



CENTRE THERMAL
LA ROCHE POSAY

Repair your skin
with thermal water
after cancer

Breast, gynaecological, digestive, ENT, skin,
haematological

**LA ROCHE-POSAY, THE 1ST DERMATOLOGICAL
EUROPEAN THERMAL CENTER**

DOCUMENTATION INTENDED FOR PHYSICIANS AND HEALTHCARE
PROFESSIONALS

PRESCRIPTION & TREATMENT

> **When?** From 4 to 6 weeks after the end of treatment, provided the immune system is stabilised. No contraindications during supportive therapy (Herceptin©) or hormone therapy.

> **Cure prescribed by a doctor** (general practitioner or specialist - oncologist, radiotherapist, dermatologist, surgeon, dental surgeon, etc.). CERFA 11139*02 form available from the CPAM.

> **Duration: 3 consecutive weeks**
4 to 7 daily treatments for 18 days.

> **Coverage by Social Security:**
100% of the spa package and medical fees for patients with cancer (ALD).

> **Transport and accommodation costs**
Coverage is possible under the following conditions

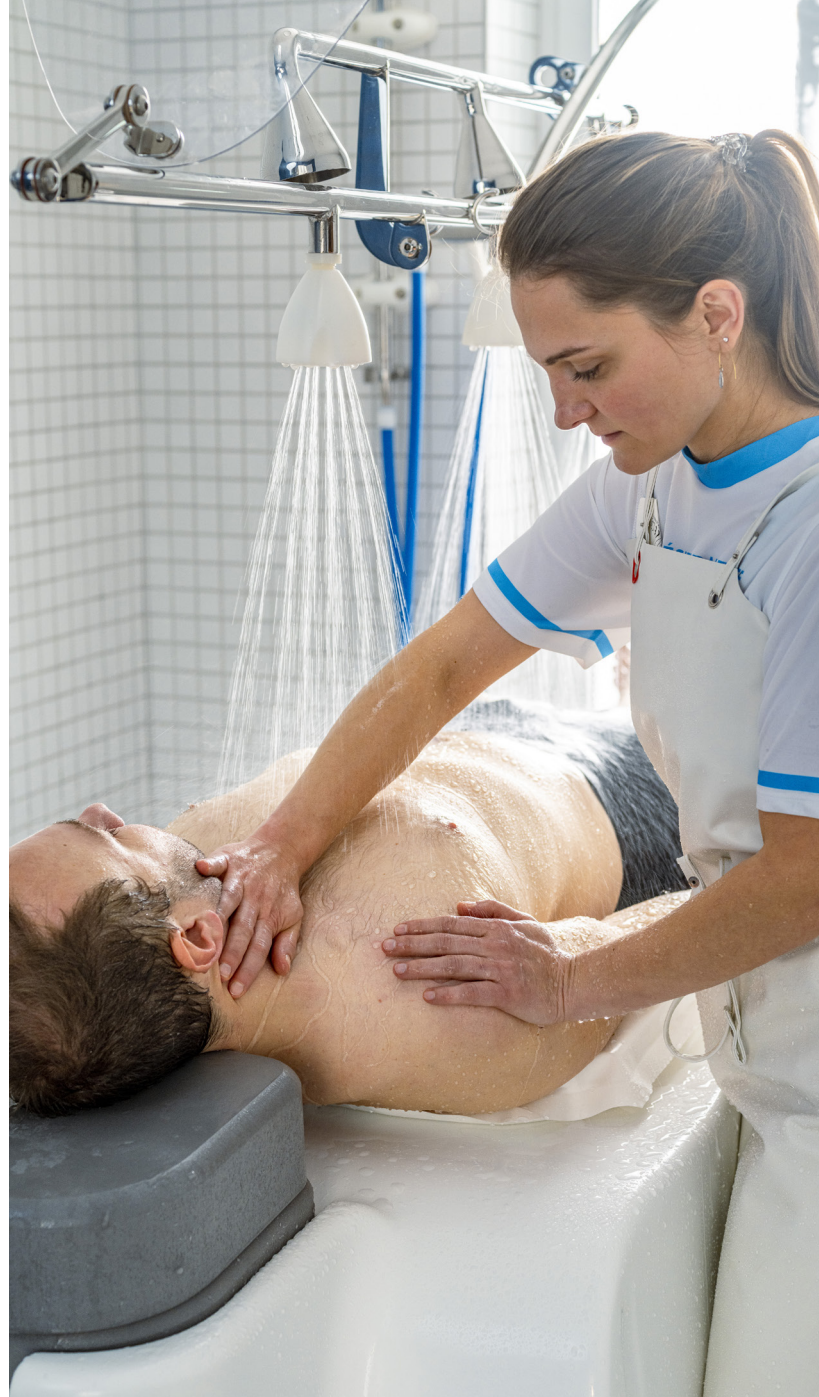
Possible coverage subject to means testing (section 2 of the CERFA):

