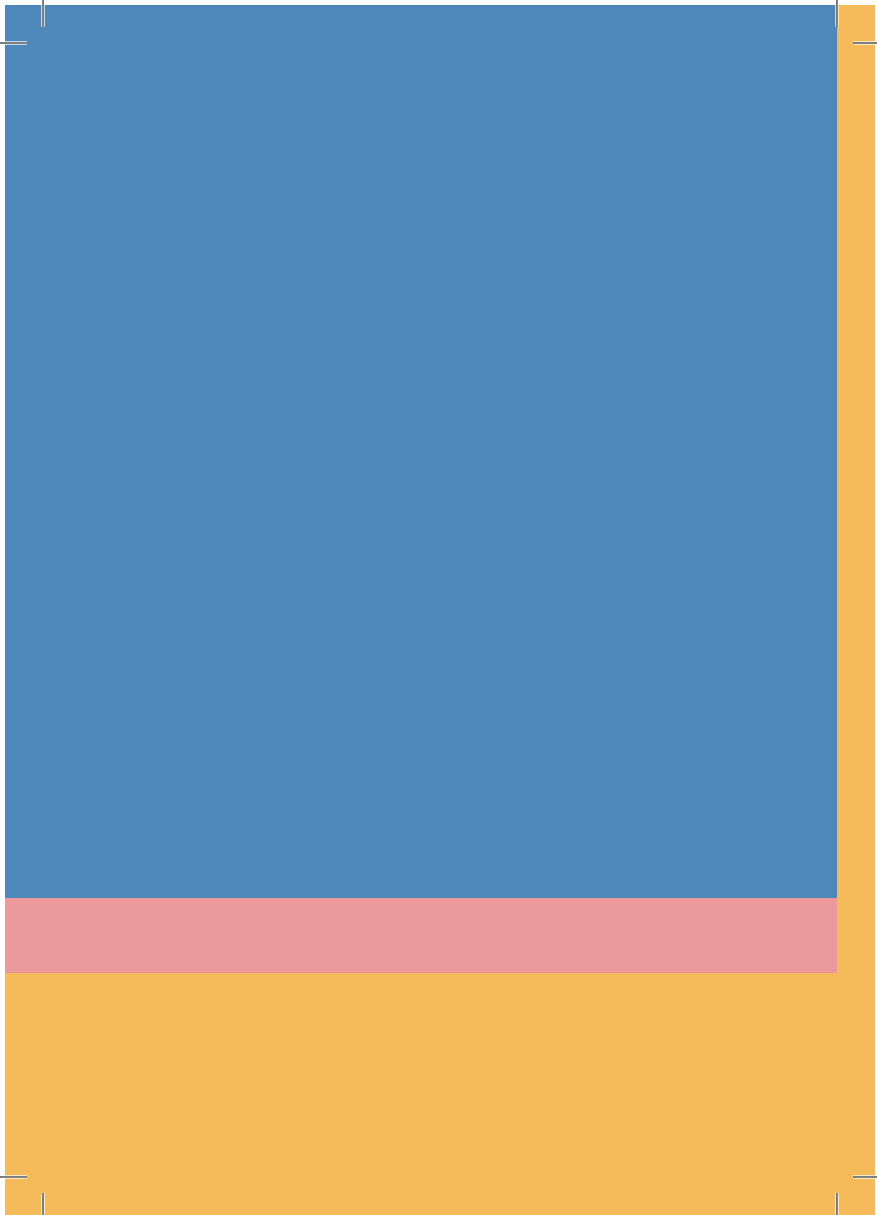



NAQI®
SKIN CARE INNOVATORS

SKINCARE & EDEMA

PATIENT BROCHURE





DID
YOU
KNOW?

1. THE SKIN

- is the largest human organ
- has a surface of 1.8-2m²
- the process of skin cell renewal takes 28 days
- protects against physical harm (mechanical, radiation)
- forms a barrier against microorganisms and chemicals
- contains a billion microorganisms (bacteria and fungus)
- stocks fat
- regulates body temperature

2. LYMPH

- is a colourless tissue fluid that circulates throughout a separate system (the lymphatic system)
- is transported through lymph vessels to the blood stream
- is filtered through lymph nodes
- is a crucial part of the human immune system

3. EDEMA

- is an abnormal accumulation of fluid and protein in the interstitium
- is the result of a disturbed balance in the discharge of fluid in the interstitium
- has various causes : surgery, tumors, radiation, infection, trauma, prosthesis
- can manifest itself as swelling, tiredness, heavy feeling , pain. Edema can have a large impact on daily life

DO
YOU
KNOW...

