






## Your advantages with Hilotherapy

-  A reduced blood flow in the hands and feet throughout the entire chemotherapy process
-  A clear reduction in the amount of chemotherapeutic agents reaching the extremities
-  Elimination of side effects affecting the hands and feet
-  Eliminating the need for related lengthy follow-up treatment
-  An enhanced quality of life

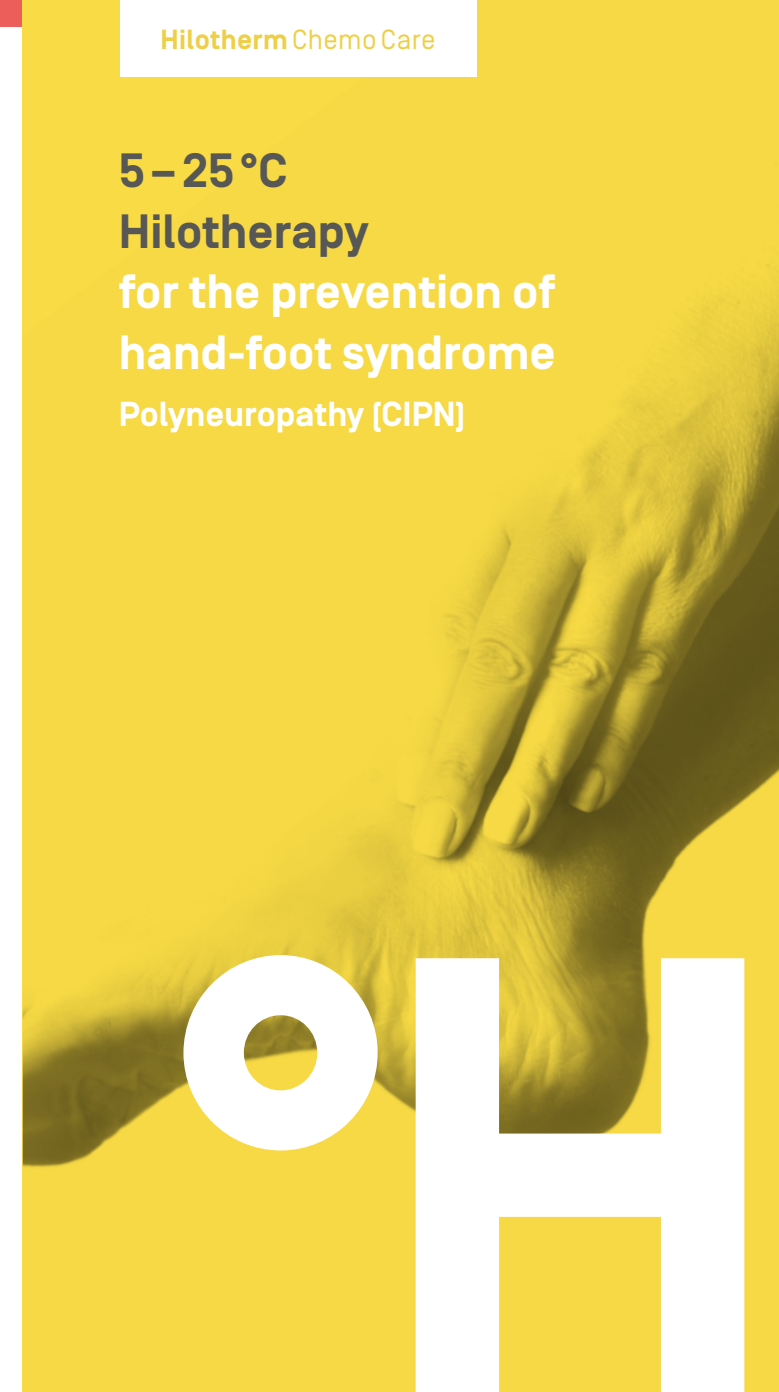
### Painkiller ice

The ability of this method to maintain a constant temperature gives it a key advantage compared to conventional alternatives, such as ice gloves etc. These will thaw and lose their cooling effect and have to be changed throughout the therapy during the treatment process. They also involve the risk of skin burns due to the nature of the extremely cold temperatures used.

### Hilotherapy

HILOTHERAPY is a thermal healing method that operates in a localized manner on damaged parts of the body and affects the oxygen requirement of tissue, metabolism, blood flow and pain receptors in the affected tissue. In the form of cryotherapy, it has a slow-down effect, and a stimulatory effect with hypothermia. The HILOTHERAPY allows such effects while offering temperature controllable to the nearest degree, relative to the respective indication, within the specified temperature range.

