

# Actinic Keratosis

Your questions answered

  
**Efudix**<sup>®</sup>  
5% Fluorouracil Cream

## Supporting your treatment with Efudix<sup>®</sup> Cream

### Why have I been prescribed Efudix Cream?

Your doctor has told you that you have actinic keratosis (AK) and that Efudix Cream is the most suitable treatment for you. Efudix is a medicated cream with over 40 years of success in treating AK.

### What is Actinic Keratosis?

AK is caused by exposure to the sun's UV rays, which can lead to damage in some skin cells. AKs are seen as small tan, brown or reddish-brown patches on the skin – they can range from a few millimetres to a few centimetres in width and often have a white scaly top which feels rough to touch. AKs are most commonly found on the face, ears, neck, forearms, hands and scalp.

### How serious is Actinic Keratosis?

In most cases AK is a cosmetic condition; however if left untreated AK patches may grow, multiply in number or develop into more serious skin conditions over time. Fortunately AK can be mostly treated with Efudix Cream.

### How does Efudix Cream work?

Efudix Cream works by selectively destroying the abnormal cells that make up the AK patches in your skin, leaving normal, healthy cells mostly unchanged. During treatment your skin will become red and crust (caused by the abnormal cells dying) – this is normal and a sign that your treatment is working.

## A case study of AK treatment with Efudix<sup>®</sup> Cream

The AK patient below was treated with Efudix Cream once daily for 28 days.



Treatment day 7



Treatment day 14



Treatment day 21



Post treatment

If you find you are worried about your treatment, any side effects or are running out of cream, please contact your doctor or pharmacist.

## What to expect during treatment

- During the first 2-4 weeks of treatment your skin will experience redness, inflammation or crusting before it gets better – a sign that your Efudix treatment is working. You may need to treat small areas at a time
- Areas of skin in the treatment area that don't have any visible AKs may also become red and inflamed – this is because Efudix also treats any invisible lesions at the same time
- Healing is usually complete 4-6 weeks from starting treatment – however further damage may come up after and the redness may take up to 2 months to clear fully
- Treatment can be uncomfortable in the short term, but the results are worth the discomfort

## How can I avoid AK in the future?

Actinic Keratoses usually develop years after exposure to UV radiation, so it is possible that you may develop further lesions in the future. However you can help yourself by ensuring protection from further sun damage:

- Limit exposure to sunshine and wear appropriate clothing to cover exposed areas of skin
- Always wear a high SPF (sun protection factor) sunscreen when in sunshine
- If you have thinning hair, don't forget to cover your head or apply sunscreen
- Monitor changes in your skin's appearance, particularly in areas with previous experience of AK or if you have fair hair, blue eyes or a Celtic ancestry
- Avoid other sources of UV light, such as sun beds

## AK treatment with Efudix® Cream

### How to Apply Efudix Cream

- Apply a thin layer of Efudix Cream to the affected area with your fingertips, as instructed by your doctor – never treat an area of skin larger than 23 x 23 cm (9 x 9 inches) at one time
- Avoid applying the cream close to the eyes, nostrils or mouth and only apply a dressing if instructed by your doctor
- Always wash your hands thoroughly after applying the cream
- Efudix Cream should be stored under 30°C, out of sight and reach of children and used within 90 days of opening

### Treatment precautions

- Do not use Efudix Cream if you are allergic to any ingredients or if you could be pregnant
- Inform your doctor if you are taking other medications or have other medical conditions
- Efudix Cream should not be used by anyone under 18 years
- Do not apply the cream to broken skin or open cuts
- If the cream is applied incorrectly or accidentally by someone else, wash off with water and contact a healthcare professional straight away
- If the cream is swallowed, contact a healthcare professional straight away

#### Reporting of side effects

If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

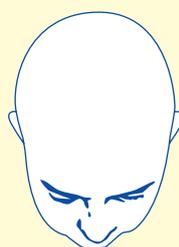
Provided as a service to patient education by Meda Pharmaceuticals.

## Your AK treatment plan

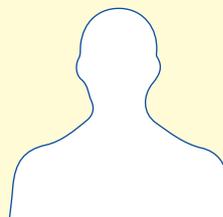
### Doctor's notes

Always read the pack leaflet before starting treatment, and use Efudix Cream exactly as directed by your doctor – if you are unsure, check back with your doctor or pharmacist.

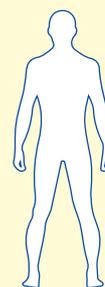
#### Application sites



Scalp



Front/Back



Front/Back

### Treatment plan details

- Number of applications per day: .....
- Length of treatment: .....
- Date of next appointment: .....
- Additional notes: .....

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