THE MOST COMMON SKIN PROBLEMS:

- DEHYDRATION
- SCALINESS
- ITCHING
- SWELLING / EDEMA
- DISCOLORATION
- SCARS

DEHYDRATION

- Medication can make the skin more vulnerable
- Chemotherapy usually blocks the cell growth and renewal. It can not distinguish between cancer cells and normal skin cells that divide and renew
- Is caused by products that remove skin lipids, dry environment, age...

SCALINESS

- Is the result of dry skin
- The dead skin cells flake visibly in groups rather than individually
- Can be made worse by wearing compression garments

ITCHING

- A dry and scaly skin causes itching
- Compression garments can also cause itching

SWELLING/ EDEMA

- Swelling is caused by a disruption or blocking in the lymph system , causing a limited drainage of lymph fluid
- Possible causes are infections, varicose veins, thrombosis, surgery, cancer, radiotherapy

DISCOLORATION

- During radiotherapy pigment cells react tot the warmth by dividing and thus creating more pigmentation on the radiation area (darker skin)
- Sometimes wounds and / or blisters appear (advice of radiotherapist and surgeon for wound care)

SCARS

- The result of wound healing
- Scar tissue is skin of inferior quality with a disturbed hydration balance (increased water loss through the skin) . The body reacts with extra skin renewal. This process can lead to visible scarring with many complaints and even function loss
- Adhesive scar tissue
- Pressure points on limbs can sometimes be caused by compression garments

WHAT
TO
DO:

DEHYDRATION SCALINESS ITCHING

- Moisturize
- Wash with a neutral soap and dry off gently to avoid further damage to vulnerable skin
- Use skin-friendly lotion(s):
 - NAQI® Body Care : for intense hydration
 - NAQI® Sense : reduces itching
 - NAQI® Cica : improves the skin barrier
 - NAQI® Body Soap : mild soap-free cleanser

SWELLING/ EDEMA

- Skin Care
- Manual lymphatic drainage performed by a specialised therapist
- Compression therapy
- Lymph taping (can cause skin irritation)
- Exercise
- NAQI® Body Screen prevents and reduces skin irritation caused by oa elastic stockings
- NAQI® Lympe Gel stimulates circulation and reduces fluid retention

SCARS

- Open wounds require specialist medical advice from radiotherapist
- Scar tissue massage by a specialist therapist as soon as the scar is completely
- Scar tissue taping (kinesiology tape) to improve skin elasticity
- NAQI® Repair improves skin suppleness and the appearance of scars
- NAQI® Silicon Touch reduces water loss

MORE
INFO:

NAQI® BODYSCREEN: strengthens the skin and prevents and reduces skin irritation caused by friction (clothes, sweat, taping, prosthesis). **100 ml**

NAQI® LYPHGE GEL: hydrogel with 5% essential oils that activate circulation and reduce fluid retention. **100 ml**

NAQI® BODY CARE: a very high quality, effective skin cream for the fragile and sensitive skin. Provides intensive hydration and care for a variety of skin problems. **100 ml**

NAQI® SENSE: a softening lotion for sensitive, red and itching skin. Sense disrupts the chain reaction of inflammation and itching in the skin and protects against environmental stress. **200 ml**

NAQI® CICA CREAM: stimulates skin regeneration and improves the appearance of scars. **100 ml**

NAQI® BODY SOAP: very mild cleanser, suitable for daily cleansing of sensitive skin, pH neutral. Soap-free. **500 ml**

NAQI® REPAIR: boosts skin cell regeneration and improves the appearance and suppleness of scars. **10 ml**

NAQI® SILICON TOUCH: an occlusive treatment of small scars that will help reduce transepidermal waterloss. Improves the outlook and discolouration of scars. **15 ml**

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