## 5 – 25 °C Hilotherapy for the prevention of hand-foot syndrome Polyneuropathy [CIPN]



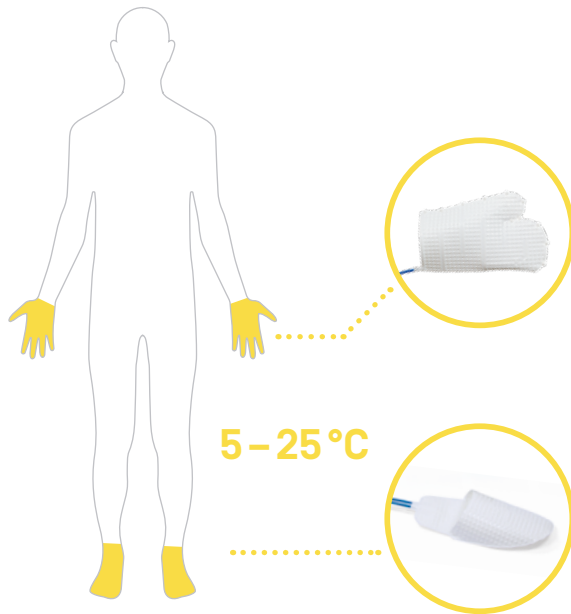
**HILOTHERM**<sup>®</sup>  
GmbH

Hilotherm GmbH | Wittumweg 38 | D - 88260 Argenbühl-Eisenharz  
Phone: +49 75 66 / 9 11 99 | Fax: +49 75 66 / 9 41 51 16  
info@hilotherm.com | [www.hilotherm.com](http://www.hilotherm.com)

**HILOTHERM**<sup>®</sup>  
GmbH

## 5–25 °C Hilotherapy Chemo Care The degree of prophylaxis

Your chemotherapy may lead to a complication known as hand-foot syndrome. However, the risk of such a complication developing can be mitigated using HILOTHERAPY, which we apply prophylactically alongside your chemotherapy. This special thermal method helps minimize the risk of any complications developing.

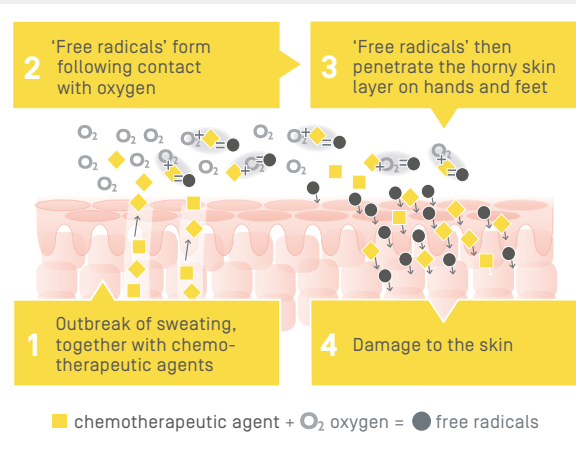


The occurrence of the hand-foot syndrome is prevented by a precise temperature prophylaxis on hands and feet.

### About the disease

#### What is hand-foot syndrome?

During your chemotherapy, portions of the chemotherapeutic agent are conveyed via the sweat glands to the surface of the skin, where they form 'free radicals' in contact with oxygen. These damage the tissue cells of the skin, particularly where the horny layer of skin is thickest and the substance is soaked up like a sponge: at the palm and on the soles of the feet.



The side effects of the chemotherapy may involve tingling or numbness of the hands and feet and strongly painful and tender reddened areas or even extend to swellings, scaly skin, open wounds and the loss of fingernails or toenails. According to the World Health Organization, three degrees of severity are distinguished, the most intense of which give rise to considerable difficulties that can have a very significant impact on normal everyday life. In the worst case scenario, chemotherapy may have to be suspended or abandoned. We want to use HILOTHERAPY to minimize the risk of hand-foot syndrome occurring.



#### How does HILOTHERAPY prevent hand-foot syndrome?

To prevent the chemotherapeutic agent from penetrating the capillaries of extremities, both blood circulation and metabolism have to be slowed down. This is done by lowering the tissue temperature. For example, lowering the temperature by 10 °C already reduces the metabolic rate by 50 %.

Using HILOTHERAPY, the localized tissue temperature in the area of the hands and feet can be configured to an individual value and both can be kept constantly cool. Reducing metabolism and blood circulation to a constant level limits the penetration of the chemotherapeutic agent in the extremities and hence the amount which is discharged via the sweat glands.