

Hair Loss & New Hair Growth

A guide to cancer treatment related hair loss and hair care





Contact us

W: www.cancerhaircare.co.uk

T: 01438 311322

E: support@cancerhaircare.com

A: Cancer Hair Care, Co - The Caring Hair Studio,
5A Middle Row, Stevenage, Hertfordshire, SG13AN

 [@cancerhaircare](https://www.facebook.com/cancerhaircare)

 [@cancerhaircare](https://www.instagram.com/cancerhaircare)

 [@cancerhair](https://www.twitter.com/cancerhair)

WELCOME

Welcome from Cancer Hair Care founder and Nurse Advisor



Jasmin Julia Gupta
Cancer Hair Care
founder & Director of
Information and NHS
Clinical Services

Hello,

"A very warm welcome to this publication and our charity Cancer Hair Care.

We are here to offer you professional support for the entirety of your hair loss and new growth journey.

As the author of this booklet, I know that people have so many questions about hair loss. The myths, hearsay and hair loss lingo alongside cancer treatment can feel overwhelming.

But I also know that, when you are presented with a range of options, clear guidance and support about hair loss, you don't need to give up on looking and feeling good.

Thank you to all of our contributors; the many people who have had a hair loss experience alongside caring hair loss professionals and nursing staff like Amanda". (see next page for more about Amanda our Nurse Advisor).

Jasmin



Amanda Shewbridge
Cancer Hair Care
Nurse Advisor

*See page 82 for her
inspiring cancer story.*

"I'm delighted to support this booklet. As the Cancer Hair Care Nurse Advisor, it really is a privilege of my 35-year strong nursing career to see this publication come into print.

As a cancer nurse and someone who has experienced cancer and hair loss myself, I know that the information in this booklet can help to alleviate worries and inspire ideas."

Amanda

We hope this booklet is one small way of helping you to find confidence when navigating your journey. TOGETHER let's make hair loss one less worry.

Jasmin and Amanda and the Cancer Hair Care team

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INTRODUCTION

How to use this booklet



Cancer Hair Care is the UK's leading expert in cancer-related hair loss and hair care.

We specialise in producing independent and reliable information for people affected by hair loss due to cancer treatments.

This booklet is filled with as much information as possible on hair loss and new hair growth to support you throughout your hair loss journey.

Our information is not meant to replace other guidance available. We simply offer our expertise alongside compassionate insights from those who have been affected by cancer and hair loss

Where to start?

Newly Diagnosed



If you are newly diagnosed with cancer, please talk to your doctor or nurse about what treatment pathway you are likely to take **before** reading the information in this booklet. This is to avoid you being overwhelmed with too much information that may not be relevant.

Confirmed Treatment Plan

If you already know what treatment type you will be offered, such as chemotherapy or radiotherapy to the scalp, start by reading that relevant section first. Once you have a good overview of what to expect, you might then like to read the applicable pages in the 'Managing Hair Loss' section. The rest of the booklet you can flick through when it feels right, or as the need arises.

No one needs to read all of this booklet!

We highly recommend reading only what applies to you in this booklet, as no one needs to read all of the information.

Finally, don't forget to check our **Support** section too.

Kindly note: Cancer Hair Care is not a medical organisation and we do not offer medical advice. However, due to the subject matter of hair loss due to cancer treatments, we do refer to various medical terms. You should always consult with your doctor for any medical concerns or queries.

Good luck with your journey: We are here to support you.

Understanding cancer treatments, hair loss and changes to the hair and scalp



Often people say that they associate all cancer treatments with the visual image of hair loss on the head. However, not all cancer treatments result in hair loss or changes to hair, but some do.

In terms of hair loss and hair changes, some treatments for cancer may cause hair from your head and other parts of your body to fall out or change.

Why does hair fall out or change texture during cancer treatment?

Let's start by understanding a regular hair on the scalp.

The hair root sits under the skin surface inside a bulb-shaped system called the hair follicle. Blood vessels called capillaries supply nutrients, oxygen and a waste system to the quick growing cells of the cell matrix in the follicle of every single hair. Each hair follows an ongoing cycle of three main stages - growing (anagen), resting (catogen) and naturally falling out (telogen).

Approximately 90% of our scalp hair is in the anagen (growing) phase at one time. This is why we can have a regular hairstyle because, although each hair follicle acts independently of each other, the majority are in the same phase.

Some cancer treatments create a disruption to this natural process and so the hair changes, resulting in hair loss, hair thinning or changes in texture and growth.

Facts about scalp hair

- Scalp hair has the ability to grow longer than eyebrows, lashes and other body hair.
- The average scalp has more than 100,000 hairs. The longer the anagen phase, the longer the length of hair – but this varies greatly from person to person. For example, some Asian women can grow their hair for 7 years, which can enable hair to grow as long as 1 meter on the scalp.
- The average growth rate of a hair on the scalp is 1/2 an inch per month.
- The shape of the hair follicle determines whether or not a hair will be curly, wavy, afro or straight.

In this section we look at an overview of hair loss and new growth relating to the following cancer treatments:

- Chemotherapy
- Radiotherapy and surgery to the scalp
- Hormone treatments and targeted (biological) therapies
- Immunotherapy and targeted therapies

CHEMOTHERAPY



Chemotherapy hair loss and new growth: Overview

Chemotherapy treatment for cancer can cause hair to be brittle, thin or completely fall out. This is because chemotherapy can interrupt the hair growth cycle.

But not all chemotherapy treatments cause hair loss. Hair loss, or hair thinning, is generally temporary – your hair normally grows back once treatment is complete.

The only known prevention is called Scalp Cooling, or cold capping, which can be used with some forms of chemotherapy to try and reduce hair loss.

It is always best to talk to your cancer nurse to find out what side effects you may experience, so that you know what to expect as well as what services are available to support you.

A closer look at chemotherapy:

One of the most known side effects of chemotherapy is hair loss. However, there are many different types of chemotherapy.

Not all chemotherapy causes hair loss but it may create some changes to both your hair and scalp.

Your doctor or nurse will be able to tell you if your specific type of chemotherapy will cause hair thinning or hair loss. Additionally, they can advise if scalp cooling may be appropriate for you.

Why some chemotherapy drugs cause hair loss:

Chemotherapy treatments that cause hair loss do so because the type of chemotherapy uses an anti-cancer (Cytotoxic) drug to target and destroy quick-growing cancer cells. This type of hair loss is called Chemotherapy-Induced Alopecia (CIA).

Unfortunately, Cytotoxic drugs can also affect and disrupt the regular process of normal cells. In particular, this includes hair follicle cells that are also quick growing, which is why hair falls out.

When will my hair fall out?

Most people experience the first shedding of hair on their scalp at 10-14 days following their first chemotherapy treatment (body and facial hair can be at the same time, or sometimes later).

Hair fall can be rapid and messy. From when it first begins, most people find their hair can fall out for the next 2-3 weeks.

Anywhere hair grows, it can fall out

If chemotherapy causes your scalp hair to shed, often your facial and body hair is also likely to fall out.

Preventing hair loss - Scalp Cooling (cold capping)

Scalp Cooling - or wearing a cold cap throughout your chemotherapy treatment – is the only known method to try and reduce or prevent hair loss on the scalp.

Your doctor or nurse will be able to advise you if this is appropriate for you.

Scalp Cooling is only offered to:

People with a solid tumour with no underlying health issues and If it is available at your hospital.

Scalp Cooling can be used by adult females and males. We have a dedicated section to Scalp Cooling (page 13).

Hair and scalp changes

Some chemotherapies may not cause hair loss but you may notice changes to your hair and / or scalp:

- Hair may become slower to grow
- Hair may become dry or brittle (break easily)
- Texture may change to 'frizzy' or unmanageable
- Scalp may become dry
- Scalp may become sensitive

New hair growth

In the case of hair loss resulting from chemotherapy, we always plan for the hair to grow back.

Within three months, most people have a short covering of hair on their scalp.

The hair may be a different texture and colour than before and it often takes 6-9 months before a short style can be established.

In this booklet, we have a section all about New Hair Growth (page 19).

Occasionally, people experience problematic new hair growth, when their hair doesn't grow back as expected. Whilst this is uncommon, we have a dedicated section for anyone experiencing lack of new growth. (page 63).

Concerns: You are not alone

How you feel about hair loss is an entirely individual experience. There is no right or wrong way – especially at first, when you may be very upset and overwhelmed.

Please know that you are not alone. In creating this booklet, hundreds of people who experienced cancer treatment-related hair loss have shared their experiences so that we can best support your hair loss journey.

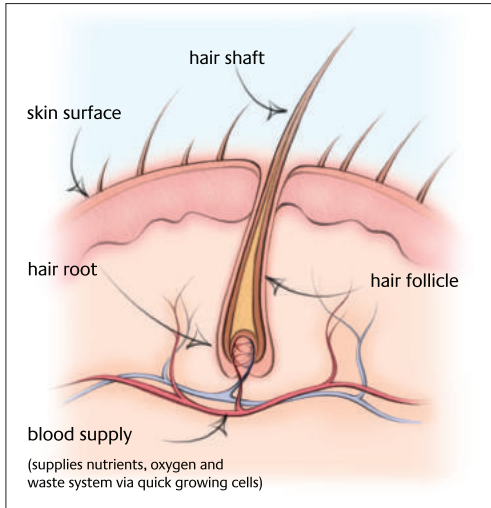
There are also many ways to create a new look for the duration of your treatment until your hair recovers. Alongside your nurse and cancer support team, we are here for you both practically and emotionally.

Together, we can help to make hair loss one less worry.

The chemotherapy and new hair growth journey in diagrams

The Chemotherapy and new hair growth journey in diagrams.

Diagram 1 - Regular functioning hair



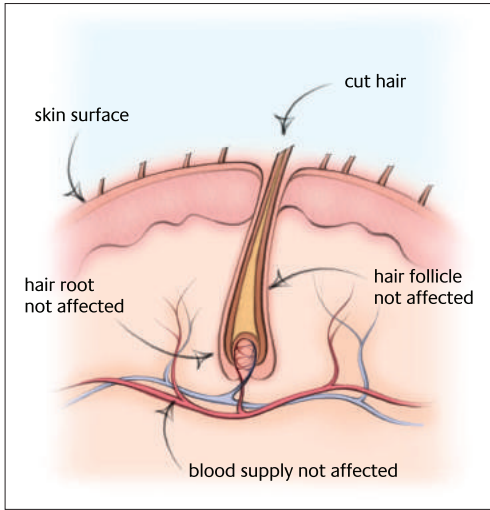
The diagrams that follow have been developed to help explain the normal hair loss and regrowth cycle of hair on the scalp that falls out as a side effect of *chemotherapy treatment.

***Not all chemotherapy treatment causes hair loss. Please check with your nurse or doctor**

The hair root sits under the skin surface inside a bulb-shaped system called the hair follicle. Blood vessels called capillaries supply nutrients, oxygen and a waste system to the quick growing cells of the cell matrix in the follicle of every single hair. Each hair follows an ongoing cycle of three stages - growing, resting and naturally falling out.

