



*You are
a hero*

**PATIENT GUIDE FOR PATIENT
TREATED WITH ANTI EPIDERMAL
GROWTH FACTOR RECEPTORS (ANTI
EGFRs): ERBITUX (CETUXIMAB)**

For a successful treatment journey

**For patients who have been prescribed
Erbix (Cetuximab) as Anti Epidermal
Growth Factor Receptors (Anti EGFRs).**

In order to ensure the safe and effective use of the product and appropriate management of adverse effects, it is advised to be read carefully the insert leaflet before administering the product.


This document has been reviewed and approved by the Food and Drug Authority (SFDA).

MERCK



ANTI EGFRs ERBITUX (CETUXIMAB) AND CANCER TREATMENT JOURNEY


Go to
Page **5**

 What to expect
as you begin
treatment with
Anti EGFRs
Erbixux
(Cetuximab)?


Go to
Page **6**

 What is
Anti EGFRs
Erbixux
(Cetuximab)?

Go to
Page **8**

 Will my
condition be
stable or
improve if I
stop taking my
medicines for a
few weeks?


Go to
Page **7**

 How will
I be given Anti
EGFRs Erbixux
(Cetuximab)?

Go to
Page **10**

 What are some of the
possible side effects
with Anti EGFRs
Erbixux (Cetuximab)?

Go to
Page **18**


 Prophylaxis and
general tips to
help care for
skin rash

Go to
Page **13**

Frequently Asked Questions

- What is EGFR Rash?
- What to look on the front & back of your body?
- How to manage itchy skin during treatment?
- can i still wear makeup with a skin rash?

Go to
Page **30**

 Know more about
skin-care products
included in your kit



WELCOME



**YOUR DOCTOR HAS
PRESCRIBED ANTI
EGFRs ERBITUX
(CETUXIMAB) FOR YOU**

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs Erbitux (Cetuximab) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck.

Please see Anti EGFRs Erbitux (Cetuximab) insert leaflet available in your medication box and speak with your doctor for more information.

SFDA approval code:
Merck approval code:

Contained in this kit some information that will help you during your Anti EGFRs Erbitux (Cetuximab) treatment journey as well as products and suggestions to help with skin care.

THIS KIT INCLUDES:



1

A brochure with information about potential skin, nail, and hair changes and helpful tips



2

A Diary "**My Diary**" to help you track your symptoms after receiving Anti EGFRs Erbitux (Cetuximab), get prepared for doctor visits, keeping notes,...etc.



3

Skin-care products: Moisturizing lip balm, Gentle wash, Cream, SunSense Daily Face SPF 50+ face and skin balm



4

Anti EGFRs Erbitux (Cetuximab) dosage tracking card

As with other therapies that treat CRC/mCRC/H&N, Anti EGFRs Erbitux (Cetuximab) can cause side effects. When you start taking Anti EGFRs Erbitux (Cetuximab), you should talk with your doctor about the possible benefits of Anti EGFRs Erbitux (Cetuximab) and its possible side effects.

Remember



For further information, kindly contact your treating oncologist

or: Merck Serono Middle East FZ LTD, Al Sulaimanyah District, Al Safwa building - 2nd floor, Gate 4, Office 4208, Riyadh, KSA.

Phone: +966 11 288 6750, Fax: +966 11 288 6710.

Email: drug.safety.saudi@merckgroup.com

YOUR SMART SKIN GUIDE



“ Helping you recognize and manage skin-related reactions associated with your targeted therapy for your cancer & complete your treatment. ”

Dear Friend,

Your doctor has prescribed you **Anti EGFRs Erbitux (Cetuximab)** for your colorectal cancer/metastatic colorectal/H&N cancer.

What to expect as you begin treatment with Anti EGFRs Erbitux (Cetuximab)?

Talking with your doctor may help you feel more prepared. Starting treatment is your first active step toward helping you live with your cancer. You and your loved ones may have a lot of questions about what lies ahead. Here is some information to help you learn about treatment with Anti EGFRs Erbitux (Cetuximab), some of the possible Adverse events, and care tips you can discuss with your doctor.

