

# Step two **R2** Soothing lotion

The R2 soothing lotion is the second step of the full R1 & R2 treatment. It revitalises, strengthens and reinforces the skin's natural defences by promoting its rapid regeneration. R2 repairs, hydrates and smooths skin damaged by radiotherapy and protects against sun damage.

Apply the contents of the R2 sachet to moisturise the irradiated skin 3 times a day and once again at bedtime to facilitate absorption. R2 should continue to be applied for at least 14 days after completion of radiotherapy sessions.

- ✓ **Moisturises skin**
- ✓ **Protects skin integrity**
- ✓ **Soothes treated area**
- ✓ **Protects against UVA and UVB**



## Extracts received from clinical evaluations from other hospitals internationally

### Norway

In our clinical experience application of R1 and R2 was well tolerated and seemed to be an effective prophylaxis of acute radiation dermatitis. No patient developed grade III or IV dermatitis.

### Bulgaria

In clinical practise R1&R2 can be successfully used in the treatment and prevention of acute radiation dermatitis.

### Germany

Our case series reveals that the application of R1 and R2 is feasible, safe and effective for prophylaxis and for treatment of acute radiation dermatitis. Patients do much better during radiation. They have a better quality of life.

### South Florida (USA)

The 2 step treatment relieves patient discomfort during radiation treatment and appears to help soothe and minimize the post-radiation reaction. We will recommend the use of this treatment for routine use for patients undergoing radiation therapy starting with their first treatment before symptoms occur.

### Further clinical trials have been carried out in Germany and Spain.

### Germany – University Heidelberg

This was a randomized multi center study with 20 hospitals participating. The title of the trial was to "Evaluate the effects of R1&R2 as a prophylaxis of Acute Radiation Dermatitis in patients with Head & Neck cancer receiving platin-based radio-chemotherapy". The results of the trial showed that "The experimental prophylactic treatment R1R2 is obviously tolerated very well and does not interfere with treatment." - No Grade 2 or Grade 3 dermatitis was present in the R1R2 group at follow up, skin is regenerated quicker than with control.

### Spain-La Paz University Hospital Madrid

A single centre study on 102 patients to "Evaluate the effects of R1&R2 as a prophylaxis of Acute Radiation Dermatitis in patients with Head & Neck and breast cancer receiving platin-based radiochemotherapy". The results of the trial showed patients who used R1&R2 received less side effects, more than 66% showed no evidence of radiation dermatitis.

### Product information

R1&R2 are classified as a Medical Device. Both products are free from parabens, benzenes, metals, anti-oxidants and perfume. R2 has UVA/UVB protection.



### R1 and R2 are available at your local pharmacy:

Therapy Pack R1 – radiation therapy (Full Treatment Pack)

Therapy Pack R2 – radiation therapy (Full Treatment Pack)

Weekly Treatment pack (WTP)

### Product codes:

PIP 356-4432 (R1 30 sachets of 6 g)

PIP 383-4918 (R2 168 sachets of 1 g)

PIP 367-3613 (5 x 6 g R1 and 28 x 1 g R2)



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## New advanced protection for skin care during and after radiotherapy



# WATERJEL® R1R2

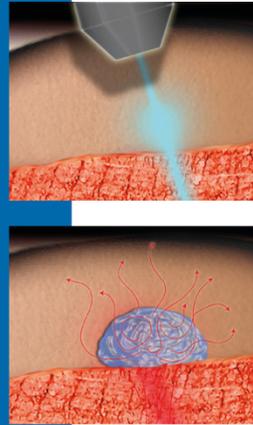
COOLING | RELIEVES PAIN | HYDRATES | MOISTURISES SKIN | UVA/UVB PROTECTION

# Step One R1 Cooling Gel

R1 cooling gel is the first step of the full R1 & R2 treatment. It cools, relieves pain, hydrates and stabilises skin temperature through physical means. Immediately R1 is applied to the skin it provides hydration.

R1 includes LACTOKINE® in its formulation. Along with other lactose proteins, LACTOKINE® contains milk-derived factors that assist skin to maintain a smooth and consistent texture.

R1 is applied after the radiotherapy session. If this is not possible to carry out while in hospital, it should be done once the patient arrives home. A generous layer of R1 is applied over the irradiated skin, without rubbing in, and left in contact with the treated area for at least 20 minutes.