The Chemotherapy and new hair growth journey in diagrams.

Diagram 2 - A hair that has been cut short prior to or during hair loss

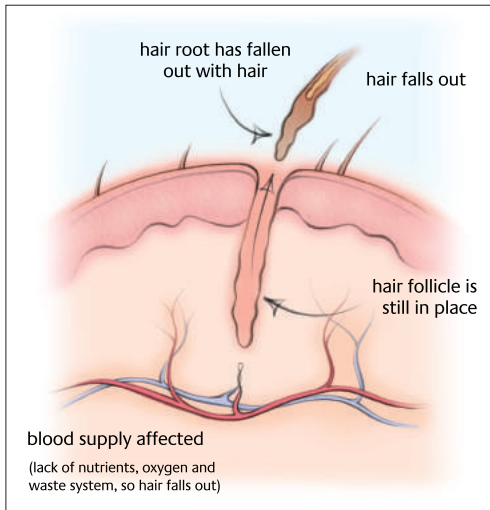


Deciding to cut hair short prior to or during hair loss is a personal decision and does not affect the hair growth system.

From Diagram 1, we understand that the hair root sits underneath the skin surface. Therefore, cutting hair short prior to or during hair loss cannot affect the hair growth function that takes place underneath the skin. If cutting hair short is something you decide to do, we recommend that you avoid shaving with a bare razor. This is simply due to the possibility of infection if you cut yourself and not to do with affecting hair regrowth.

Do use clean clippers/scissors and look online for our cutting guide and tips.

Diagram 3 - A hair that falls out due to chemotherapy



Chemotherapy drugs that cause hair loss target the quickest growing cells in the body. The objective is to destroy the cancer cells.

However, the cancer drugs cannot distinguish between the cancer and other quick growing cells. From Diagram 1, we understand that the hair is fed by the blood supply to the cell matrix in the hair follicle. Effectively, what happens is that the chemotherapy drugs cut off the supply of key nutrients and oxygen to the hair follicle and therefore temporarily destroys the cell matrix. This causes the hair to fall out.

The hair follicle is still in place (but weaker) and so the hair will normally regrow once chemotherapy has exited the blood supply and is longer disrupting the quick growing cells.

Total hair loss or hair thinning?

To find out whether or not your type of chemotherapy is likely to cause either the majority of your hair to fall out or hair thinning (patchy hair loss or reduced bulk of hair), speak to your nurse or check your chemotherapy brand advice sheet under the section 'Side Effects'.

Scalp Cooling

Wearing a cold cap throughout chemotherapy treatment is the only known method to try and reduce or prevent hair loss on the scalp. Your doctor or nurse will be able to advise you if this is appropriate for you.

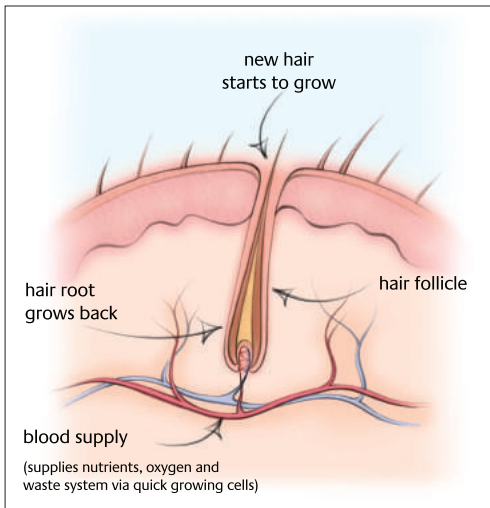
Body and facial hair

Body and facial hair also reacts in the same way as hair on the scalp. However, hairs that form lashes and brows are on a slightly slower growth cycle and thus not always affected or can be slower to fall out.

Scalp sensitivity

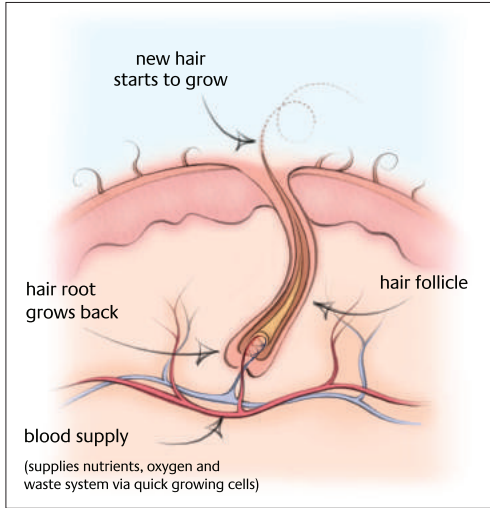
Some patients say that their scalp feels more sensitive, sore or itchy, especially just before and during the initial hair fall. This is normal and usually subsides after a few days. However, if you see small red spots appear or are concerned, we always recommend talking with your nurse.

Diagram 4 - New hair growth: A straight hair starting to grow after chemotherapy treatment is complete



Once you have completed the course of the chemotherapy drug that causes hair loss, the cells of the cell matrix in the follicle start to regrow within a few weeks. Most people find it takes around 12 weeks to see approximately 1cm of hair regrowth. The hair may be a different colour and texture than before.

Diagram 5 - A curly hair starting to grow after chemotherapy treatment is complete



The shape of the hair follicle determines whether or not a hair will be curly, afro or straight in texture. In Diagram 4, we can see the sides of the follicle form a smooth cylinder shape that creates a straight hair. In the case of curly hair, the follicle is twisted, causing the hair to spiral as it grows creating a wave or curl. Some people have naturally curly hair and so this is their regular texture. For people who had straight hair prior to hair loss but now have curly new hair, you will probably find that, after some time, the hair becomes straighter as the follicle reforms its regular shape and the length and weight of hair changes.

The reason why hair texture can change is thought to be because the hair follicle can slightly collapse during hair loss. Therefore, when it reforms, the hair follicle can take on a new shape – thus forming a different hair texture. This texture has become known as 'chemo curls'.

For more support, guidance and tips on dealing with hair loss, including cutting and colouring new hair growth, visit our website www.cancerhaircare.co.uk

These diagrams are not intended to provide medical advice. You should always consult with your doctor for any medical concern or queries.

SCALP COOLING (COLD CAP)

Scalp Cooling (cold capping) in detail



Throughout chemotherapy treatment, Scalp Cooling is the only known method to try and reduce or prevent hair loss on your scalp. It involves wearing a 'cold cap' before, during and for some time after your chemotherapy treatment.

Why try Scalp Cooling?

Using this method to minimise the amount of hair you lose as a side effect to chemotherapy means you can maintain as much of a regular hairstyle as possible.

When your hair doesn't fall out, you can keep your cancer diagnosis private and boost your confidence to face treatment more positively. Ultimately, Scalp Cooling can help to empower you to take control of your hair loss.

Who is Scalp Cooling suitable for?

Generally, female and male adults of all hair textures will be suitable for Scalp Cooling if:

- your healthcare provider offers it
- you have a solid tumour (not suitable for blood cancers)
- your doctor is happy for you to try it.

Scalp Cooling is not suitable if:

- you have any medical conditions that make scalp cooling unsuitable
- cancer is located in the head area or has spread to the scalp
- your chemotherapy drug regime is incompatible with scalp cooling (e.g the tablet form of chemotherapy and / or chemotherapy delivered by a continuous pump are not compatible as the cold cap can't be continuously worn).

Will it be successful?



Measuring the success of Scalp Cooling is very individual. Some manage to maintain a full hairstyle while others need to adjust their style or cover up areas of thinning.

It's important to manage expectations, as the majority of people undergoing scalp cooling will lose more hair than they would usually.

However, it is all about the hair that remains on your scalp. If this enables you to feel more confident, then giving scalp cooling a try can absolutely be worth it.

You decide...

Trying Scalp Cooling doesn't mean that you can't stop if it's not for you. If you are offered it and then, for any reason, decide to stop, you can do so knowing that there are many options available to adjust to hair loss.

How does Scalp Cooling work to minimise hair loss?

The two main theories about this process and why hair is less likely to fall out are:

1. The lowered temperature of the scalp is understood to result in a reduced blood flow to the hair follicles. Effectively, this means that less of the chemotherapy drug reaches the hair follicle, resulting in less disruption.
2. In addition, the reduced temperature is thought to slow down the metabolic rate of the hair cells. We can think of this as if they are hibernating.

There are two types of Scalp Cooling systems:

Refrigerated cooling system

This continuously pumps liquid coolant through a cold cap to help lower the temperature of the scalp.

Or

Manual system gel cap

The cap is filled with a cold gel that is pre-cooled in a freezer or frozen ice system. This type of cap needs to be changed several times during treatment.

The main manufacturers are (in alphabetical order):

Dignitana, Digni Cap – Refrigerated cooling system

Paxman – Refrigerated cooling system (the UK's leading provider in 80% of NHS hospitals)

Penguin Cold Caps – Manual system gel cap.

Scalp Cooling: Myth busting

- Scalp Cooling does NOT freeze either the hair follicle or the scalp. It reduces the temperature of the follicle by exposing the scalp to freezing temperatures in a coolant that is contained within the cold cap.
- People with afro or curly hair CAN try scalp cooling as all hair textures are suitable.
- Any ice flakes/crystals that may occur on the scalp are the result of water droplets that freeze when exposed to 0 degrees (but remember that your scalp does NOT freeze).

- Men with male pattern baldness CAN try scalp cooling but any areas of the scalp that might be exposed should be covered with gauze or a surgical cap. This also applies to anyone who experiences hair loss during treatment. You can continue wearing a cold cap as long as protection of the scalp is arranged.

Hair care during Scalp Cooling

- You will need to take a very gentle approach to your hair washing and styling regime for the duration of treatment and for sometime afterwards until your hair feels stable again.
- Every manufacturer will produce Scalp Cooling hair care guidance as appropriate for their method. Ask your nurse for a booklet.

At Cancer Hair Care, we have an entire section on our website about Scalp Cooling. This includes video guides as well as information on improving your comfort when wearing a cold cap; products; styling; colouring; cutting and general information.

Take a look at (page 76) to read Julie's Cold Cap Journey.

Radiotherapy and surgery to the scalp area - Overview

Radiotherapy and hair loss



In this section we will concentrate on treatments directly to the head area.

These include:

- radiotherapy to the head (page 18).
- surgery and other treatments to the scalp area (page 20).
- scalp care tips (page 21).

Radiotherapy and hair loss

There are different types of radiotherapy treatment. In this section, we deal with external beam radiotherapy (which specifically affects the head and scalp area).

External beam radiotherapy generally causes some hair loss to the area that is being treated. How much hair loss you have depends on the size of the area you have treated and the dose of the radiotherapy.

Hair loss will be isolated to the area of the body being treated and surrounding areas where the external radiotherapy beam enters and exits.

For example: if you are having treatment for breast cancer and radiotherapy includes your armpit, you may lose some underarm hair, but you will not lose hair on your head (scalp). Radiotherapy generally causes some hair loss to the part of the body that is being treated. How much hair loss you have depends on the size of the area you have treated and the dose of the radiotherapy.