Remember



Talk to your healthcare team, speak openly and ask questions about anything you don't understand.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

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WHAT YOU SHOULD KNOW



What is Anti EGFRs Erbitux (Cetuximab)?

EGFR (Epidermal Growth Factor Receptor) is a receptor found on both tumor cells and normal ones. Anti EGFRs Erbitux (Cetuximab) acts as an EGFR inhibitor so it blocks the receptors. This helps to slow tumor growth and progression giving you a chance for better quality and longer life.¹

References: 1. https://www.erbitux.com/assets/pdf/crc_patient_brochure.pdf. 2. <https://www.erbitux.com/mccr/what-is-erbitux>. Last accessed 25 March 2022. 3. Cetuximab SPC.



How will I be given Anti EGFRs Erbitux (Cetuximab)?



Anti EGFRs Erbitux (Cetuximab) is given by slow injection, also called an infusion, into a vein



Anti EGFRs Erbitux (Cetuximab) can be given either weekly or biweekly based on your treating physician decision



You will continue receiving the medication till your doctor decide to stop it based on your body reaction the the treatment



Before you begin treatment with Anti EGFRs Erbitux (Cetuximab), you may receive medication to help prevent any possible allergic reaction



Based on your doctor decision at the end, your Anti EGFRs Erbitux (Cetuximab) treatment may need to be changed, delayed, or stopped completely

Note



What should I do if I missed a dose?

Missed Dose: It is very important that you receive Anti EGFRs Erbitux (Cetuximab) on schedule. If you miss a dose of Anti EGFRs Erbitux (Cetuximab), contact your doctor immediately. Your doctor will decide when you should receive your next dose.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

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Will my condition be stable or improve if I stop taking my medicines for a few weeks?

Adherence to prescribed treatment is one of the key factors that determines treatment success. According to The World Health Organization, adherence is not just taking medicines. It means the extent to which a person's behavior – taking medication, following a diet, and/or executing not clear lifestyle changes, corresponds with agreed recommendations from a health care provider.¹



IMPORTANCE OF ADHERENCE TO CANCER TREATMENT

Diseases like cancer need careful management to ensure the desired result, including prolonged life filled with good quality time with your loved ones. Cancer treatment adherence is crucial to achieve these objectives. Cancer medication non-adherence has been shown to higher recurrence/treatment failure rates and increased cost of care.²

References: 1. Adherence to long-term therapies: evidence for action - World Health Organisation. WHO website. Available at: http://www.who.int/chp/knowledge/publications/adherence_full_report.pdf. Accessed 2 November 2016. 2. Puts MTE, Tu HA, Tourangeau A, et al. Factors influencing adherence to cancer treatment in older adults with cancer: a systematic review. *Ann Oncol.* 2014;25(3):564-577. doi:10.1093/annonc/mdt433. 3. Adapted from: Boyle D, et al. Enhancing Patient Adherence to Improve Outcomes With Oral Chemotherapy. *US Pharmacist Journal*. Available at: <https://www.uspharmacist.com/article/enhancing-patient-adherence-to-improve-outcomes-with-oral-chemotherapy>. 4. Kloth DD, Iacovelli L, Arbuckle R, McIntosh AC. The escalating role of epidermal growth factor receptor inhibitors in cancer management: clinical considerations for the health system pharmacist. *P T.* 2010;35(4):219-29.



TIPS TO IMPROVE ADHERENCE



Understand the value of adherence³



Discuss your ability to follow a treatment regimen openly with your healthcare professional. Actively participate in your treatment decision process³



Make sure that you have clear, simple instructions, given verbally and in written format³



Use of medication organizers and reminders³



Obtain help from family members, friends, and community services when needed³



Learn how to appropriately identify and manage adverse events related to treatment⁴

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs: Erlotinib (Cetuximab) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck. Please see Anti EGFRs Erlotinib (Cetuximab) insert leaflet available in your medication box and speak with your doctor for more information.



What are some of the possible side effects with anti EGFRs Erbitux (Cetuximab)?

Allergic reactions and skin (dermatological) problems are some of the serious side effects.

