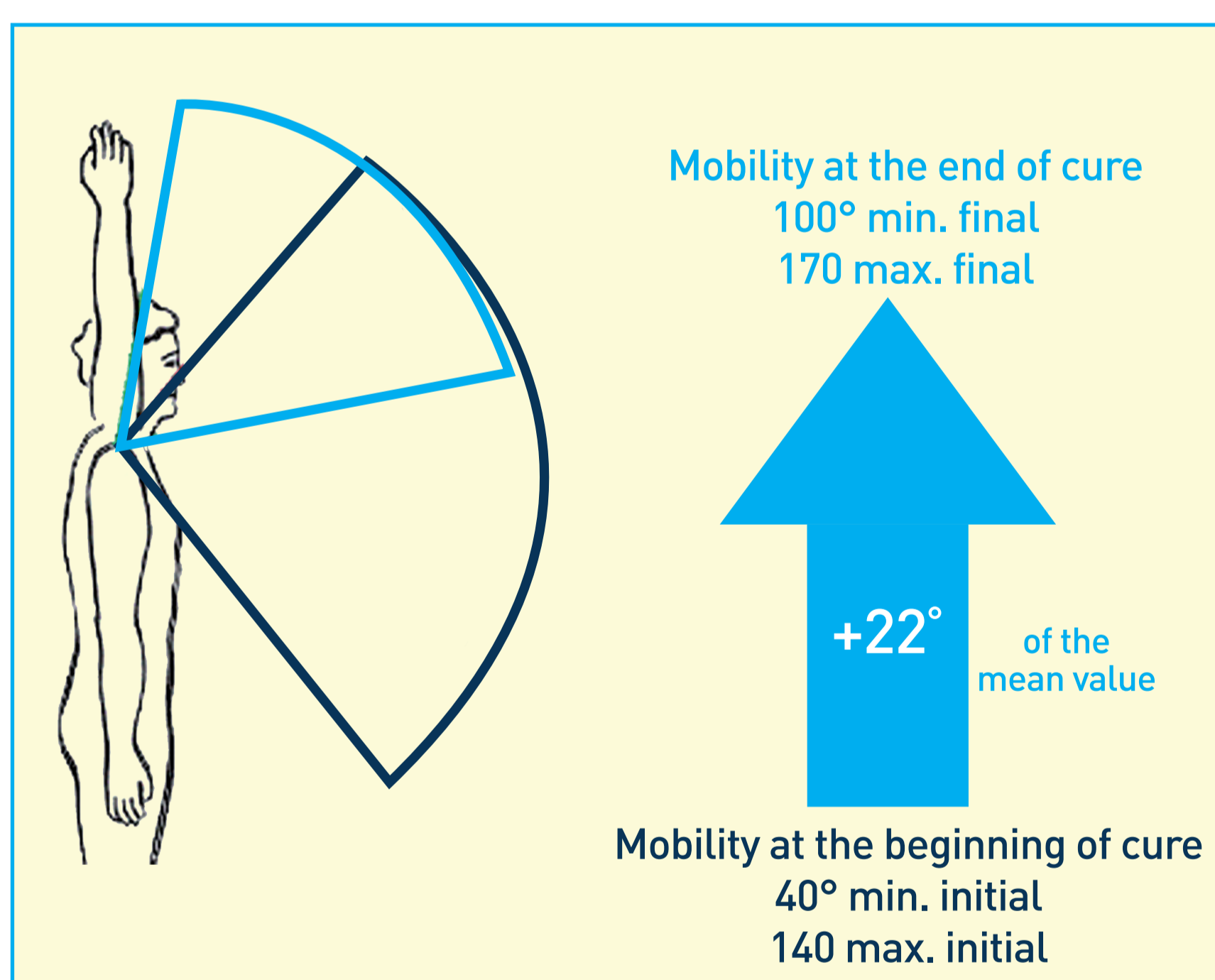
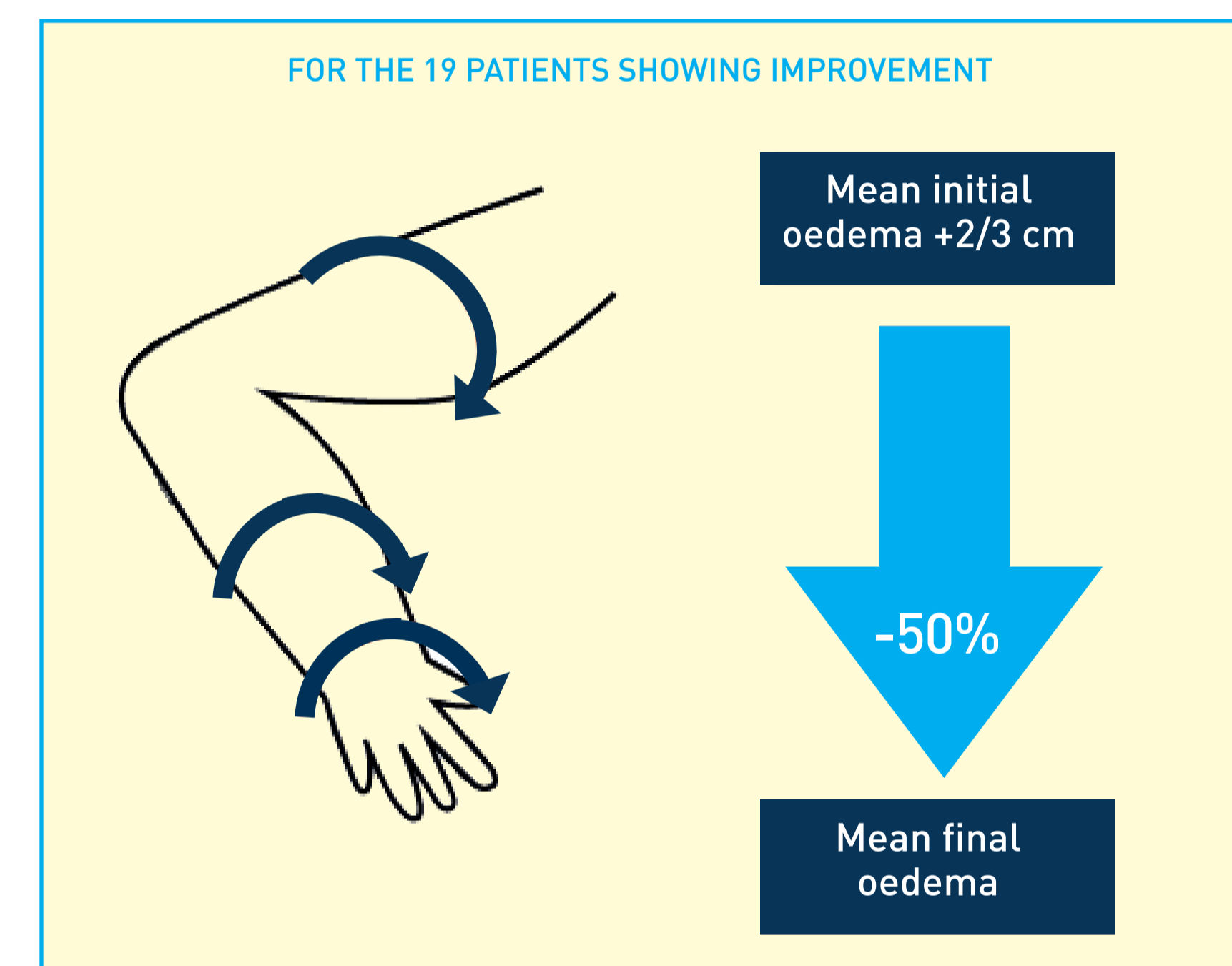
DEMOGRAPHICS: A total of 53 patients were recruited. Among those, 23 presented with oedema (≥ 1 cm) of the upper limb and 30 had functional problems of the arm following breast surgery ($\leq 140^\circ$).