Head area

If you have external beam radiotherapy to the top of your head, you will probably lose some hairs on your scalp at the direct area being treated and sometimes on the opposite side of your head, where the radiation beams exit. The amount of hair you lose is linked to the size of the area being treated.

Depending on your hairstyle and treatment area, the amount of hair loss may be very little and not noticeable or it may be more, resulting in a visible patch of hair loss, or in some cases, the entire scalp.

If you are being treated in the neck area and have facial hair such as a beard, you may find that you also lose hairs from your beard.

When will hair fall out?

Most people experience hair loss very soon after treatment, sometimes within 24 hours and others within 10-14 days after treatment or longer.

Ask your cancer nurse specialist or radiographer to show you exactly when and where on your scalp or head area your hair is likely to fall out. Take a look at our guide on our website www.cancerhaircare.co.uk

Hair loss prevention / reduction

There are no known ways of preventing hair loss due to external beam radiotherapy. Scalp Cooling, which reduces and prevents hair loss during chemotherapy treatment, does not work with radiotherapy treatment.

Hair growth

When it comes to planning new hair growth following hair loss due to external beam radiotherapy, it is a very individual process. This is because, unlike chemotherapy treatment, external beam radiotherapy to the scalp area will be very specific to you in terms of the area affected and the amount of hair loss.

New hair growth on the scalp

Your hair may grow back again but it is likely to be a very slow process. It is not uncommon for it to take a minimum of 9 months for the first new hairs to appear. You can follow guidance on new hair growth by looking at the tips in our New Hair Growth section (page 63). However it's really important to acknowledge the following:

1. Hair growth post-radiotherapy treatment is usually significantly slower than following chemotherapy or other treatment.
2. It usually takes 9 months for the first hair to establish and up to 18 months for hair to cover an area of baldness.
3. Following guidance and tips for chemotherapy new hair growth is a good idea as long as you remember to manage expectations of timescale. Also ensure that your scalp is in a suitable condition for general product recommendations and safe colouring techniques are followed. If your scalp is sore, weeping, or has an open or unhealed wound, you must seek medical guidance before switching to general products.

Long-term hair loss

Some people can also be left with an area of permanent baldness or thinner hair on their treatment area. In some cases, hair does not grow back, resulting in long-term and permanent hair loss. We have a helpful section dedicated to 'Managing Longer Term Hair Loss' (page 60).

For scalp care tips take a look at page 45.

Concerns: You are not alone

How you feel about hair loss is an entirely individual experience. There is no right or wrong way – especially at first, when you may be very upset and overwhelmed.

Please know that you are not alone. In creating this booklet, hundreds of people who experienced cancer treatment-related hair loss have shared their experiences so that we can best support your hair loss journey.

There are also many ways to create a new look for the duration of your treatment until your hair recovers. Alongside your nurse and cancer support team, we are here for you both practically and emotionally.

Together, we can help to make hair loss one less worry.

SURGERY & OTHER SCALP TREATMENTS

Surgery and other treatments to the scalp area

It may be that you are having a biopsy, procedure and / or surgery to the scalp area. It is important to understand how your hair may be affected.

Surgery, biopsy or procedures to the head area

If you are having surgery, a biopsy or procedure to the head, such as an operation for a brain tumour, an area of your scalp or the entire scalp may be shaved in preparation for surgery. Your nurse or surgeon will usually shave your hair for you, or they may advise you of an area to shave yourself.

In most cases, hair will grow back quite quickly after the operation. See below for in-depth points.

New hair growth is specific to your case

Hair will usually grow back after your operation unless there is an area of scarring alopecia. This is where a scar can cause areas of long-term or permanent hair loss.

Additionally, any treatment that may follow, such as radiotherapy to the scalp area, may all affect possible new hair growth.

Speak to your medical team; your surgeon, nurse or doctor, who can further advise you about what to expect.

You may like to follow tips in our 'New hair growth' section, as long as you are not experiencing any scalp issues (e.g open wounds) and have not been instructed to follow specific guidance by your medical team. For ideas look at pages 63 to 72.

Concerns: You are not alone

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Scalp care tips: Radiotherapy and surgery to the scalp

If you are having radiotherapy, surgery or a biopsy to the scalp, you will need to take individual guidance from your medical team about how to care for your hair and scalp.

Your cancer nurse specialist, surgeon or radiographer will tell you how to care for your hair and scalp and what products are suitable.

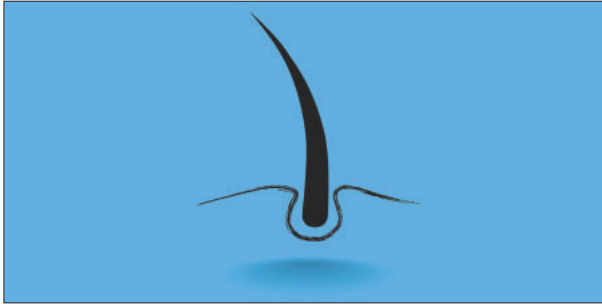
It may be that you have talked to your medical team and they have advised that you need to use prescribed creams and lotions for a set period of time. However, if they have said you are free to take care of your scalp as you wish, then our guide below will offer some tips.

- **Aloe Vera Gel:** This cooling, non greasy gel is ideal to soothe an irritable scalp and create a lightweight yet effective moisture layer on your scalp. Additionally, Aloe Vera gel doesn't leave an oily layer and so is ideal when wearing a wig, hairpiece or headwear.
- **Fragrance-Free shampoo, conditioner and moisturiser:** A fragrance-free product can be ideal if your scalp is very sensitive or you have been advised to avoid any perfume.
- **Warm flannel to cleanse:** If you have been asked to reduce the amount you wash your scalp, you might like to lay a warm, damp flannel on your scalp to feel fresh and clean. If appropriate, you can add a few drops of *Tea Tree essential oil into the water for additional cleaning and to help reduce irritation.
- **Dry shampoo:** If you are avoiding washing your hair, try dry shampoo instead as this works by absorbing a build-up of oil from your scalp.
- **Make-up wipes:** Keep some wipes in your bag for freshening up your scalp when you're out all day.
- **Pillowcase:** Consider using a pillowcase made from natural fibres such as cotton, silk or linen. Man-made fibres, like nylon, can cause irritation to sensitive skin.
- **Sun protection:** Be sure to wear adequate sun protection. Non-greasy spray lotions specifically for the scalp are ideal.

*When using essential oils, always dilute them and follow sensitivity instructions

HORMONE TREATMENTS AND TARGETED (BIOLOGICAL) THERAPIES

Hair changes and hair loss overview



There are different types of hormonal and targeted (biological) therapies that might cause changes to the hair in several ways. They are:

- Hair thinning
- Hair and scalp changes
- Total hair loss
- Excessive hair growth

Not all therapies cause changes to the hair. Your nurse or doctor can give you specific information in relation to your treatment regime.

No hair loss

Some drugs may cause no hair loss at all but may create some changes to your hair and scalp – see below for possible changes to hair and scalp.

Hair thinning and hair loss

Some regimes may cause hair loss that is described as 'mild thinning' or 'thinning'. Depending on your hairstyle, this may be very mild and hardly noticeable; a reduction of the total mass of hair or a visibly thinner area. This is similar to the type of hair thinning some women experience when going through the stages of the menopause.

As well as the hair on your scalp, facial and body hair can also thin.

Total hair loss

Total hair loss is not common amongst these regimes but it can happen. If this is likely, your nurse or doctor will usually advise you.

Anywhere hair grows, it can fall out

If therapies cause your scalp hair to thin or fall out, then other facial and body hair might be affected.

Hair loss prevention / reduction

There are no known ways of preventing hair loss due to a side effect of hormone or biological therapies. Scalp Cooling (a method to reduce and prevent hair loss during chemotherapy treatment) does not work with these treatments.

Some people don't notice any changes to their hair and others find ways to manage hair thinning. In some cases, when someone is on a long term medication plan and hair thinning is causing a great deal of anxiety, doctors might be able to offer an alternative.

When will hair fall out?

Hair loss can start to occur 10-14 days after treatment starts. However, in the vast majority of cases, hair thinning tends to happen slowly over a period of 2-3 months into the regime. Ask your nurse for specific information.

Hair and scalp changes

Some therapies may not cause hair loss but you may notice some of the following changes to your hair and or scalp:

- Hair may become slower to grow
- Hair may become dry or brittle (break easily)
- Texture may change, becoming 'frizzy' or unmanageable
- Scalp may become dry
- Scalp may become sensitive
- Excessive hair growth

Changes are usually gradual and occur around 2-3 months into the regime.

Texture changes

Take a look in our section 'Hair care during treatment' (page 54) for tips.

New hair growth

During treatment

Some people find that, whilst their hair may have thinned, it also continues to grow. After a time, the thinning sometimes settles and reduces before new hair starts to bulk up their existing hair. For others, their thinning stays the same or continues to reduce their mass of hair.

Once treatment has ended

Hair is expected to grow back in areas it has thinned. However it may stay thinner (similar to when women experience hair thinning due to the menopause). It may take a while and your hair's texture and colour may be different than before. New hair can usually be seen within 3 months after finishing treatment although it can sometimes remain thinner. Take a look at our New Hair Growth guide (page 63).

Concerns: You are not alone

How you feel about hair loss is an entirely individual experience. There is no right or wrong way – especially at first, when you may be very upset and overwhelmed.

Please know that you are not alone. In creating this booklet, hundreds of people who experienced cancer treatment-related hair loss have shared their experiences so that we can best support your hair loss journey.

There are also many ways to create a new look for the duration of your treatment until your hair recovers. Alongside your nurse and cancer support team, we are here for you both practically and emotionally.

Together, we can help to make hair loss one less worry.

IMMUNOTHERAPY AND TARGETED THERAPIES

Immunotherapy and targeted therapies; Hair loss and new growth overview



There are different types of targeted cancer drugs and immunotherapy that might cause changes to your hair in several ways. These include:

- Hair thinning
- Hair and scalp changes
- Excessive hair growth
- Total hair loss

Not all therapies cause changes to the hair. Your nurse or doctor can give you specific information in relation to your treatment regime.

No hair loss

Some therapies may cause no hair loss at all but may create some changes to your hair and scalp – see below for possible changes to hair and scalp.

Hair thinning

Some regimes may cause hair loss that is described as 'mild thinning' or 'thinning'. Depending on your hairstyle, this may result in very mild hair thinning that is hardly noticeable; a reduction of the total mass of hair or an area that might be more visibly thinner.

Hair loss

Unlike some commonly known chemotherapy treatments, the vast majority of immunotherapy and targeted therapies don't cause total hair loss. But some might do.

Hair loss prevention and reduction

There are no known ways of preventing hair loss due to a side effect of immunotherapy or targeted therapies.

Scalp Cooling (a method to reduce/prevent hair loss during chemotherapy treatment) does not work with these treatments.

When will hair fall out?

Most people say that hair loss tends to be gradual, with hair thinning over a period of 1-3 months into the regime. Ask your nurse for specific information.