Skin reactions are one of the side effects of Anti EGFRs Erbitux (Cetuximab). Skin problems include an acne-like rash, skin drying and cracking, infections, and abnormal hair growth. The skin around your fingernails and toenails may swell. Blistering of the skin or mucous membranes (such as the mouth) or peeling of the skin may be symptoms of undesirable reactions. You may also experience hair changes and nail changes.¹

Note



The unexpected effects of cancer are not always physical problems. There are also emotional and psychological impacts of cancer and treatment. You may (or may not) experience some of the following effects after treatment for colorectal cancer/H&N. You may experience other symptoms not listed here, as everyone's experience is unique. Some of these problems may start immediately while some may take months or even years before they appear. Improvement or resolution may take time and you may need to work with your health care team to try various strategies, medications, and therapies. Some side effects will improve on their own, while others may go on for a significant period. If any of these effects are a problem or are stopping you from doing your usual activities, talk about them with your health care provider.²

Please see the enclosed Anti EGFRs Erbitux (Cetuximab) diary included in this kit to write down your side effects.

References: 1. NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009 https://www.jnccn.org/content/7/1/Suppl_1/5-S-abstract. Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fightCRC.org/Resources. 2. www.movingforwardaftercancer.ca. MOVING FORWARD AFTER COLORECTAL CANCER: Part 2/3 of the Follow-Up Care Plan. Last accessed 13.02.2022

BE SMART. BE AWARE



The good news is that skin reactions are usually temporary and treatments are available to help patients cope with these side effects.

In this guide, we are addressing some of the most common dermatologic side effects of Anti EGFRs Erbitux (Cetuximab), and offer suggestions for lessening the treatment impact and helping manage them.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs Erbitux (Cetuximab) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck. Please see Anti EGFRs Erbitux (Cetuximab) insert leaflet available in your medication box and speak with your doctor for more information.

Reference: Caring for Your Skin during and after Cancer Treatment. <https://www.mskcc.org/news/caring-your-skin-during-and-after-treatment>. Last accessed 13.02.2022



BE SMART. BE AWARE

To maximize the benefits of your treatment, it is important to be aware of the possible skin-related reactions associated with your treatment and the best way to manage them. While you should always ask your doctor or nurse any specific question about your condition or treatment, we know it is sometimes hard to settle into a new treatment routine. We encourage you to read this Guide to the end. It includes important information to help you identify and manage any skin-related reactions during your treatment journey.

Good skin care and early intervention may minimize skin-related reactions. Skin-related reactions generally resolve over time with appropriate management strategies delivered by your treatment specialist and the information included in this Guide. That is why it is important to tell your treatment specialist as soon as you notice any signs or symptoms.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

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Frequently Asked Questions



What is EGFR Rash?

EPIDERMAL GROWTH FACTOR Receptors (EGFRs) are located on cells within the body. The EGFRs receive signals alerting them to start the process of growing and dividing cells. The goal of an EGFR-inhibitor (Anti EGFRs) for cancer treatment is to slow cancer cell growth by blocking the cell's EGFR from receiving the signal to grow. Anti EGFRs treatment as an EGFR-inhibitor is associated with improved quality and prolonged life for some colorectal cancer (CRC) patients.

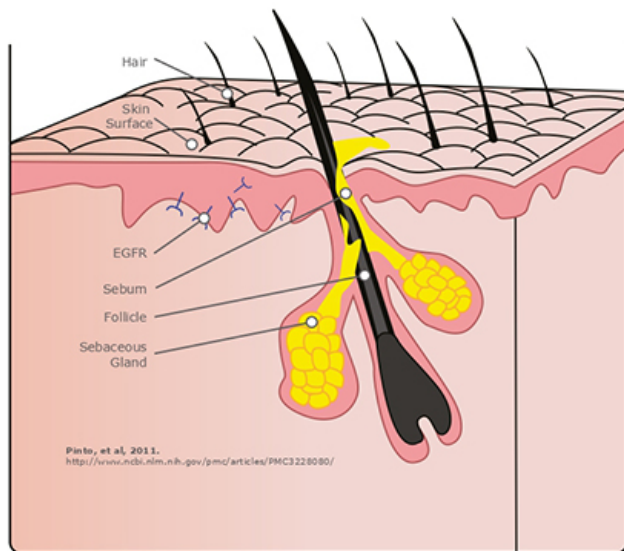
However, the skin—specifically, the epidermis (outer layer), hair follicles, and oil-producing glands—has more EGFRs than other organs and can be affected by the treatment. This side effect is skin toxicity. It is also known as skin rash, chemo rash, and EGFR rash.

