



Caring for Your Skin and Nails: A Practical Guide for Your RYBREVANT® Treatment Journey



This leaflet will help you learn more about skin and nail care during your treatment with RYBREVANT®.

RYBREVANT® is used in adults with a type of cancer called '**non-small cell lung cancer**'. It is used when the cancer has spread in your body and has gone through certain genetic changes (**Exon 20 insertion mutations**) in a gene called 'epidermal growth factor receptor' (EGFR).

For this indication, RYBREVANT® has been approved with conditions. This means it has passed Health Canada's review and can be bought and sold in Canada, but the manufacturer has agreed to complete more studies to verify RYBREVANT®'s clinical benefit. For more information, talk to your healthcare professional.

Welcome to the Janssen BioAdvance® Program



Janssen BioAdvance® will provide you with customized care throughout your treatment journey with RYBREVANT®.

Your dedicated BioAdvance® Coordinator and pharmacist will check in to brief you on what to expect from your treatment and provide tips to help prevent and manage side effects.



Speak with your doctor to learn more about Janssen BioAdvance® and to enrol in the program, if you haven't already.

About Skin and Nail Problems

Skin and nail problems are a very common side effect in people taking RYBREVANT®.

One type of skin reaction is rash (including acne), which usually shows up on the face, scalp, chest, and upper back.

Other symptoms of skin and nail problems include infected skin around the nail, dry skin, itching, pain, blistering, and redness.

Why do skin and nail problems happen?

Treatments like RYBREVANT® target rapidly renewing cells such as cancer cells. The skin and nails are also made up of rapidly renewing cells, which means they can also be affected by RYBREVANT®.

It's important to take care of your skin to help maintain its normal functions, including defending against germs and maintaining hydration.



You can help manage skin and nail problems by:

- Taking preventive measures to reduce your risk
- Identifying and communicating symptoms right away, if they happen
- Discussing potential treatment options with your doctor

What Can I Do to Help Prevent Skin Problems?

To help protect your skin (including your face and body, and scalp), it's important to do the following:



Keep your skin moisturized

Liberally moisturize your skin at least twice daily, both during and for two months after stopping treatment. *See page 7 for a list of what to look for in moisturizing creams.*



Limit sun exposure

Avoid being out in the sun, both during and for two months after stopping treatment. When going out, wear protective clothing and use sunscreen. *See page 7 for a list of what to look for in a sunscreen.*



Be gentle with your skin

Avoid using hot water for hand washing, bathing, and washing dishes. Choose lukewarm water and limit the duration of your bath or shower.



Be gentle with your scalp

Use mild shampoos and conditioners for washing your hair. Avoid using hairdryers and other heating tools near your scalp and avoid permanent colouring or perming.



Dry off your toes

Make sure you dry between your toes after bathing.



Choose proper clothing

Avoid irritating fabrics such as wool or anything too tight-fitting.



Stay hydrated

Drink 8-12 cups of fluid daily to help prevent skin dryness.



Try to eat well

Consume a well-balanced diet in line with Canada's Food Guide.

What Can I Do to Help Prevent Nail Problems?

While it may not be possible to prevent nail changes, you can help manage minor nail changes or avoid making them worse.



Keep your nails moisturized

Regularly moisturize your cuticles and the skin around your nails.



Soak your nails

Use disinfecting soaks for your nails and wash regularly with soap and water.



Trim your nails

Keep your nails short and clean them regularly.



Practice gentle nail care

Avoid trauma to the nails such as cutting nails too short, aggressive manicures and pedicures, artificial nails, and gel nail polish.



Wear gloves

Wear protective gloves for daily activities, especially when gardening, doing dishes, and using chemical agents.



Wear loose-fitting shoes

This will help avoid too much pressure on your toenails.

What Can I Use to Help Protect My Skin and Nails?



Alcohol-free moisturizing cream

Apply these liberally to your skin at least twice a day. See page 7 for a list of what to look for in moisturizing creams.



Sunscreen

Help protect your skin from sun exposure by wearing broad spectrum sunscreen with SPF 30 or higher. See page 7 for a list of what to look for in a sunscreen.



Gentle cleanser

Wash your face and body with a gentle fragrance-free cleanser.



Prescription medications

Your doctor may recommend oral antibiotics like doxycycline or minocycline to help prevent inflammation, along with topical corticosteroids, if needed. *Make sure to take as directed and, as needed, request refills under your doctor's guidance.*



Mild shampoos/conditioners

Wash your hair with mild shampoos and conditioners (e.g., baby shampoo).



Petroleum jelly

Apply petroleum jelly (such as Vaseline®) around the nails and cuticles to help provide a barrier for your nail beds.



Over-the-counter hydrocortisone cream

Apply hydrocortisone 1% cream along with moisturizing cream twice daily.



Nail soaks

Use diluted white vinegar (one part vinegar to one part water) or disinfecting soaks on the nails. *Ask your doctor or nurse for a recommendation.*

What NOT to Use:



Harsh skin irritants

Stay away from products like acne medications, hair dye, solvents, or disinfectants that can irritate your skin. Avoid products containing fragrance.



Drying agents

Avoid soaps and makeup containing drying agents (e.g., alcohol).

Developing a Skincare Routine

During cancer treatment, it's important to develop a skincare routine – not only for your face, but for your body and nails too. Everyone's skin is different, so find what works best for you.

Skin care products to consider adding to your routine:

MOISTURIZING CREAM

Terms to look for on packaging:

- Gentle
- For sensitive skin
- For dry skin

Ingredients to consider looking for:

- Ceramides
- Vegetable butters/oils (e.g., shea)
- Urea (5-10%)

Terms to avoid on packaging:

- Fragrance/perfume
- Anti-acne
- Anti-rosacea

Ingredients to avoid:

- Alcohol
- Benzoyl peroxide
- Retinoids
- Acidic ingredients (e.g., AHA)

 **TIP:** Apply to whole body, including hands, feet, and face at least twice a day – after showering and before sleep.

SUNSCREEN

Terms to look for on packaging:

- UVA and UVB protection
- SPF \geq 30

Ingredients to consider looking for:


- Zinc oxide or titanium dioxide

Terms to avoid on packaging:

- Fragrance
- Chemical sunscreen

Ingredients to avoid:

- Alcohol

 **TIP:** Apply 20 minutes before going outdoors and re-apply frequently (every 2 hours).

MOISTURIZING CLEANSER

Terms to look for on packaging:


- Gentle (pH 4-6)
- Soap-free

Terms to avoid on packaging:

- Fragrance/perfume

Ingredients to avoid:

- Alcohol

 **TIP:** Use with lukewarm water and dry the skin by patting with a soft towel.

HYDROCORTISONE CREAM

To look for:

- 1% strength

 **TIP:** Apply to the body along with moisturizing cream at least twice daily.

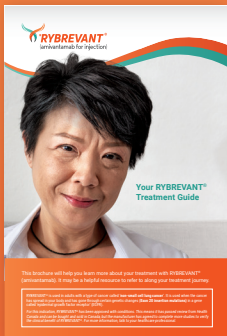
Ask your doctor or pharmacist for any additional recommendations on moisturizing creams, sunscreens and body washes, as well as topical agents for the skin, nails, and scalp.



RYBREVANT® Treatment Companion Kits are available from your BioAdvance® Coordinator to help you get started on developing a gentle skincare routine.



Scan here to view the RYBREVANT® Treatment Journal and to record the skincare routine you've put into place.



Scan here to access
your RYBREVANT[®]
Treatment Guide for
more information.



Scan here to view this
brochure in Mandarin.



Scan here to view this
brochure in Cantonese.

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