- ✓ Protects
- ✓ Cools
- ✓ Provides hydration
- ✓ Relieves pain
- ✓ Stabilises skin temperature

**R1 and R2 is a new two-step programme that protects, preserves, strengthens and repairs the skin. It provides real relief during radiotherapy treatments.**

Skin toxicity is one of the side effects of radiotherapy that can affect the patient's therapeutic programme and may reduce their quality of life.

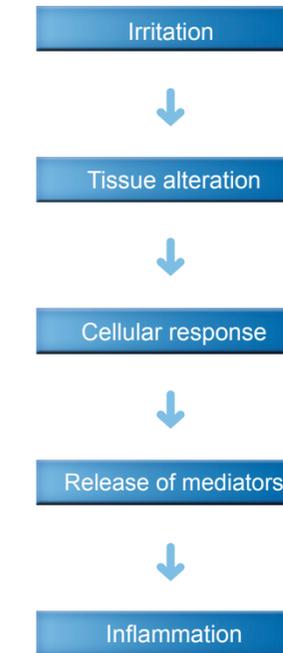
The skin's reaction to ionising radiation varies according to the volume irradiated, dose administered, treatment guidelines and radio-sensitivity of exposed tissue. Side effects may vary and include erythema, pigmentation, hair loss, atrophy, fibrosis, dryness and peeling of skin, oedema and ulceration. The acute inflammatory reaction caused by cell destruction in the basal layer of the epidermis, and by dermal exposure, manifests itself as erythema and may gradually develop into exudative dermatitis.

#### Why have R1 and R2 been developed?

Water-Jel Technologies, the company that developed and manufactures R1 and R2, is a world leader and expert in the treatment of burns. R1 and R2 are solutions to the problem of treating the side effects experienced by skin during and after radiotherapy treatment.

The innovative new cooling treatment cools the damaged area in two stages by reducing the inflammatory response through cooling, relieving pain, hydrating and protecting the skin in the short- and long-term, and includes protection against UVA and UVB. It incorporates LACTOKINE® in its formulation, which strengthens the cells' ability to withstand stress.

**R1 and R2 improve patients' quality of life and its clinically proven to reduce**



## Outcome of one of our many completed clinical evaluations

This evaluation was carried out on two groups of patients. The first group received treatment to the head and neck, the second group to the pelvic area. Before applying R1 and R2, all patients had received some radiotherapy.

In the first group, most of the patients reported pain and significant damage was observed to their skin. The second group also suffered from pain in the irradiated area due to epithelial damage.

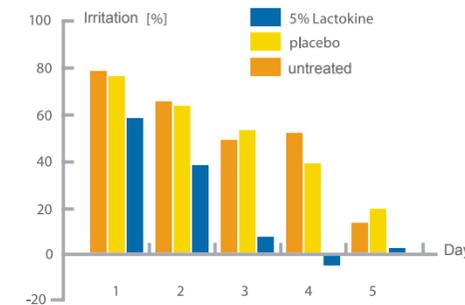
When both groups began treatment with R1 and R2, a significant improvement was observed in all of the patients. Once the R1 was applied, they felt a slight itching sensation in the areas of skin that were most irritated, then they began to feel a pleasant cooling effect and substantial pain relief.

Afterwards, after the application of R2 soothing lotion, pain relief continued. When they felt that the skin had become dry and tight again, they applied R2. In both groups the skin began to regenerate itself.

All patients were able continue with their radiotherapy treatment without interruption.

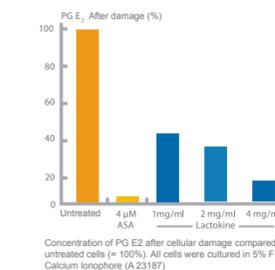


## RESULTS OF LACTOKINE WHEN USED IN 5% CONCENTRATION.



(1) (Lactokine fluid) is a product of CLR Chemisches Laboratorium Dr. Kurt Richter GmbH, Berlin, Germany. Brochure 310-02-06, Pages 5, 6 and 8.

Protection against inflammatory activity<sup>(1)</sup>



Cell viability before and after damage Ca-ionophore (A 23187)<sup>(1)</sup>