Hair and scalp changes

Some therapies may cause hair changes. Hair may become:

- Slower to grow
- More brittle
- Texture may change to 'frizzy' or unmanageable
- Scalp may become dry
- Excessive hair growth

Changes are usually gradual and occur around 2-3 months into your regime.

Excessive hair growth

Some of these treatments can cause excessive hair growth.

For example, excessive facial hair for women may be an issue while accelerated eyelash growth means they can become very long and curly, causing eye irritation.

To manage excessive hair growth, talk with your nurse for safe recommendations. For example, excessive facial hair can often be dealt with by using an appropriate hair removal cream (ensuring that you follow the safety guidelines).

Excessive growth usually stops once treatment has ended.

Texture changes

Take a look in our section 'Hair Care during Treatment' (page 54) for tips.

New growth

New growth during treatment

Some people find that, whilst their hair may have thinned, it also continues to grow. After a time, the thinning sometimes settles and reduces before new hair starts to bulk up their existing hair.

For others, their thinning stays the same or continues to reduce their mass of hair.

New growth once treatment has ended

Hair is expected to grow back in areas it has thinned or fallen out completely. It may take a while and your hair's texture and colour may be different than before. New hair can usually be seen within 3 months after finishing treatment although it can sometimes remain thinner.

Concerns: You are not alone

How you feel about hair loss is an entirely individual experience. There is no right or wrong way – especially at first, when you may be very upset and overwhelmed.

Please know that you are not alone. In creating this booklet, hundreds of people who experienced cancer treatment-related hair loss have shared their experiences so that we can best support your hair loss journey.

There are also many ways to create a new look for the duration of your treatment until your hair recovers. Alongside your nurse and cancer support team, we are here for you both practically and emotionally.

Together, we can help to make hair loss one less worry

WAYS TO MANAGE HAIR LOSS

How Cancer Hair Care Can help - Together, let's make a plan



We are here to support you throughout your hair loss and new growth journey. In this section, you will discover ways to manage hair loss and retain your individual sense of style. We will cover a host of topics so you can feel prepared to take charge of your new look.

We know there is a lot for you to navigate, so why not make yourself a cuppa and take some time to read through the ideas in this next section.

The Six Main Approaches to Hair Loss and Hair Thinning

Firstly, let's look at the six main approaches during hair loss:

- 1. Hair loss prevention:** Scalp Cooling (wearing a cold cap) for chemotherapy patients only (as applicable)
- 2. Hair free:** Opting for a natural look of a bare scalp
- 3. Hair you wear:** Wigs, hair pieces and hair replacements
- 4. Headwear:** Scarves, hats, head coverings and accessories
- 5. Lash replacements and brow make-up:** Lash replacements and make-up ideas
- 6. Emotional support:** Facing how you feel as your look changes

Planning for hair loss

Over the next two pages we have listed in a chronological order how you might like to plan your journey.

1. Hair loss or hair thinning?

Get clarity about whether or not your treatment type will cause hair loss, thinning or substantial changes to your hair.

In relation to hair loss, make sure you know the following:

- When is hair loss expected to start?
- Is Scalp Cooling (cold capping) for chemotherapy patients offered to you? (page 6).

2. Emotional support

It can be helpful to chat to a cancer professional, such as the team at Cancer Hair Care or your nurse about your feelings.

Additionally, we recommend you think about who you may wish to tell about hair loss and when. Our section 'The Emotional Journey' has some great tips and ideas including talking to children, peers and colleagues (page 31).

3. Virtual workshops and videos

Consider attending one of our virtual workshops. Many people say that this really helped them to prepare and that the information was really helpful. (page 100). We also have a host of helpful videos on our website.

4. Make an appointment with a wig supplier

If you are being treated by the NHS, your nurse can make a referral to a NHS wig supplier.

It can be helpful for wig suppliers to see you with your current, pre-hair loss style. Try to make the time to see what is available. You can also make an appointment with a private supplier.

See our 'Wig Guide' (page 39).

5. Cutting hair

Once you have visited a wig supplier, you might like to consider cutting your hair shorter to help manage the transition of hair loss. See our Cutting Guide (page 34).

6. Headwear and accessories

From specifically designed scarves, hats and turbans to accessories such as velcro fringes, there are many different ways to create an individual look (page 36).

7. Scalp care

Get to know how to care for your hair-free scalp and work out if being bare works for you (page 47-52).

8. Lashes and brows

From lash replacements to learning how to recreate brows, there are many options to try (pages 47-49).

9. Just for you

Whoever you are and however you wish to express yourself, you may find that our 'For Individuals' section offers some great ideas. From our Afro Hair Guide to Men's Information, LBGTQI+ and other individuals, at Cancer Hair Care, everyone is supported (page 73).

10. New hair growth

When it's time to plan your new style, you can browse the pages of guidance so you can feel confident in creating an ideal platform for new growth (page 63).

The emotional journey



How you feel about hair loss; hair thinning or changes to your hair and scalp is a very individual and personal matter.

Some people are very practical in their focus but you are absolutely not alone if hair loss is causing you to experience a range of deeply challenging emotions.

A great place to start is our Wellbeing Tips. Here, you'll find ideas about how you can talk to children and family members as well as your friends and peers about your hair loss.

The vast majority of females (and some males) describe hair loss as one of the most dreaded side effects of cancer treatment.

However, along the way, many people also share many positive experiences with us. Here at Cancer Hair Care, we understand the emotional roller coaster and are here to support, guide and empower you during – and after – your hair loss journey.

Wellbeing tips

This section covers:

- deciding who to tell about hair loss
- talking to children, family members, friends and peers.

Talking to children, family members, friends and peers

Your life circumstances – such as who you live with and your working, educational and social life – will affect who and how you decide to inform about your hair loss.

Deciding who to tell about hair loss

It is much more empowering to think in advance about who, when and how you might tell people about hair loss, rather than be in a situation where you don't feel you have a choice. Here are some points to consider:

- **To tell children or not?**

Many parents and carers have said that they were worried to talk about hair loss and didn't say anything in advance, only to regret it later. It is well worth having a plan to discuss hair loss with children so that they can be prepared too.

- **Our FREE Hair Loss Dolly and Activity Packs** (page 109).

Our children's support offers a fun, age-appropriate way to explain the hair loss journey through play and creativity.

- **My treatment causes hair loss but your medicines won't**

When talking to children, it can be important to emphasise that your 'treatment medicine' is going to cause hair loss, but that medicines your child may take won't cause hair to fall out. We share this tip as many parents have said that their child refused to take regular medicines as they feared that it would also cause hair loss.

- **Share the shave**

If you choose to clipper cut your hair short in advance of hair loss, you might like to involve family and friends. Some prefer to do this privately, but other people say they were glad they involved loved ones.

WAYS TO MANAGE HAIR LOSS

- **Work**

It is often necessary to discuss treatment and hair loss with a manager so that you can be supported and check any health and hygiene matters, such as wearing a cap over a wig if you work in the food industry.

- **Peers (social, work, education, other)**

You don't have to share your story, but it can be helpful to be prepared to either redirect the conversation or have a reply that you feel comfortable with, as hairstyle changes are often noticed and so become a topic of conversation.

- **Picking a key person of support**

Many people say it can be helpful to pick one or two key people, usually family or friends who can support you through your journey.

- **Professionals who can support**

As well as your nurse and cancer support organisations, Cancer Hair Care is here to support you. Sometimes, it's really helpful to honestly vent your feelings with compassionate people outside of your everyday life.

4 Helpful wellbeing Ideas

1. **Scalp care ritual:**

Replace your hair care regime with a lovely scalp care cleansing experience (page 44).

2. **'Do not disturb' sign:**

Hang a sign on your door to enable time and space to create your hair-free look each day, such as putting on a wig.

3. **Pack away your hair products:**

Find a beautiful box to carefully pack away hair products and styling aids such as your hairdryer until you are ready to use them again.

4. **Try something new:**

In the comfort of your own home, try something completely different. For example, if you haven't got your wig out of the box yet, why not practice wearing it around the house before you go out in public?

Cutting Hair



We understand that it can be a big decision to cut hair prior to hair loss. It is your personal choice whether or not to cut your hair short before, during or after hair loss begins.

One of the most important things is to be clear on your timescale of hair loss. Below are some points to consider:

Before cutting your hair, we recommend you consider the points below:

- **Check your treatment type:**

Make sure you have checked when the treatment that may cause hair loss will begin and when hair loss is likely.

- **Wig:**

It can be helpful to visit a wig supplier so they can see you with your current style (or take a photo along with you).

- **Scalp Cooling:**

For chemotherapy patients only (page 13), check to see if Scalp Cooling (cold cap) will be offered to you. If you're going ahead with Scalp Cooling, you may not need to cut your hair at all.

- **Weaves, hair extensions and braids:**

Generally speaking, we recommend you remove any added hair. This is to avoid any unnecessary tension on the follicle when it will be very vulnerable.

Haircut tips:

- **Take control:**

Many people say that cutting their hair prior to it falling out helped them take control.

- **Cutting hair does not affect new growth:**

You will not cause any damage to your hair by cutting it short at any stage of treatment as cutting hair does not affect new hair growth.

- **Hairdresser:**

If you intend to go to a salon, you might like to ask for a private space to be arranged, or you could opt for a home hairdresser instead.

- **Guard your clipper blade:**

If you decide to cut your hair yourself, we recommend you use clean clippers with a guard over any clipper blade. Unguarded razors can cause cuts that are hard-to-heal and risk infection at a vulnerable time.

- We **don't** recommend shaving the scalp with a razor, as the scalp is harder to shave than the face and commonly results in cuts that can be hard-to-heal and risk infection at a vulnerable time.

Our website has a guide to cutting hair.

WAYS TO MANAGE HAIR LOSS

Headwear and accessories



Until faced with hair loss, most people have never seen a specialist scarf or hat. Designed to help discreetly hide and cover both your scalp and hairline, they are normally available from wig suppliers; oncology units; websites and some department stores.

Specialist headwear comes in a variety of designs including:

- hats and caps
- scarves
- bandanas
- turbans
- hats with hair attached
- pre-shaped fabric to tie into different shapes.

You can wear regular headwear, or learn to tie fabric and scarves, but specialist headwear has been made specifically for those with hair loss. As such, it normally offers special benefits and features such as:

- designed to be extra secure and stay on without slipping or coming undone
- covers the head and hairline to disguise hair loss
- fabrics and design for comfort and ease
- additional fabric to twist and shape round your head
- sculpted design featuring padding or extra structure
- scarves and hats with hair attached, such as a velcro fringe or ponytail, which can offer a good alternative to a wig.

Taking care of your headwear

Washing your headwear on a regular basis helps to keep your scalp clear from unnecessary spots and irritation. This can occur if your headwear has a build-up of naturally occurring secretions such as grease, shed skin and perspiration.

Take a look at care labels to ensure correct washing instructions are followed. It can be helpful to handwash or pop your headwear into a pillowcase and wash on a delicate cycle.