METHODS: Patients received daily dermatological thermal care: medicalised filiform showers, localised and general vaporization, spa bath and underwater massages by a physiotherapist. To assess oedema, perimetric measurements were performed with a metered ribbon on Day 1, Day 9 and Day 18, at three defined areas (upper arm: 15 cm above the epicondyle, lower arm: 10 cm under the epicondyle and at the wrist). To assess mobility, flexion angle measurements were performed with a goniometer on Day 1, Day 9 and Day 18.

RESULTS: Results from the post breast cancer cure at La Roche-Posay confirmed the improvement of cutaneous signs and symptoms (dryness, pruritus/itching, erythema, scars...) and also showed an improved functional recovery.

Significant reduction of the arm oedema

Results show a significant effect of the dermatological cure on the oedema of the upper limb with a reduction of the diameter in 83% of the patients examined at the end of the cure. Overall, the measured improvement in 19 patients showed a mean oedema reduction of 50%; oedema remained unchanged in four patients. There was no worsening of the oedema.



Improvement of arm mobility

Results indicate an improvement of the amplitude of the arm mobility in all 30 patients examined. The mean flex value increased from 113 to 135. In those patients bothered the most, the improvement was very notable for the angle between 0° and 90° .

STUDY 2012: Pain and mobility after breast cancer surgery

AIM: To evaluate the benefit of a thermal cure, in terms of quality of life, following treatment for pain and mobility of the area effected by surgery.

DEMOGRAPHICS: A total of 51 female patients had a thermal cure following breast ablation due to cancer. The mean age was 56 years, this was the first thermal cure for 82% of patients.

METHODS: The study population received daily thermal dermatological care: medical filiform showers, general and local vaporisation, spa bath, underwater massages by a physiotherapist. The quality of life scales were approved by the French association AFSOS (Association Francophone pour les Soins Oncologiques de Support). The study was conducted throughout auto-evaluation EORTC (European Organization for Research & Treatment of Cancer), QLQ (Quality of life questionnaire) BR23 (questions 47 to 53) at the beginning (Day 1) and end (Day 18) of the cure.

RESULTS: Pain sensation in the breast and arm disappeared or showed major improvement. Other observations allowed to confirm the reduction of skin problems with an almost disappearance of the oedema in the breast area.

During the last week you had