- 65% to 100% of travel costs
- 65% to 100% of the €150 package of assistance for accommodation

The transport allowances are calculated based on the nearest approved dermatological nearest to your home. Your mutual insurance company may also cover the costs.

> **In the event of a request for hospitalisation**
contact the Colline Ensoleillée directly
Tel. : 05 49 85 75 00

> **To benefit from oral care:**
indicate the double orientation (DER + AMB) on the cerfa document.



THE PATIENT MUST

1. Fill with his doctor the CERFA n°11139*03 and send it to his health insurance fund.
2. Book his stay using mail or telephone.
3. Fill and send the thermal inscription with a mail or fill it online.
4. Choose and book a place to stay
5. A confirmation of registration will be received and 15 days before the arrival, a schedule for the first day of treatment will be sent.

RATES FOR A 3 WEEK CONVENTIONED CURE

	Conventional rates	Treatment
Thermal package: dermatological treatments associated or not oral care (prescribed by the prescribing doctor) and/or massages (prescribed on site).	From 475,21€ to 601,88€	at 100% in the context of ALD.
Dermatologist's fees (follow-up consultations), High-Pressure showers to be paid in addition.	Varying between 80€ and 120€	
Transport costs	Variable	Assistance up to 150 € from Social Security under means test (section 2 of the CERFA to be completed)
Housing costs	Variable	

ATTENTION!
The transport allowances are calculated based on the approved dermatological thermal centre closest to the place of residence.

Contractual rates in force on 01/01/2023 which may change according to regulations.
The remaining amount to be paid includes the additional fee. Additional reimbursement possible by your mutual insurance company.

CURE INDICATIONS & BENEFITS

DESPITE THE MANY ADVANCES MADE IN CANCER TREATMENTS IN RECENT YEARS, SKIN SYMPTOMS, SOMETIMES SEVERE, CAN PERSIST. THE LA ROCHE-POSAY THERMAL CENTRE HAS DEVELOPED A TREATMENT ADAPTED TO THE CUTANEOUS AND FUNCTIONAL CONSEQUENCES OF CANCER TREATMENTS.

POST-SURGERY

- > Accelerated healing
- > Improvement of pathological scars: hypertrophic, retractile, or adherent scars
- > Reduction of residual lymphoedema of the arm, legs, and neck
- > Improved mobility
- > Skin preparation prior to surgical reconstruction

AFTER RADIOTHERAPY

- > Treatment of radiodermatitis and its symptoms: xerosis, erythema, keratoses, telangiectasias, burns and inflammations
- > Cicatrisation of post-radiation mucositis in the ENT area
- > Improvement of skin suppleness and rehydration of the skin

AFTER CHEMOTHERAPY

- > Improvement of persistent dryness of the skin and (oral and genital) mucous membranes
- > Reduction of undesirable skin effects of oral chemotherapy treatments (Xeloda® palmoplantar syndrome, Tarceva® acneiform dermatitis, pruritus, and dryness with Tarceva®) and infusion therapy (desquamation and hypertrichosis of Erbitux®)
- > Reduction of dysesthesia and peripheral neuropathy
- > Reduction of pain (bone and muscle) related to certain molecules (Tamoxifen®, Taxotere®...)
- > Acceleration of hair growth

BOTH ADULTS AND CHILDREN CAN BENEFIT FROM THIS CURE.

CONTRAINDICATIONS:

- > Asthenia
- > Acute respiratory failure
- > Bullous and infectious diseases
- > Acute lymphoedema
- > Post allograft immunosuppression
- > Progressive metastatic cancer

ARE NOT CONTRAINDICATIONS:

- > Maintenance chemotherapy
- > Hormone therapy
- > Tracheostomy
- > Enteral and parenteral nutrition
- > Stomas



POST-CANCER TREATMENTS

THE SPA TREATMENT ALLOWS THE PHYSICAL AND PSYCHOLOGICAL SYMPTOMS OF THE PATHOLOGY TO BE TREATED THANKS TO A RANGE OF THERMAL TREATMENTS AND PERSONALISED SUPPORT FROM A MULTIDISCIPLINARY TEAM.