Wigs, hairpieces, extensions and hair replacements: Overview

There are four main types of false hair:

- wigs
- hairpieces
- extensions
- hair replacements /systems

When it comes to finding the right option for your current hair loss situation, consider what is most appropriate for your needs and hair loss type as well as what budget and time you are able to commit to your choice.

Here is some more information.

Wigs, hairpieces, extensions and hair replacements: An overview



A full synthetic hair wig is the most common choice for cancer patients experiencing full hair loss due to chemotherapy and other treatments. A wig is usually made available via an NHS wig prescription.

Hairpiece

There are different types of hairpieces.

Small pieces of hair such as velcro fringes are ideal to pop under a scarf or hat (see page 110).

Commonly, a hairpiece may be a good option for people experiencing partial hair loss in a specific area of the scalp as well as for someone experiencing substantial hair thinning, perhaps due to hormone therapy.

When appropriate, hairpieces can be made available via an NHS wig prescription (see page 41).

Extensions

Adding in different lengths of hair by using temporary (clip-in) or semi-permanent (glued, bonded or fixed) hairpieces is usually only a viable option if your hair is stable and not falling out.

This is why extensions are not usually an option until after treatment, when hair has grown to at least 3 inches and is stable enough to fix extensions to.

The NHS does not offer a prescription for extensions, and so a private supplier would need to be located.

Hair replacements

In the case of people experiencing long term hair loss issues post-treatment, a hair replacement system may be a good option.

Hair replacements are custom-made hair systems that are fixed to the scalp by a specialist scalp glue or hair bonding technique. These systems offer a full hairstyle that does not have to be taken off on a daily basis.

The NHS does not offer a prescription for hair replacements and so a private supplier would need to be located.

Wig guide



As a wig or hairpiece are the most common choice for cancer patients, this next section will look at:

- Reasons to wear a wig
- NHS wig supply
- How an NHS wig referral works
- How much a wig costs
- Synthetic or human hair options
- Ethnicity and hair texture choices
- Private wig supply
- Choosing a wig and what to expect at a wig fitting
- Styling, wearing, washing and wig care

Reasons to wear a wig



There is nothing vain in caring about your appearance.

Our hair is just one of the ways we express our individuality and, for most people, styling it is part of their daily routine.

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When our image is altered by hair loss, a wig or hair replacement may help you to continue with a look that feels comfortable and familiar. Most people who wear one agree that, when they look good, it helps them to feel better.

Privacy:

For many people, hair loss can be the only outward sign that they are having cancer treatment. A wig offers you the privacy to decide when and with whom to reveal your cancer journey to.

A new you:

Do blondes, brunettes or redheads have more fun? Now is your chance to be as daring as you wish. Whilst you can often replicate your normal hairstyle, you can also have fun trying different looks and styles.

Flexibility:

You can have several different styles and customise them to suit your face shape as well as adding accessories for a finishing touch.

Confidence:

Covering your head with a wig or hairpiece can be a great confidence boost and helps you to feel less self-conscious about the change to your image.

Extra time in bed:

You can pop a wig onto a stand overnight and it's ready to go in the morning. Most synthetic wigs are easy to take care of, only need washing occasionally and, left to dry naturally, return to their style with very little effort.

Take control:

If you are upset by hair loss, then wearing a wig or hairpiece helps you to take control of the situation. You decide what style, make, colour and texture of wig that you wish to wear. Wigs and hairpieces have advanced tremendously in the last few years and the choice available is bigger than ever.

NHS wig supply



Females and males of all ages being treated under the NHS who experience scalp hair loss of 50% or more (as a result of cancer treatments) are entitled to a wig or hair pieces from an NHS wig supplier. There is no such product as an 'NHS wig'. The NHS commissions local wig suppliers for each of its Trusts.

How an NHS wig referral works

Whilst your oncologist or doctor will initially tell you that hair loss will be a side effect of your cancer treatment, it is often your cancer nurse who will talk to you in more detail about preparing for hair loss and action your referral for a wig supplied through the NHS system.

You will usually be given a wig referral when you have a pre-treatment consultation with your nurse. Most referrals consist of a letter explaining how to make an appointment with the chosen wig supplier and how and when to pay the prescription charge. Ask your nurse for more information.

How much does a wig cost?

Generally speaking, the NHS prescription charge for a wig is around £70. However, you may have to pay a prescription or not depending on:

- Your individual NHS Trust and location within the UK (some Trusts do not charge a fee)
- If you are exempt from paying prescription charges
- You are staying in hospital at the time of hair falling out (you will not pay)
- You are under 16 years of age or aged between 16-19 years-old and in full time education (you will not pay).

WAYS TO MANAGE HAIR LOSS

FREE wigs for young people aged 24 and under

The Little Princess Trust charity will supply a FREE real-hair wig to children and young people aged 24 years-old and under (see our Directory).

Synthetic or human hair?

As an adult, the NHS wig service will provide you with a synthetic hair wig. At the time of writing, human hair wigs are only provided in exceptional cases, usually if you have an allergy to synthetic fibres or require a human hairpiece to cover an area of permanent hair loss.

Ethnicity and hair texture choices



All NHS wig suppliers must offer you a wig that represents your natural hair texture upon request. For example, afro hair. If this is not offered to you, speak with the nurse in charge of your unit and report this to Cancer Hair Care.

Private wig supply

You can choose to opt for a private wig supplier. See our Directory for recommendations.

Choosing a wig and what to expect at a wig fitting

The best way to choose a wig is to attend a wig fitting appointment in person. However, most wig suppliers will also offer a remote (video) consultation and wig selection process if you are unable to attend a fitting in person.

WAYS TO MANAGE HAIR LOSS

What to expect:

- A consultation and fitting usually takes a minimum of 45 minutes.
- After a conversation, the wig fitter will usually present you with a range of appropriate wigs for your head shape to try on in colours and textures that will suit you.
- Sometimes, a wig supplier needs to order a particular wig but you should be able to return for a fitting once the wig arrives.
- Once you have chosen a wig, your fitter should offer to cut it if it needs to be customised to suit your face shape – for example, fringes often need to be shaped.
- Your wig fitter should explain to you how to put on and care for your wig.

Styling, wearing, washing and wig care tips

Styling:

- Read the instructions that came with your wig. Most synthetic wigs can't have heat applied, so don't use a hairdryer or heated styling appliances or they may melt your wig!
- One of the most important ways to style and maintain the condition of your wig is to invest in a Fibre Oil or Leave-in Wig Conditioning Spray. These products help to reduce static build-up that can result in a wig becoming frizzy.
- Experiment with clips and headbands.

Wearing:

- Practice wearing a wig around the house before you go out in public – this may give you extra confidence.
- Look inside your wig to identify how you tighten or loosen your wig. Usually, there is a belt system (with a hock) or velcro panels that you can adjust.
- A wig cap or wig grip, worn under a wig can help a wig to feel more secure.

Washing and wig care:

- Most people wash their wig once a month. Ensure you follow instructions, as washing a synthetic wig is different from a human hair wig (see our Wig Washing Guide on our website).

WAYS TO MANAGE HAIR LOSS

- If you wear your wig on a regular basis, use a damp flannel or a make-up wipe to clean the inside of the wig to keep it fresh and hygienic.
- You may choose to invest in a wig stand or instead use a tall vase to hang your wig on.

Our website has an entire Wig Guide section that offers a complete A-Z of wigs, hairpieces and hair replacements.

Scalp care



Whether you are wearing a wig, head covering or you're natural and bare, it is important to take good care of your scalp. This will help improve both the way your scalp looks and feels and can help to promote a healthy situation to encourage new hair growth.

Getting used to a bare scalp

Everyone's head shape and skin is different, as is how you may feel about hair loss and the look of your head without hair.

For most women, the thought of a bare scalp fills them with fear. But, when you are hair-free, you may find that your feelings have changed and you get used to the look and feel of your scalp.

One approach we would recommend is to be open to suggestions and ideas. It's okay to change your mind. For example, you may think you would never go out without a head covering on but, when you are hair-free, you could change your mind. Try some of our Scalp Care Tips to help you connect with your scalp.

Scalp care tips



Sun protection:

It's really important to ensure that you have adequate protection from strong sunlight. The safest combination is to wear a hat or head covering with a sun protection product underneath. Specific sun protection sprays have been developed for the scalp – these tend to be less oily, matt and absorb easily to minimise stains on fabrics.

Hot flannel and essential oil ritual:

To soothe your scalp, simply soak a flannel in a basin of very warm water, squeeze out the water and place the hot flannel onto your scalp. You may like to add a few drops of essential oil* such as Lavender to calm and soothe or Tea Tree to help any irritation.

**Always dilute essential oils as per manufacturer's instructions. Carry out a skin sensitivity test if required.*

Wash your scalp regularly:

Unless you have a specific scalp problem, you are best advised to wash your scalp in the morning and at night. If you have some hair, you may like to continue to use a shampoo. However, if you are hair-free, then a facial wash used on the scalp is ideal.

WAYS TO MANAGE HAIR LOSS

Massage your scalp:

Unless you have had treatment to the scalp or any scalp problems, you may like to massage your scalp. Try five massage rounds to keep the scalp healthy – use the pad of your fingers in a circular motion to ease away tension and keep a good flow of blood circulation to the skin.

Make-up wipes:

Keep some wipes in your bag for freshening up your scalp when out all day.

Moisturiser:

You may like to use a moisturiser on your scalp. Aloe Vera gel has an ideal texture that your skin will absorb and won't leave an oily layer that may build up on headwear or a wig. For sensitive scalps, try perfume-free, natural ingredients or moisturisers developed for sensitive skin.

Scalp issues

If you are concerned about your scalp we always recommend talking with your nurse or doctor.

Here are some common issues and recommendations:

Sensitivity and irritation during hair fall:

Some people say their scalp feels more sensitive, sore or itchy just before and during their initial hair fall. Whilst it may not feel very pleasant, this is normal and usually subsides after a few days. Talk to your nurse about pain relief.

You might also like to try a hot flannel and essential oil ritual using Tea Tree essential oil which can help to ease and calm your scalp.

Commonly used to soothe sunburn, Aloe Vera gel is ideal to cool a sore scalp.

Red spots:

If you see small red spots appear that are intensely itchy, this may be an inflammation of your hair follicle. Called folliculitis, this may need to be medically treated. Always speak with your medical team if itchy and painful spots appear.

Rash:

You should always seek medical guidance if you notice a rash on your scalp.

Brows



Our eyebrows protect our eyes from dust and help us to communicate.

With a little know-how and some practice, you can create very realistic looking eyebrows or go for something bold and striking.

Even if you have no eyebrow hair at all, or your hairs are very sparse, there will be a technique to creating a brow that may work for you.

Here are some ideas that may be of interest to you:

- **Brow make-up** – Eyebrow pencils, gel kits, waxes and other make-up specifically for the brow area offer something for everyone. See below in 'Brow make-up tips'.
- **Glasses** - If make-up isn't an option, you could try wearing glasses as an additional feature.
- **Velcro fringe** - This can be fixed to headwear and styled over where a brow would usually be.
- **Attend a make-up workshop** - *Look Good Feel Better* have online workshops to learn ways to create brows. Take a look in our Directory.
- **Temporary tattoos** - A temporary brow tattoo is applied using a transfer system (you can simply wash the brow off with warm, soapy water).
- **False brow with glue** – These synthetic brows come with an adhesive glue.
- **Brow tinting** – Once your brows have grown back post-treatment, tinting can help to fill out and enhance the shape of your brow.