EGFR skin toxicity shows up in many ways. Here are the signs that you may be experiencing skin toxicity:

- ▶ Itchy skin
- ▶ Pimple-like bumps on face, neck, and chest
- ▶ Sore, tight sensation on face, neck, scalp, and chest
- ▶ Cracks along the skin
- ▶ Changes in hair texture & curling of the eyelashes & eyebrows
- ▶ Dry, flaky skin on face, neck, and scalp
- ▶ Infection of the skin around the nail
- ▶ Brittle nails, nails that become loose in the nail bed
- ▶ Sores in and around the nose and mouth

Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network, Vol 7 Supplement 1, 2009 http://www.jnccn.org/content/7/Suppl_1/S-5-abstract • Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>, www.fightCRC.org/Resources.

Skin rash is different for everyone, and dermatologists often categorize the rash into grades 1-4, based on severity. This timeline describes when and how skin toxicity from cancer treatment may show up.



Pinto, et al. 2011.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3228080/>

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WEEK 1



Sore, tight, itchy skin

WEEK 2-3



Pimple-like bumps form on face, neck, scalp

WEEK 3-4



Dry skin

WEEK 4+



Cracks on skin and nail changes

WEEK 6+



Tiny red vessel seen on the skin

Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009 http://www.jnccn.org/content/7/Suppl_1/S-5.abstract · Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fghtCRC.org/Resources



What to look on the front & back of your body?¹⁻³

What to look for on the front of the body?¹⁻³

FACE

Look out for acne-like skin rash. These could be itchy and painful. The rashes may involve a small part of the body (mild rashes) or a large part of the body (severe rashes). These appear about 8-10 days after therapy.

CHEST

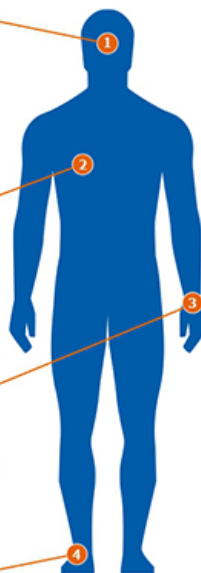
Look for acne-like skin rash. Red, itchy and painful skin rashes can occur on the upper chest days after therapy, about 8-10 days after therapy.

HANDS

Watch out for painful cracks in the palms and fingertips. This may include drying and scaling skin.

FINGER AND TOE NAILS

Check for any painful swelling (inflammation) filled with pus around the finger and toe nails. This is usually seen in the first digits, and occurs after 2 or more months of therapy. Ridging or cracking of the nails may be seen.



What to look for on the back of the body?¹⁻³

HAIR

Hair changes such as slow hair growth or baldness. Baldness can occur after 2-3 months of therapy. Excessive growth of facial hair & excessive growth with curling of eyelashes occur after 1-2 months therapy. Acne-like skin rash can appear on the scalp too.

BACK

Red, itchy and painful skin rashes can occur on the lower back. You may experience dryness and scaling in these areas.

KNUCKLES

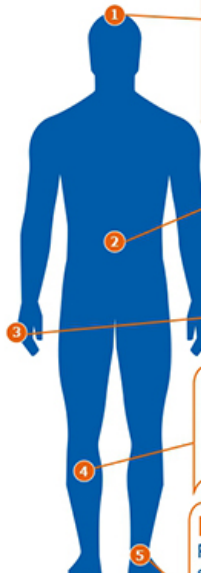
Watch out for painful cracking in the skin over the knuckles.

LIMBS

If have acne-like rashes, you may also develop itchy, dry and scaly skin over the arms and legs in these areas.

FEET

Painful cracks called fissures may appear in the soles and heels. These usually appear around 1-2 months of therapy. There is a chance of infection in these regions.



