Step two

Soothing lotion

The R2 soothing lotion is the second step of the full R1 & R2 treatment. It revivifies, 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.

A generous layer must be applied to the irradiated skin by applying gently to facilitate absorption, 3 times a day and at bedtime or whenever the skin feels tight or dry. R2 should continue to be applied for at least 14 days after completion of radiotherapy sessions.

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
Our case series reveals 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.

Germany
Our case series reveals 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 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 are also being carried out in Germany, Spain, and Israel.

Germany – University Hospital Heidelberg
This is a randomized, multi center study with 20 hospitals participating. The title of the trial is “Evaluate the effects of R1 and R2 as a prophylaxis of Acute Radiation Dermatitis in patients with Head & Neck cancer receiving platin-based radiochemotherapy.”

Spain – La Paz University Hospital Madrid
A single center study on 302 patients to “Evaluate the effects of R1 and R2 as a prophylaxis of Acute Radiation Dermatitis in patients with Head & Neck and breast cancer receiving platin-based radiochemotherapy.”

Israel – Sheba Hospital
A Phase II, double blind randomized study of R1 and R2 versus Aloe Vera Jel on breast cancer patients.

Product information
R1 and R2 are available at your local pharmacy: Product codes:
Therapy Pack R1 – radiation therapy for 6 weeks 356-4430 (R1 30 sachets of 6 g)
Therapy Pack R2 – radiation therapy for 6 weeks 356-4440 (R2 60 sachets of 3 g)
Weekly Treatment pack (WTP) 367-3613 (5 x 6 g R1 and 14 x 3 g R2)

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

Creating an advanced protection for skin care during and after radiotherapy
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 manufactured 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 inflammatory response, 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 cell, ability to withstand stress, and has been shown to reduce inflammation.

**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. 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 to continue with their radiotherapy treatment without interruption.

**Step One**

**Cooling Gel**

R1 cooling gel is the first step of the full R1 & R2 treatment. It cools, soothes pain, hydrates and stabilises skin temperature. Immediately it is applied to the skin it provides hydration and begins to reduce inflammation.

R1 includes LACTOKINE® in its formulation. Along with other lactose proteins, LACTOKINE® contains milk-derived cytokines that detoxify damaged skin and stimulate your body’s natural healing network that stimulates the natural cell-regeneration process while minimising inflammatory response.

R1 is applied after the radiotherapy session. It is not possible to carry out radiotherapy on the skin, so it should be done once the patient returns 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.