Lashes



Losing eyelashes can be an unexpected experience for many people.

Whilst many people plan for the hair loss on their scalp, they are often unprepared for the impact of losing eyelashes.

There are some good alternatives that offer both protection for the eye and help to re-define your look. Let's look at some ideas:

- **Wearing glasses** – This adds definition to your face shape and covers the area where brows and lashes might have featured. Additionally, they protect the eye area.
- **Make-up glasses** – If you wear glasses, make-up glasses can be ideal. The magnetised glass flips from eye to eye, enabling you to be able to see as you apply your eye make-up.
- **Wearing mascara** - You can continue to wear mascara on your lashes for as long as there is hair to apply it to.
- **Tinting lashes** - This can help to make your lashes look fuller and add definition. As with colouring your scalp hair, using eyelash tint requires you to carry out a sensitivity test 24-48 hours prior to application. Because of the possibility of an allergic reaction, it is advisable to wait until you have finished chemotherapy or cancer treatment to tint your lashes or brows, when they have grown back to a suitable length and condition.
- **False lashes** - The most popular option for people losing hair during chemo and cancer treatments is a false lash.

False Lashes



Recently, false eyelashes have become a major make-up accessory. Here are some tips on which false lashes might work for you.

3 Great Reasons to give false lashes a go:

- 1. Looking like myself** – Many women have told us that until they lost them, they didn't realise how much their eyelashes defined their features. Trying some alternatives can help you to feel that you are maintaining your sense of self.
- 2. Something new** – Creating new eye make-up looks can offer you an opportunity to try a new look.
- 3. Keep your eyes dust-free** – The natural function of eyelashes is to protect your eyes. Wearing false lashes helps to keep the eyes free from dust.

Which false lashes?

False eyelashes offer you the option to change your style and add definition to your features.

Many people assume that you need lashes to attach false eyelashes to, but this is not the case as they attach to the outside lid of the eye and not to the lash itself.

Not only do false lashes offer you a discreet way to keep your treatment and hair loss private, but they also help to protect the eye from dust and irritation.

There are many different options. Let's take a look at what may be suitable:

False eyelashes and lash replacements

There is a huge range of false lashes available. Depending on what type of definition you are looking for will indicate what type of lashes to invest in.

First-time wearers might like to go for a natural look to begin with. Look for lashes that use the words 'fine', 'natural' or 'featherweight'. The C-Lash range by Eylure is ideal.

It's good to know that you can cut the width of the lashes (not the individual lash but the lid length) to fit your eye.

Below we have outlined some of the options:

C- Lash replacement

This range has been designed especially for people losing lashes during cancer treatment by Cody Gapare who lost her hair during chemotherapy treatment. She has developed a lash that has a wider application band that some people may find easier to apply.

Glue

Good quality lashes will be re-usable 4 to 5 times with enough adhesive (transparent glue) for several applications. You can also buy glues with colour that act as an eyeliner. The glue is designed for the sensitive eye area.

Pre-glued

This option can be great for people new to lash wearing as they are less fiddly. Additionally people with sensitivity issues to their fingertips such as peripheral neuropathy may find this option helpful.

Magnetic

At the time of writing, there are two main types of magnetic lashes.

1 - Magnetic Strip System

You need stable lashes to apply these. A lash system that includes a top lash and a bottom lash that lock together with your own (top) lash inbetween to enhance the length and style. This is not recommended as being suitable for people with hair loss.

2 - Magnetic eyeliner system

This may be suitable for people with hair loss. The system works using a magnetic eyeliner that, in effect, is the glue. The eyeliner is usually black or brown and you need to use a generous amount of it. If you are confident in applying the eyeliner and looking for a defined (not natural) look, this may be an option for you.

WAYS TO MANAGE HAIR LOSS

Lash extensions

Lash extensions which are semi-permanent (not removed daily) are not recommended during chemotherapy or treatments that cause hair loss, as the lash is too unstable to attach an extension to. There are also some concerns around infection. Post-treatment lashes should be strong, long enough and stable before lash extensions are applied.

Hair thinning



The definition of hair thinning can vary. Here are some common terms:

- **Mild thinning** - resulting in a bit more hair falling out than is usual.
- **Moderate thinning or bulk thinning** - where you notice the mass of your hair reduces, such as a ponytail feeling less dense.
- **Severe thinning** - patchy hair loss where the scalp can be seen in some areas of the head.

When experiencing cancer treatments, hair thinning can occur for a number of reasons:

- **As a side effect** – Some (but not all) particular drugs are part of the following regimes: chemotherapy, hormone therapies (biological therapies) and immunotherapy.
- **Cold Cap** - When some of the hair falls out during Scalp Cooling.
- **Radiotherapy to the scalp or head area** - Hair may thin as a result of treatment.
- **During scalp cooling** - It is not uncommon for hair to thin.
- **Anemia** – Some cancer treatments may result in anemia (low red blood count), which has a side effect of hair thinning. Seek medical guidance.
- **Nutritional issues** - If you experience eating or digestive problems, this can affect the fragile hair growth system. Seek medical guidance.

Managing hair thinning – what you can do



Below are some ideas for managing hair thinning.

- **Wide cotton headband** - Try a wide cotton headband to cover areas of hair loss.
- **Adjust your hairstyle** - Ask a hairdresser to suggest ways to style or change your hair to make hair thinning less visible.
- **Styling products** - Volume sprays and mousse products can help to coat each layer of your hair in order to plump up what you have.
- **Dry shampoo** - This helps to volumise your hair by eliminating oils that may keep your hair flat.
- **Hair fibres** - Makes your hair appear fuller as there are less gaps between the scalp and sparse hairs. Small fibres are sprinkled in between thinning areas of the hair and secured with a fixing spray (choose a colour to blend with your hair).
- **Masking and Coloured Hairspray** - These temporary (wash out) coloured sprays help to make hair appear thicker.
- **Creative colour** - Speak to a hairdresser about techniques that can be used to create fuller looking hair. See our 'Colouring hair' section (page 54).
- **Hairpiece** - A hairpiece may be helpful and, in some cases, might be provided by the NHS (see page 41). Additionally, you can purchase items such as a clip-in or velcro fringes to enhance sparse areas.
- **Scalp Cooling** - Follow specific guidance appropriate for the duration of your treatment (visit our Scalp Cooling section on our website).

WAYS TO MANAGE HAIR LOSS

- **Talk to your medical team** - If hair thinning is upsetting you and is a side effect of a medium or long term cancer treatment such as hormone therapy, talk to your nurse or doctor to see if a medication adjustment can be made.
- **Be gentle with your hair** - Take a look at our 'Hair care tips' (page 55).

You may also like to look in our 'New hair growth' section for some ideas about stimulating new hair growth.

Hair care during treatment



Some people are not affected by hair loss or hair thinning but do experience changes to their hair or are concerned about how to manage their hair during treatment.

Here are some of the most common concerns and solutions.

Dry hair types

Dry and brittle hair that lacks luster

Common issues are:

- brittle hair that snaps more easily
- split ends
- dry hair
- lack of elasticity and luster

Try some of the following:

- Cut off split and dry ends.
- Ask a hairdresser for recommendations on how to adjust your style to accommodate the changes in your hair and to ensure a gentle hair care regime.
- Reduce heat styling when possible and always use a heat protection product when drying or using heated appliances.
- Use a leave-in conditioning spray.
- Be very gentle with your hair and invest in good quality hairbrushes that don't rip and tug your fragile hair.
- Use intensive conditioning treatments suitable for your scalp and hair type.
- Try a hot oil treatment using Jojoba or Coconut oil.

Other hair concerns

Overly oily

Try using a Tea Tree shampoo and conditioner to help balance the oil levels on the scalp. Additionally, dry shampoo can be helpful in reducing oily secretions.

Sensitive scalp

Use products designed for a sensitive scalp such as natural, fragrance-free shampoo and conditioner.

Excessive hair growth

You can ask a hairdresser to use thinning scissors and cutting techniques that reduce bulk. For body and facial hair, you can use appropriate hair removal creams as long as you follow sensitivity guidelines. The exception is trimming extra curly or long eyelashes - speak with your nurse for guidance.

Fear of hair loss

It is a very common assumption that, if you are having any cancer treatment, you will lose your hair. Even though their particular treatment doesn't cause hair loss, some people have a fear of this happening. Speak to your nurse for reassurance here.

Unsure of colouring and chemical services

If you are not experiencing hair loss or hair thinning and you usually colour your hair or have chemical treatments such as a perm or relaxer, as long as you follow the steps on (page 56), there is no reason why you shouldn't go ahead as usual.

Colouring your hair



Many people have questions about colouring hair before, during and after cancer treatments.

Perhaps it is several weeks before you are due to start treatment and you wish to cover your root regrowth. Or maybe you have new hair growth and wish to colour grey hair that is appearing. Additionally, some people do not experience hair loss and wish to maintain their style.

In the following section, we will help you to work out if colouring is an option that may be available to you.

If colouring your hair is appropriate, we advise you carry out a skin sensitivity / patch test prior to colour (when applicable). This is not about testing the quality of hair; it is to try and avoid an allergic reaction to ingredients in the hair colour.

We have also created a dedicated section all about Colouring New Hair Growth on our website.

In this section we will deal with:

- sensitivity tests
- colouring hair before cancer treatment starts
- colouring hair during cancer treatment
- colouring new hair growth
- safe colour steps
- temporary colours

Sensitivity tests

If you are planning to have a semi-permanent or permanent hair colour you MUST carry out a sensitivity test prior to each application. A patch/sensitivity test is the best way to try and check that you are not allergic to a product.. When it comes to hair colour, a professional salon will normally carry out a test for you. If you are using a home kit, the instructions will tell you if you need to do one and how to do it on the pack information.

With this in mind, you can now read through the following colour guidance:

Colouring hair before cancer treatment starts

As long as you are not experiencing any hair or scalp issues and you do a sensitivity test, then colouring hair in advance of starting treatment should not be a problem.

Colouring hair during cancer treatment

There are three situations that need consideration:

1. For anyone who is expecting to experience hair loss or hair thinning

Generally speaking, it is not advisable to colour hair for the duration of cancer treatments such as chemotherapy, where you are expecting to experience hair loss or moderate to severe hair thinning. This is because the hair is unstable and you may also experience a sensitive scalp. You might like to try temporary colours - (page 53).

2. People on medium to long-term hormone therapy

As experts in cancer-related hair care, we have thoroughly researched this area and have the following guidance to offer.

For people who are taking longer term hormone treatments that may cause some hair mild hair thinning, it can be beneficial to add some colour to the hair to help it appear thicker and fuller. Follow these steps:

- Hair thinning should be mild – not coming out in handfuls or clumps.
- Your hair condition is suitable to colour.
- Follow Steps 2 to 4 of our 'Steps for safe hair colour and chemical treatments during cancer treatments' (page 59).