References: 1. Pinto C, Barone CA, Girolomoni G et al. Management of Skin Toxicity Associated with Cetuximab Treatment in Combination with Chemotherapy or Radiotherapy. The Oncologist. 2011; 16:228-38. 2. Guidelines for Cetuximab induced rashes. NHS Website. Available at: <http://www.kentmedwaycancernetwork.nhs.uk/search?q=cetuximab>. Accessed 2 June 2015. 3. Lacouture ME, Anadkat MJ, Bensadoun RJ et al. Clinical practice guidelines for the prevention and treatment of EGFR inhibitor-associated dermatologic toxicities. Support Care Cancer. 2011; 19:1079-95.

PROPHYLAXIS AND GENERAL TIPS TO HELP CARE FOR SKIN RASH

IF YOU ARE GOING TO BEGIN Anti EGFRs Eributux (Cetuximab) treatment, talk with your providers – before you start – about what you can do to prevent the rash, and what you can do to minimize rash severity.^{1,2}



Your doctor or nurse may suggest the use of moisturizing lotion to help keep skin moist



They may also suggest cool compresses to relieve itching



Being out in the sun may make skin problems worse. People receiving Anti EGFRs should wear sunscreen and hats and limit sun exposure during treatment and for 2 months following the last dose of Anti EGFRs



Rash may be treated with antibiotics. Antibiotics may be in pill form (and may be taken by mouth) and **talk to your doctor before receiving any medication**



Anti EGFRs: Anti Epidermal Growth Factor Receptors

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References: 1. https://www.erbitux.com/assets/pdf/crc_patient_brochure.pdf, 2. <https://www.erbitux.com/mccr/what-is-erbitux>. Last accessed 25 March 2022.



How to manage itchy skin during treatment?

The most important advice is not to scratch the affected areas! Although it seems like an easy way to get rid of the itch, it's not

1. Can aggravate the skin more and lead to infection.

2. Also, hot water will not alleviate these sensations. Avoid hot showers because they remove some of your body's natural oils that keep in moisture.

3. For immediate relief, try a cool compress on the affected area before patting dry and applying moisturizer.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs (Erlotinib (Cetuximab)) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck.

Please see Anti EGFRs (Erlotinib (Cetuximab)) insert leaflet available in your medication box and speak with your doctor for more information.

NAIL CARE DO'S & DON'TS

DO



Moisturize hands and feet



Keep nails short and clean



Wear sandals or shoes that don't irritate toenails



Take your own sanitized tools if you go to a salon for a manicure. If you do your nails at home, sanitize your footbath and tools



Opt for water-based nail polish and polish remover without harsh chemicals



Use adhesive bandages for cuts around fingers and toes



Use gloves when doing dishes, cleaning and gardening

DON'T



Use fake nails or gel nails. They can damage the nail when removed and can also trap bacteria near the nail or nail bed



Bite your nails




Pull on loose skin around the nails



Cut or push back cuticles



Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009 http://www.jnccn.org/content/7/Suppl_1/S1-5.abstract - Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fightcancer.org/Resources.



Can I Still Wear Makeup with a Skin Rash?

Anti EGFRs: Anti Epidermal Growth Factor Receptors

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What is beauty advice might be to patients undergoing treatment?

Makeup should allow you to shine from the inside out! It can lift your spirit. A little self-care can increase your confidence.



What are alternatives to heavy foundation for men and women who want to cover skin rash?

BB cream (beauty balm or blemish balm) is a light, breathable alternative to foundation. It can moisturize, cover imperfections and even skin tone. You feel completely comfortable wearing it. It's lightweight with just the right amount of coverage—Many forget they're even wearing it.

Tips



- ▶ Clean your makeup brushes regularly with a brush cleaner
- ▶ Use makeup brands that don't clog pores (non-comedogenic) and that are paraben-free and phthalate-free
- ▶ Cleanse your face daily and use a fragrance-free moisturizer
- ▶ Remember it's always okay to take a day off from makeup and let your skin breathe

Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009 http://www.jnccn.org/content/7/Suppl_1/S-5.abstract - Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/1816005>. www.fightcancer.org/Resources.

9 Must-Haves for Managing Side Effects of the Skin

1

Thick moisturizing creams, also called emollients

Apply after showering and throughout the day as needed.



Why? To keep skin moisturized.

What to look for: Fragrance-free and extra-moisturizing emollients.

