



## CHANGES IN YOUR NAILS DURING TREATMENT

Many patients who undergo chemotherapy notice their nails become brittle or discoloured, crack easily or even fall out.

Like your hair, the nails are the only part of the human body that continues to grow after adulthood. Your hair needs regular trimming like your nails and so they are both affected by chemotherapy.

### Tips to take care of nails during chemotherapy

- ✚ Fake nails should not be used. The adhesive/glue with which they are applied may worsen the condition of your real nails.
- ✚ Nail polish is ok and may be useful in covering up nails that are discoloured. However, frequent use of polish remover may make nails more brittle.
- ✚ Nails should be kept clean, dry and trimmed.
- ✚ Massage a rich massage oil (Amanita) into the nail and nail bed each evening before you sleep to promote healthy cuticles and encourage regrowth
- ✚ Nails should be kept neatly filed to keep them from catching on fabric or other items, which could cause the nail to break or tear.
- ✚ Wear gloves when performing tasks that expose the nails to harsh chemicals or other damaging environments. This includes washing dishes, gardening or scrubbing floors.
- ✚ Your immune system is likely to be compromised by treatment so it's especially important that you try to avoid any injury to the nails and cuticles that may lead to infection. If you have a manicure make sure the manicurist sterilizes all the equipment and is extremely cautious when trimming nails and cuticles.
- ✚ Notify your doctor if you develop redness or other changes around the cuticles, or if a nail falls off.

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