3. During cancer treatments for those NOT affected by hair loss or hair thinning

Steps for safe hair colour and chemical treatments during cancer treatments

If you are not experiencing hair loss or hair thinning and you usually colour or have chemical treatments such as a perm or relaxer, there is no reason why you shouldn't go ahead as usual as long as you follow the steps below.

Ensure that:

- your hair is stable and in good condition
- your scalp is in a healthy condition
- you do the manufacturer's sensitivity test
- on selecting the most appropriate colour, try the most gentle option first, e.g a semi-permanent or a permanent colour containing less harsh chemicals (see our online Directory).

If any of these conditions are not in place, seek guidance from an experienced hairdresser who is used to working with people during cancer treatments.

Colouring new hair growth

Colouring hair is a great way to add some individuality to shorter styles, but many people are very nervous about any possible damage to their new hair.

This is very understandable as, once you have experienced hair loss, you are likely to want to ensure that you don't do anything to prevent or delay the new hairs from growing.

With some good guidance and our expert tips, you'll see that colouring new hair growth can normally be an option available to you, should you choose it.

Six safe colour steps



1. Your hair growth is stable, meaning that you are not still shedding hair.
2. You have at least 1 inch of hair growth.
3. Your hair is in a good enough condition to colour.
4. Your scalp is in a healthy condition.
5. You do the manufacturers sensitivity test.
6. Avoid bleach products until you have at least 3 inches of good quality growth.

If your hair does not meet points 1 to 5, we recommend you wait a little longer. Visit our website for in-depth information about colouring hair.

Temporary colours

If you have hair, you might like to consider temporary colours that wash out. Unlike semi-permanent and permanent colours, temporary colours do not require a sensitivity test. These include colour hairspray; coloured mousses; hair fibres; root make-up and coloured hair mascara. See our directory for suppliers.

Managing longer term hair loss



Some people do experience circumstances where cancer treatment results in long-term hair loss. We are here to support you with this.

Most cases of long term hair loss on the scalp are a result of:

- Radiotherapy to the head or neck area.
- Surgery or procedures that results in scarring alopecia.
- In rare cases, some chemotherapy treatments may result in an area of severe hair thinning or hair loss.
- A non-cancer treatment-related hair loss issue that arises at the same time.

Identifying long-term hair loss

It's really important to make a distinction between what we mean when we refer to long-term hair loss

Normal new hair growth

Post chemotherapy, immunotherapy, hormone therapy (biological therapies)

Hair usually starts to grow within 0-3 months post treatment, but often takes around 6-9 months to establish a short style. Whilst it can be a frustrating time, this timescale is to be expected and would not be classed as problematic.

Post-radiotherapy to the scalp / Specific procedures to the scalp causing hair loss

New growth can take up to 9 months to show even the first few hairs. This means that it is not uncommon for hair to take 9-18 months for a short hair growth to establish. In some cases, the hair does not grow back.

Look at our 'New hair growth' section for ideas of how to encourage new growth.

Problematic new hair growth and Long-term hair loss

In cases when hair was expected to grow back and doesn't, there can be a number of reasons why. For example, people taking other medications that cause hair loss or hair thinning as a side effect can cause a delay in new growth e.g.hormone therapy post-chemo.

For other people, your doctor, radiographer or nurse might have explained that your hair will not grow back.

Other common issues that can be an underlying cause of reduced hair growth are:

- **Medications and treatments that cause hair thinning:**

Check if hair thinning or hair loss is a side effect of current medications (cancer and non-cancer related).

- **Anemia:**

Some cancer treatments may result in anemia (low red blood count), which has a side effect of hair thinning. Seek medical guidance.

- **Nutritional issues:**

If you experience eating or digestive problems, this can affect the fragile hair growth system. Seek medical guidance..

WAYS TO MANAGE HAIR LOSS

Here are some approaches:

- Speak with your cancer nurse or doctor to understand if this is an expected or unexpected side effect to treatment.
- If the hair loss is not explainable, ask to be referred to a dermatologist.
- You can also pay privately to visit a trichologist (see directory) who may be able to diagnose and treat any underlying cause.

For people who know they have to deal with long-term hair loss:

- you will be entitled to an NHS wig or hairpiece prescription (page 41).
- look at our wig and headwear guides for ideas
- take a look in our support section
- consider joining a support groups (see Alopecia UK in our Directory)

Most importantly, do reach out to Cancer Hair Care and other organisations who can support you.

There are many hair loss professionals; support groups; wig and hair replacement specialists and our team, all of whom can help you discover ways to maintain your own individual look.

Taking care of new hair: An introduction



In our experience, people have many questions about their new hair growth. From how long it may take to establish a full style to what texture and colour new hair might be and how and when to colour, cut and style new hair. In this section we will we will cover:

- timescale - planning for new hair
- new texture and colour
- colouring hair
- first cuts and visiting a hairdresser
- styling new hair
- new hair colouring and chemical process
- nutrition and supplements
- moving on

Timescale: Planning for new hair



In this section we will look at topics to do with new hair growth and the following treatments:

- **Post-Chemotherapy**
- **Post-Immunotherapy**
- **Post-Hormone Therapy (biological therapies)**

NEW HAIR GROWTH

For new hair growth related to radiotherapy or procedures to the scalp area, please (page 19).

The usual time scale of new hair growth

Post-chemotherapy, immunotherapy, and hormone therapy (biological therapies), hair usually starts to grow within 0-3 months post-treatment but usually takes around 6-9 months to establish a short style. Additionally hair growth is not always even and so you may discover that one area is fuller than another area.

Whilst everyone's rates of growth varies, below will indicate the most common experiences.

During treatment

Some people notice that hair starts to grow back before treatment finishes.

0 - 3 months

Hair is usually slower growing than normal. A short covering (around 1cm-2cm) of new hair usually grows on the scalp. Facial and body hair usually starts to regrow but can be sparse at first.

3 - 6 months

Scalp hair usually starts to grow a little quicker and colour may be more established. Eyelashes and brows usually start to look more familiar. Body hair is usually showing.

6 - 9 months

Scalp hair is usually at least 1.5 inches in length or more and hair colour and texture feeling more established. It may still be different from before. Once 1 inch is established, you might consider colouring your hair. Any slower growing lashes and brows usually start to elongate at around 9 months.

9 - 12 months

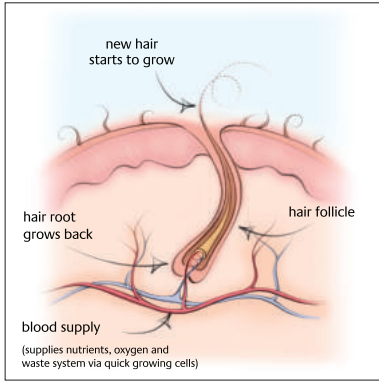
Most people have a well established short style by now. Wig wearers have usually transitioned out of their wig to their new short style.

If your hair doesn't seem to follow this pathway, take a look in our section on 'Managing long-term hair loss' (page 57).

NEW HAIR GROWTH

New texture and colour

The texture - Straight, curly, afro



The shape of the hair follicle determines whether or not a hair will be curly, wavy, afro or straight. One of the main reasons why hair texture can change is because the hair follicle can slightly collapse during hair loss. Therefore, when it reforms, the hair follicle can take on a new shape thus forming a different texture.

For people experiencing new growth post chemotherapy, the term 'Chemo Curls' has become commonplace to describe new, curly hair. The diagrams on page 12 describe why this may happen.

Hair colour

The colour of your new hair may be altered or it may be just the same as before.

This is unpredictable and can be the result of an alteration to your usual hair growth cycle.

Your new hair colour may adjust and change as it becomes more stable and established in length.

It is quite common for people to say they notice more grey or white hairs within their new hair growth. This may be true, but it's fair to say that many women colour their hair and so weren't really sure how much grey they actually had pre-treatment. Another factor is that when hair is short, it tends to stick up and so any grey and white hairs can appear more prominent.

If you choose to colour your new hair, take a look at page 68 on how to do it safely.

First cuts and visiting a hairdresser



There is no rule as to when you can first cut your hair – it all depends on the condition of your hair and what style you are aiming for. It is an entirely personal decision.

Quite often, hair grows at different rates, so you may want to trim one area and not another. For example, many people find that there are longer sprouts of hairs that they want to snip at (in particular around the ears and hairline) that can feel untidy if they stick out. These areas commonly need a trim before the rest and it is fine to do so.

Some people snip at the odd long hair themselves. There are no rules here, so feel free to snip at those annoying sprouts! But, if you are at all worried or don't fancy giving it a go yourself, have a chat with a hairdresser who can help you plan your new style and pencil in a time for a trim.

It is a myth that cutting hair makes it grow quicker. It's more the case that when some of the new fine ends are snipped off and the hair is in a more organised style, it can give the appearance of looking fuller. The important thing is that you look after the condition of your new hair.

Some people decide they want to grow their hair as long as possible before cutting it. As long as your hair feels healthy, then that is just fine. If your hair feels dry, then after a few inches of hair have grown, have the bare ends trimmed (even just a tiny bit) to take away the dryness. It is best to avoid split ends that can run down the hair shaft and prevent further growth. Additionally, very dry ends can make hair difficult to style and appear unruly.

NEW HAIR GROWTH

Many hairdressers are used to helping people to plan their new style and all good hairdressers will offer you a free consultation to discuss your ideas. If you are still wearing a wig or scarf, you can always ask to discuss your needs in a private space where you feel comfortable.

Styling new hair and products



You will be amazed at how a little bit of product can create texture and calm unruly hair – even if it is very short. Here are some tips:

Leave-in conditioner

A lightweight conditioner is a good option for new hair and especially curls, dry and afro hair. It provides a great extra protective layer for new hair as well as gentle moisture. Most formulas are light enough that you can layer additional styling products on top if required.

Hair oils

Look for oils rather than serums as your hair will absorb essential and natural oils whereas some serum-based products can sit onto the hair, making it feel sticky and gooey.

Soft mousse

Soft mousse is ideal for fine hair that is static. A stronger mousse may have a higher alcohol content or feel sticky and tacky, which can make your hair feel dry. Mousse is great for adding texture. Apply a little on wet hair and style as required. It can also be used when the hair is dry to scrunch in a more defined curl or de-fluff flyaway hairs. Unlike some gels and waxes, mousse should not be too oily or overload the hair.

NEW HAIR GROWTH

Pomade

A pomade is lighter than a wax. It is ideal to add into hair when dry and will help to define and add texture to your style. Ideal for new hair growth and finer hair types to get rid of static and add a gentle shine, pomade is also great for taming frizziness and dry ends.

Wax

Wax is good for really unruly hair as it is strong and can help mould and manipulate your style, holding it in place. It is also good for controlling frizz and curls.

Gel

If you need a gel, look for an Aloe Vera base because this will be much more moisturising. Gel is good to encourage spiky textures.

Shine spray

A shine spray will give your style a lovely, glossy finish without weighing down your hair.