2

Moisturizing face and body wash



Why? To keep skin clean and moisturized while keeping bacteria away.

3

Clothing



Why? To keep skin safe from the sun.

What to look for: Wear cotton clothing and avoid any synthetic materials that are rough against your skin, like polyester.

4

Unscented detergent



Why? Use to wash clothes, towels, and linens to avoid extra chemical exposure to the skin.

What to look for: Look for products without fragrance.

5

Dishwashing gloves



Wear when doing dishes and cleaning the house.

Why? To avoid excess water exposure and contact with cleaning product chemicals.

6

Sunscreen



Learn more about sun exposure on page 29!

What to look for: "The sunscreen that is best is the one that you like enough to consistently wear."

– Dr. Porto

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs: Erlotinib (Cetuximab) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck. Please see Anti EGFRs Erlotinib (Cetuximab) insert leaflet available in your medication box and speak with your doctor for more information.

Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009. http://www.nccn.org/content/7/Suppl_1/5-5.abstract · Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 192-199. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fightcancer.org/Resources.

7

Non-drowsy over-the-counter antihistamines



Why? To manage itching.

Talk to your doctor before use.

8

Sedating (drowsy) over-the-counter antihistamines



Why? To manage itching before bedtime.

Talk to your doctor before use.

9

Over-the-counter pain medication



Why? To reduce pain.

Talk to your health care team, they may suggest a prescription.

Anti EGFRs: Anti Epidermal Growth Factor Receptors

Anti EGFRs (Erbix (Cetuximab)) is indicated for the treatment of patients with epidermal growth factor receptor (EGFR)-expressing, RAS wild-type metastatic colorectal cancer and for patients with squamous cell cancer of the head and neck.

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STAY SUN SAFE

It's well known that sun exposure can lead to accelerated aging of the skin, skin discoloration and skin cancer. While undergoing EGFR-inhibitor treatment your skin will be even more sensitive to the sun's rays. Sun protection is imperative to skin care, especially with skin rash. Even when there's cloud coverage, be protected.



Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009
http://www.jnccn.org/content/7/Suppl_1/S-5.abstract • Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159.
<https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fightCRC.org/Resources.



I'm on Anti EGFRs therapy- why should I protect my skin from the sun?

Many patients have noticed that [skin] rash is worsened in sunlight or heat. In addition, some patients will notice sensitivity to sunlight in general, independent of this rash. Different adjunctive (additional) medications like antibiotics that you might be taking may also make you more sensitive to the sun.



What are the best methods of sun protection?

The best method is sun avoidance. This includes staying out of the sun during peak hours and wearing sun-protective clothing and hats. Some patients feel that sunscreen helps their rash as well, but others feel that it makes no difference.



What are the side effects of excess sun exposure for a patient on an EGFR-inhibitor?

Patients will notice a worsening of their rash with sun exposure. They also may be more susceptible to sunburn, which may be exacerbated depending on what other medications they are taking.



Anti EGFRs: Anti Epidermal Growth Factor Receptors

How often should I apply sunscreen?

About every two hours to all sun-exposed skin. If you don't find that sunscreen helps your rash, sun avoidance may be a better option. If your skin gets wet, you will need to reapply sunscreen more often.



Can I still use a tanning bed?

No one should ever use a tanning bed. Tanning beds cause skin cancer and an aged appearance to the skin. Patients on EGFR-inhibitors will have even more difficulty with tanning beds as they will worsen their rash and may cause extensive sunburns.



I have dark skin, do the rules of sun protection still apply to me?

Yes! Everyone should practice safe sun habits. However, whether your individual rash will worsen with sunlight is uncertain.



What is the best kind of sunscreen to use?

The sunscreen that is best is the one that you like enough to consistently wear. Dermatologists recommend an SPF of at least 30.



Reference: NCCN Task Force Report: Management of Dermatologic and Other Toxicities Associated With EGFR Inhibition in Patients With Cancer. Journal of the National Comprehensive Cancer Network. Vol 7 Supplement 1. 2009 http://www.jnccn.org/content/7/1/Suppl_1/S-5.abstract - Boone SL, Rademaker A, Liu D, et al. Impact and management of skin toxicity associated with anti-epidermal growth factor receptor therapy: survey results. Oncology 2007; 72: 152-159. <https://www.ncbi.nlm.nih.gov/pubmed/18160805>. www.fightCRC.org/Resources.