THERMAL CARE

- > **MEDICAL FILIFORM SHOWER** daily by the thermal dermatologist, draining and softening
- > **FACIAL OR GENERAL SPRAYS**, soothing and softening
- > **PERINAL SPRAYS**: soothe and moisturise the genital mucosa
- > **AEROGAZE BATHS**, moisturising and relaxing
- > **CICATRIC MESSAGES**, under thermal water, draining and softening. Progressive protocol adapted to the clinical case
- > **BUCCAL CARE**, gingival shower and mouth spray soothe, hydrate and revascularize the mucous membranes (Double orientation to be ticked on the CERFA)
- > **DRINK CURE**, detoxifying and anti-inflammatory
- > **LOCAL BATHS**, footbaths, manicure for palmoplantar and nail damage and nails



COMPLEMENTARY CARE

- > **INTRODUCTION TO CORRECTIVE MAKE-UP** and self-make-up
- > **THERAPEUTIC EDUCATION WORKS** for adults and children
- > **SOPHROLOGY WORKSHOPS**
- > **CONFERENCES**
- > **ADAPTED PHYSICAL ACTIVITIES** including a specific AVIROSE specific AVIROSE® programme (indoor rowing)

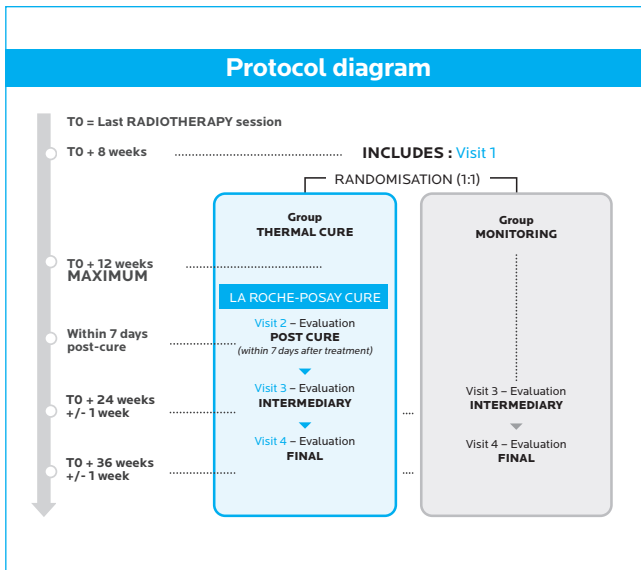
RESULTS ON THE IMPROVEMENT OF QUALITY OF LIFE AND WELL-BEING

General wellbeing	98%
Social and relational life	96%
Acceptance of scars	89%
Self-image	82%

PROVEN EFFECTIVENESS

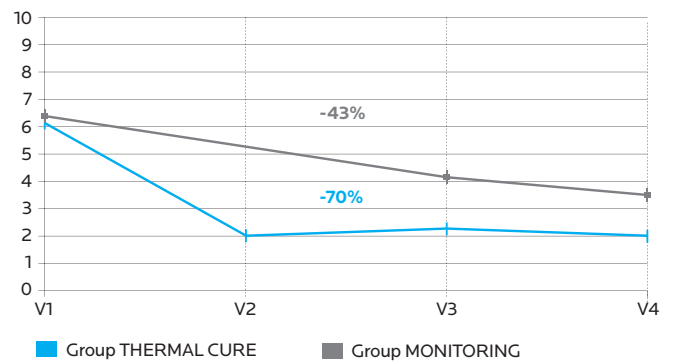
SENOTHERMES® STUDY: 1ST RANDOMISED CLINICAL TRIAL ON THE EFFECTIVENESS OF LA ROCHE-POSAY'S DERMATOLOGICAL SPA TREATMENT IN 109 PATIENTS TREATED FOR BREAST CANCER.

Promoter: AFSOS (Association Francophone pour les Soins Oncologiques de Support).



