



Simplifying the Care of Complex Diseases for All

IHEALTH AND WELLNESS HIGHLIGHTS

iHealth and Wellness Foundation, Inc.

A501(c)(3) Nonprofit: Offers Simple, Tax-Advantaged Giving Options

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iHealth Expert Answers series: Supportive Strategies for Managing ADHD

In our iHealth Expert Answers series, leading experts break down key topics to help patients, families, and providers better navigate complex diseases. Get trusted advice, clear answers, and real-

world support — all in one place. This presentation was originally recorded during our Supportive Care Talk: Navigating NF with Confidence event, hosted on March 25, 2025, by the iHealth and Wellness Foundation. Watch Here: [Watch Here: https://youtu.be/m8y2gRr5JZE](https://youtu.be/m8y2gRr5JZE)

Patient Education Series: Cancer Risk in Neurofibromatosis (NF)



Did you know individuals with NF1 face up to a 13% lifetime risk of developing malignant tumors like MPNST? Women under 50 with NF1 are also 5x more likely to develop breast cancer.

[Watch Here: https://youtu.be/cXTIBHTPNRE](https://youtu.be/cXTIBHTPNRE)



Upcoming Event “Navigating Your Child’s NF Journey”

Scheduled for June 9th, 2025 at 5 PM EDT.

Join us for a live event where leading experts from NewYork-Presbyterian will share the latest insights on NF care

Click the link to register and be a part of this: <https://forms.gle/2d4aeDE8YGcZtktx5>

Patient Education Series

Managing Rash and Infection from MEK Inhibitors and Brigatinib in NF Treatment

MEK inhibitors and Brigatinib are promising therapies for patients with Neurofibromatosis (NF), especially those with inoperable or recurring tumors. Selumetinib, a MEK inhibitor, is FDA-approved for treating plexiform neurofibromas in children with NF1 (Peter et al., 2022), while Brigatinib has shown tumor-shrinking effects in NF2-related meningiomas and schwannomas (Chang et al., 2021).

However, both drugs can cause side effects—most notably, rash and infections—that need proactive management. Up to 75% of MEK inhibitor users and 24–40% of Brigatinib users develop rashes, which can be itchy, painful, or acne-like (Daud & Tsai, 2017). Mild rashes may be eased with moisturizers, sunscreen, and gentle cleansers, while severe cases may require corticosteroids, antihistamines, or dose adjustments.

Infections are another concern due to immune suppression. Common infections include UTIs, pneumonia, and fungal or viral illnesses. Patients should watch for symptoms like fever, chills, cough, and skin redness or swelling, and seek medical care as needed. Treatment may involve antivirals, antibiotics, or antifungals (Yie et al., 2022).

Close monitoring, hygiene practices, timely vaccinations, and open communication with healthcare providers can improve adherence and treatment success.

Ways to Help

- **Give hope, give health:** Visit www.ihealthwellness.org to make your contribution.
- **Share:** Amplify our message by sharing our posts on social media.
- **Volunteer:** Share your time and skills to support our mission. Contact us! <https://www.ihealthwellness.org/job-openings>

FUNDRAISING CAMPAIGN



PAYPAL GIVING FUND
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Support iHealth and Wellness Foundation: Every donation helps us move closer to a world where no one struggles alone with NF, Cancer, Diabetes, or other complex diseases. Support patients today!



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