Know more about skin-care products included in your kit¹

Moisturizing Lip Balm

lip balm and SPF 30 protection helps to keep your lips soft and smooth, even when you're out in the wind and sun. Always read the label and use only as directed.

Benefits



Softens and protects even dry and sensitive lips



Uniquely shaped glide-on applicator is soft on lips



Broad spectrum SPF 30 protection



Free from fragrance, colour, lanolin, PABA and propylene glycol

Directions



Gently smooth evenly over clean, dry lips prior to exposure to sun, wind, cold and other harsh climatic conditions or whenever lips are dry. Reapply every 2 hours for maximum benefit.



Cautions

If symptoms persist see a healthcare professional. Avoid eyes. If irritation occurs, discontinue use. Store below 30°C.



Tips

Apply lip balm frequently throughout the day in all seasons.



Ingredients

Paraffinum Liquidum, Petrolatum, Ricinus Communis (Castor) Seed Oil, Polyethylene, Cetearyl Alcohol, Ethylhexyl Methoxycinnamate, Butyl Methoxydibenzoylmethane, Dimethicone, Silica, Bht.

Gentle Wash

Gentle, soap-free cleanser for delicate skin

Gentle Wash is designed for dry or sensitive skin. It works to help maintain hydration during cleansing so skin is left clean and feeling soft. Gentle Wash is also non-comedogenic so it won't block pores.

Benefits



Recommended for cleansing drier skin as it contains a higher concentration of moisturiser than Wash



Helps maintain skin's natural protective properties



Doesn't strip away the skin's natural oils like soap can



pH balanced, low-irritant formulation, free from colour, fragrance, propylene glycol, and lanolin



Suitable for sensitive skin

Directions



Use daily in shower or bath. Apply desired amount of Gentle Wash to wet skin and lightly massage. Rinse and gently pat skin dry. For best results apply Skin Lotion or Cream immediately after bathing. For persistent dry or sensitive skin try Bath Oil.

Cautions



Avoid eyes. For external use only. If lather enters eyes, rinse with clean water. If irritation occurs, discontinue use. Store below 30°C. If eye irritation persists, seek prompt medical advice.



Tips

Make sure the water temperature in your shower or bath is warm to cool to help maintain beautiful looking skin.

Ingredients



Aqua (Water), Glycerin, Sodium Lauroyl Sarcosinate, Disodium Cocoamphodiacetate, Lauryl Betaine, Sodium Cocoyl Isethionate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Styrene/Acrylates Copolymer, Aminomethyl Propanol, Methylparaben, Propylparaben.

Skin Cream

Highly concentrated moisturising cream for dry skin.

This rich, protective cream replenishes the skin and helps relieve dry areas. It contains squalane, a natural component found in the skin's oil. Areas prone to dryness like the elbows, knees and hands will just love what Cream can do to help.

Benefits



Recommended for moisturising dry skin



Helps to seal in natural moisture by acting as a protective barrier



Helps protect against dryness



pH balanced, low-irritant formulation, free from fragrance, colour, lanolin and propylene glycol



Suitable for sensitive skin and flaking or itchiness due to dry skin conditions



Suitable for infants and the elderly



Directions

Apply to affected areas as often as required, particularly after bathing, showering, shaving, exposure to harsh climatic conditions and at night.



Cautions

Avoid eyes. For external use only. Store below 30°C.



Tips

Remember to moisturize immediately after your bath or shower for soft hydrated skin.

Ingredients

Aqua (Water), Paraffinum Liquidum, Glycerin, Petrolatum, Cetearyl Alcohol, Dimethicone, Squalane, Cetearth-20, Glyceryl Stearate SE, Stearic Acid, Laureth-3, Glyceryl Stearate, Methylparaben, Dichlorobenzyl Alcohol.

QV Cream (Pump) 500g, 1kg

Aqua (Water), Paraffinum Liquidum, Glycerin, Petrolatum, Cetearyl Alcohol, Dimethicone, Squalane, Cetearth-20, Stearic Acid, Laureth-3, Glyceryl Stearate, Methylparaben, Dichlorobenzyl Alcohol.