REDUCTION OF SKIN XEROSIS

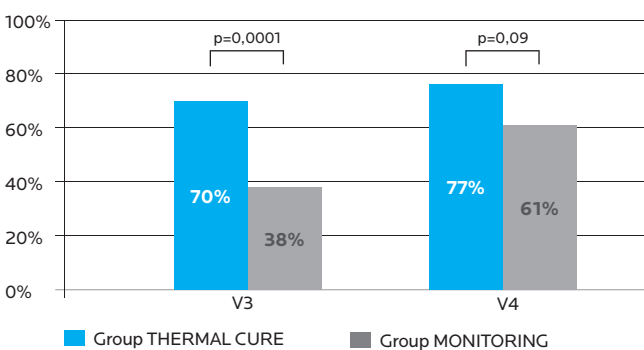
Evolution of the average xerosis score by VAS over 9 months



70% reduction in skin xerosis in the irradiated area at 36 weeks for the THERMAL CURE group.

PAIN IMPROVEMENT

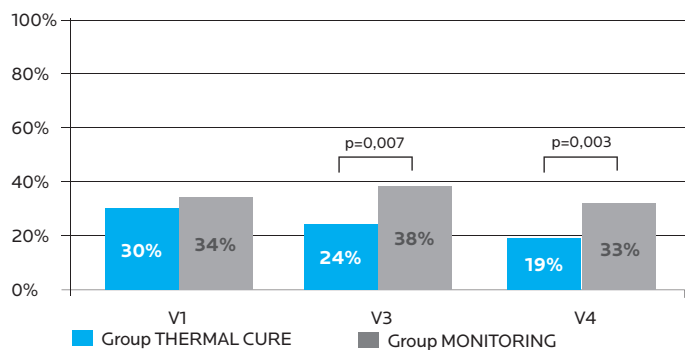
Frequency of improvement >30% of VAS pain score



À 24 weeks, patients in the group were significantly more likely to report an improvement of more than 30% in the VAS pain score. The number of patients reporting an improvement of more than 30% in the VAS score was even higher at 36 weeks.

REDUCTION OF UPPER LIMB SEQUELAE

Average Upper Limb Sequelae Score (BR23)



At 36 weeks patients in the CURE THERMAL group showed a significant improvement in their upper limb sequelae score whereas the score remained stable in the CONTROL group.

The Sénothermes clinical trial has shown that the La Roche-Posay post-cancer spa treatment has a QUICK AND PROLONGED EFFECTIVENESS ON XEROSIS in the breast area operated on and treated with radiotherapy.

IT HAS ALSO SHOWN THAT IT IMPROVES PAIN, its neuropathic component, quality of life and the after-effects of the upper limb in a rapid and prolonged manner.

CENTRE THERMAL LA ROCHE-POSAY

LA ROCHE-POSAY, 1ST EUROPEAN CENTRE FOR THERMAL DERMATOLOGY

> THERMAL CENTER OPEN ALL YEAR ROUND

> A **MULTIDISCIPLINARY TEAM**, an expert team composed of dermatologists, physiotherapists, specialised educator, dietician, make-up expert in corrective make-up, a sports medicine educator, and a sophrologist, **will offer you therapeutic adapted to each of your needs. your needs.**

> **60 YEARS OF EXPERIENCE** with major burn victims.

> **2 500 PATIENTS** per year in cutaneous consequences of cancer.

> **PATIENTS** referred by all the major French cancer centers.

> **CLOSE RELATIONS WITH MANY ASSOCIATIONS OF PATIENTS :**
The League Against Cancer, Living as before, My breast cancer network...

> **HEALTH SAFETY AND QUALITY CERTIFIED CARE**

THE THERMAL WATER OF LA ROCHE-POSAY

> A unique water content of selenium and silica with proven anti-inflammatory and soothing properties.

> This water is the main active principle of La Roche-Posay products.

Natural temperature: 13°C
pH: 7
Bicarbonates: 387 mg/l
Selenium: 53 µg/l
Silica: 31,6 mg/l
Calcium: 150 mg/l

By decree of the Conseil d'état of 3 August 2018, the thermal spring of La Roche-Posay was declared to be of public interest. The protection of this precious resource is now part of a regulatory framework which ensures its durability and the safeguarding of its therapeutic virtues in the interest of both patients and the centre.

VILLAGE LOCATED 20KM FROM CHÂTELLERAULT
(1h30 from Paris and Bordeaux using the High-Speed Rail network).



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