SunSense Daily Face SPF 50+

A moisturising SPF 50+ broad spectrum sunscreen. Ideal for everyday use.

A moisturising SPF 50+ broad spectrum sunscreen ideal for everyday use on the face and neck. This light, soft cream has an oil free base and has a sheer tint for an invisible matt finish. Ideal for combination and oily skin.

Benefits



It is designed for daily facial use



It is fragrance free and oil free



It has a non-greasy and elegant feel



Sheer tint for an invisible matt finish



Contains Nicotinamide – helping to maintain the normal skin barrier function and improving the appearance of skin tone and texture

Directions

Apply a liberal amount (one teaspoon full) evenly over entire face and neck after cleansing everyday and 15 minutes before sun exposure. The invisible matt finish means it can be used alone or with make up. Re-apply frequently. For external use only. Avoid eyes and contact with irritated skin. If irritation occurs, wash affected area and discontinue use. Contains Oxybenzone.



Tips

The light, soft cream is sheer tinted making it invisible on the skin so that it can be worn alone, or under make-up.



Ingredients

Aqua (Water), Glycerin, C12-15 Alkyl Ethylhexanoate, C12-15 Alkyl Benzoate, Niacinamide, Cetyl Alcohol, Titanium Dioxide, Benzophenone-3, Isostearic Acid, Potassium Cetyl Phosphate, Pvp, Vp/Eicosene Copolymer, Diethylamino Hydroxybenzoyl Hexyl Benzoate, 1,2-Hexanediol, Xanthan Gum, Phenoxyethanol, Silica, Magnesium Aluminium Silicate, Methylparaben, Tocopherol, Ci 77492, Dichlorobenzyl Alcohol, Propylparaben, Ammonium, Acryloyldimethyltaurate / Vp Copolymer, Dimethicone, Ci 77491.

Skin Balm

Help soothe dry skin

Balm is an intensive moisturiser to gently help relieve and soothe dry skin. A highly emollient moisturising balm designed for extremely dry skin. Balm is water-free to reduce the chance of stinging.

Benefits



Sting free formula



Easily absorbed



Free from fragrance, colour



Dermatologically tested

Directions

Apply liberally to the face and body and massage in gently. Use nightly after bathing or showering. Use in conjunction with QV Gentle Wash to gently cleanse children's skin.



Cautions

If irritation occurs, wash affected area and discontinue use. Avoid eyes. Store below 30°C.



Tips

Use a moisturising protective emollient on extremely dry skin.



Ingredients

Paraffinum Liquidum, Petrolatum, Isopropyl Myristate, Polyethylene, Cetearyl Alcohol, Silica, Dimethicone.



PATIENT GUIDE FOR PATIENT TREATED WITH ANTI EPIDERMAL GROWTH FACTOR RECEPTORS (ANTI EGFRs): ERBITUX (CETUXIMAB)

For a successful treatment journey

Kindly report any suspected adverse reactions associated with the use of your medication to the SFDA and to the MOH.

The National Pharmacovigilance Centre (NPC), Saudi Food and Drug Authority (SFDA)

SFDA call center: 19999

Fax: +966 11 2057662

E-mail: npc.drug@sfda.gov.sa

Website: <http://ade.sfda.gov.sa>

Anti EGFRs: Anti Epidermal Growth Factor Receptors

CRC: Colorectal cancer

mCRC: Metastatic colorectal cancer

LS mCRC: Left side metastatic colorectal cancer

QoL: Quality of life

Disclaimer: This material is to be used for educating and training healthcare professionals (HCPs) only. Any other form of distribution of this material is the sole responsibility of the HCP, without any liability on Merck Serono Middle East FZ-Ltd. If you are a patient, please refer to your treating HCP whenever you suffer from any injury or affliction or have any complaint concerning your health condition or your medication.

For further information, please contact: Merck Serono Middle East FZ LTD.

Al Sulaimanyah District, Al Safwa building - 2nd floor, Gate 4, Office 4208, Riyadh, KSA.

Phone: +966 11 288 6750, Fax: +966 11 288 6710.

Email: drug.safety.saudi@merckgroup.com

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