New hair colouring and chemical process



If you are someone who wishes to colour, perm, relax or straighten hair using chemical process it's important to make sure you observe the following:

- Ensure your hair is in good enough condition to manage the chemical process
- Ensure your scalp is in good condition
- Always carry out a sensitivity test prior to the process
- Follow the manufacturer's guidelines

NEW HAIR GROWTH

Chemical treatments

Can I perm, straighten or relax my new hair?

Your new hair and scalp must be in a good enough condition to perm or straighten. Both of these techniques require at least a couple of inches of hair in length.

Technically speaking, you would normally need at least 3 to 4 inches for a perm (using tiny rollers) and at least 2 inches for relaxing or straightening.

In the case of carrying out these processes on new hair post-treatment, it's important to consider that perms and relaxers use very strong chemicals that break down and reform the hair's structure. Even when carried out with care, the process is aggressive to the hair and, in our opinion, this puts too much strain on your new hair. As such, wait for at least 3 to 4 inches of good quality growth.

Also remember to carry out a sensitivity test prior to any application.

Colouring hair

Colouring hair is a great way to add some individuality to shorter styles, but many people are very nervous about any possible damage to their new hair.

This is very understandable, as once you have experienced hair loss, you often don't want to do anything to prevent or delay the new hair growth.

(page 56) for guidance.

Nutrition and supplements



Nutrition has an influence on helping to create an ideal platform for new hair growth. This is because hair is one of the quickest growing cells in the body and so it requires a lot of energy to support it. However, the body doesn't treat the hair as an essential organ, so prioritises all the nutrition to other cells first which can leave the hair depleted.

NEW HAIR GROWTH

Additionally, during cancer treatments, some people find that they develop problems with eating and digestion, or have weight loss or gain issues.

You can get help from your nurse, who can connect you with a medical nutritionist and support.

Here is some nutritional information and ideas for you to consider:

*Please adjust according to your dietary requirements, lifestyle choices and any medical requirements.

Fluid

- Fluid intake - Treat yourself to an extra special glass to inspire hydration. The NHS Eatwell Guide says we should drink 6-8 glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.
- Coconut water - Most people have heard of the benefits of coconut oil for hair but have you ever considered the benefits of including coconut water as part of your fluid intake? Coconut water is high in electrolytes that help minerals to absorb in our body.

Protein

- Protein-rich foods, especially those containing essential amino acids, are essential building blocks for new hair. Ideal foods are: eggs; oily fish; quinoa; lean meat; cottage cheese; legumes and beans.

Iron

- Iron and ferritin (a blood protein that contains iron) are essential to maintaining hair growth.
- Iron-dense foods include: Lean red meat; beans (such as red kidney beans, edamame beans and chickpeas); nuts; dried fruit (such as dried apricots) and fortified breakfast cereals.
- Some cancer treatments can cause a depletion of iron levels as a side effect to treatment.

Silica

- Silica is an important trace mineral that provides strength and flexibility to the connective tissues of your body and thus hair.
- It's found primarily in vegetables like leafy greens; onions, and even wholegrains and fruits such as mangos.

NEW HAIR GROWTH

Biotin

- Biotin helps to stimulate keratin production in hair.
- Found in foods such as avocados; nuts; bananas; sweet potatoes and broccoli.

Supplements

- Sometimes hair needs a boost of essential vitamins and minerals that help to promote good growth. Taking a supplement can be a good way to help feed your follicles with extra strength. There are specific 'Hair, Skin and Nails' supplements that are available in chemists, supermarkets and natural health stores. These are ideal.
- In our experience most doctors are happy for patients to take general 'Hair, Skin and Nail'-related supplements post-treatment. However, if in doubt, always speak with your medical team.

Important meals



- Breakfast - The most important meal of the day to feed your follicles with energy and essential building blocks! Make a real meal of breakfast (not just a quick bite).
- Snacks - Help to keep your energy levels maintained. Snacks such as mango (for silica) and dried apricots (iron) will help your follicles stay on track.

Moving on



Some people say they find it challenging to move on from hair loss, even when their hair has grown back and they have a new style.

Here are some ideas that may be helpful:

Wig Bank

Don't hold onto a wig that is sitting unused in a cupboard. Wash it and donate it to a wig bank. We have one at Cancer Hair Care – see our Directory (page 107).

Counseling

The journey of hair loss alongside cancer treatment is a lot to process. Nearly all cancer services offer a cancer counselling service, with someone trained to listen and help you to move through your feelings. Cancer councillors are used to helping people to process their emotions around hair loss.

Trigger fragrances

Some people find that particular fragrances used during treatment (such as a conditioner used during cold cap treatment) might later trigger bad memories. If you lose your nose hair during treatment, you will have a heightened sense of smell. It can be worth identifying these fragrances and eliminating them from your current cosmetics.

Compassionately trained cancer care hairdressers

You may need the guidance of a professional hairdresser who is trained in services that are appropriate for cancer patients.

An introduction to how we can support individuals



Hair loss related to cancer treatment can cause anxiety and concern for all types of people. At Cancer Hair Care, we know that some members of particular communities may find it helpful to know that specific services are available.

This section features:

- Inspiring and authentic case studies
- Men's guide
- Teenagers and young people
- Children
- LGBTIQ+
- Afro hair guide
- Secondary cancer

All our team are trained to offer a warm welcome to people from any minority groups and we are here to offer you a safe place for the guidance and support you may need.

Inspiring and authentic case studies: **JAYA**

"I was so worried about colouring my new chemo curls but desperate to cover the greys!"



Jaya and Jasmin share their tips on colouring new hair and faking it with a fringe.

"I've always had long, dark hair that has almost been like a trademark of mine. Losing my hair was such a challenge because I wanted to keep my cancer diagnosis private, even from some family members. I was puzzled about how I could hide any baldness, but then I discovered fake fringes and it really took the edge off my fear."



FOR INDIVIDUALS

*Once my new hair grew back, it was a shock to see grey curls appearing! I was so worried about colouring my new chemo curls but desperate to cover the greys so I chatted to Cancer Hair Care. They reassured me that my hair was long enough – and in a good condition – and I just needed to do a sensitivity test prior to colouring. Jasmin came to my home and we coloured my hair in my kitchen using a brand with less harsh chemicals, as this was important to me. Once it was done, it was such a fantastic transformation. When I looked in the mirror, I thought: 'I'm back - This is me!'" - **Jaya***

*Jaya's experience happens often. At Cancer Hair Care, we support so many people with ideas around colouring their hair. Hairdressers too can be worried about doing the right thing. It's really important to follow our '6 Safe Colour Steps' (page 59). You can also use temporary coloured products such as coloured mousses, sprays and masking products that can add some colour until you feel ready to use a permanent colour. - **Jasmin***



Inspiring and authentic case studies: **JULIE**

"I decided to try and minimise my hair loss through scalp cooling"



"I first became aware of Cancer Hair Care when I visited them as a client in 2018, having been diagnosed with breast cancer. I'd admired someone's headwear a few months previously, and they mentioned this wonderful charity that gave loads of free support."

"It was both daunting and overwhelming when I was trying to get to grips with what was happening to me, in terms of my cancer diagnosis and coping with potential hair loss. My long, thick hair was such a big part of my identity."

"I felt really special after my first visit to the charity. They really listened to me and I walked away from my first visit with a bag full of goodies and lots of expert, kind advice. To have a charity that was so compassionate, understanding and informed about all aspects of hair loss was incredibly special."

"I decided to try and minimise my hair loss through scalp cooling. Cancer Hair Care had lots of great advice about how to prepare for each session and what to expect. They gave me a simple, fabric hairband to protect my forehead from the cold – although a tissue works too!"

Julie wearing cold cap





"Some of my hair started falling out after my third chemo cycle. I had a pre-booked consultation at the Caring Hair Salon and I made the decision to cut my hair into a bobbed style, which would make it look thicker and neater. As my hair was washed, a giant matted knot formed with the loose hairs tangling with the remaining hair but the team patiently combed my hair through before they could cut and style it – I would never have coped with that at home. Above you can see a picture of me with the bob style and a headscarf to cover the area of extreme thinning"

"Cancer Hair Care means a great deal to me. They helped me to be bold and provided exceptional service. I was supported by the charity throughout my treatment, into recovery and my hair growing back – this time curly! At each point in my journey, they gave me confidence and this permeated my entire hair loss experience and how I faced the world."

"I'm honoured to have been asked to be a Trustee and I'm really looking forward to supporting them." - **Julie**

Julie's long dark hair

Julie with her long hair grown back after scalp cooling and chemo



Inspiring and authentic case studies: **CHRISTIE**

"I love the term 'Hair Free' – this is so much kinder than bald!"



"When I was asked to have my picture taken to share scalp tips for others who were hair free, I said 'Yes' straight away.

"I love the term 'Hair Free' – it is so much kinder than bald! For me, it was very important to maintain my sense of femininity, so when I had my hair free days, I decided to jazz up my look with lots of jewellery and accessories. People do look at you when you have no hair – my way was to smile and remind myself that I probably would have looked at them too, had it been the other way round."



Jasmin, Christie (wearing her brushed afro wig) holding one of the 'One Head' campaign mannequin heads of colour that they named 'Dignity'.



"I had lots of different wigs with various styles. Cancer Hair Care helped me to get a 'brushed afro' wig as I was finding it very hard to locate a wig supplier that would represent my natural hair type. I am also very supportive of the charity's 'One Head' campaign, which has arranged for mannequin heads of colour to be sent to NHS hospitals across the UK. These small steps matter. I'm also so glad to help offer ladies of colour and all ladies with hair loss some ideas to feel confident." - **Christie**



Christie's top tips for hair free style

- Don't overdo scalp oils – a little goes a long way!
- Look in charity shops for new accessories such as earrings and neck scarves.
- If you need to explain hair loss to children, contact Cancer Hair Care for one of their free Hair Loss Dollies.
- Add feathers, broaches and accessories to hats and scarves.
- Being hair free is an opportunity to try something new!

Inspiring and authentic case studies: **SALLY**

"Being told I would lose my long, blonde hair stopped me in my tracks."



"I've always had long, blonde hair so when I was diagnosed with cancer and told I would lose my hair, it stopped me in my tracks. As a hairdresser, I've always known how to care for my hair, so facing hair loss made me feel as if all that I knew was going out the window.

"I discovered Cancer Hair Care once I had lost my hair and I instantly loved their approach. One of my biggest memories was the day that I had my new hair coloured (at around 1 inch long). Even as a hairdresser, I was nervous about colouring my hair so it was a big deal for me. It was transformative to see my blonde hair slowly returning. Also on that day, the charity's founder Jasmin gave me an apron and said 'Come on Sally, it's time to start your training!'.

In one of my scarves



FOR INDIVIDUALS

At the time of my hair loss, as a hairdresser I just couldn't believe that I was going to lose my hair. It really was a huge loss for me. Now, I'm so proud to be a trained Cancer Hair Care Specialist so I can share my experience and support others. I also love being involved with educating new hairdressers.



My long hair all grown back

Having known how scary it was to take steps to have my hair cut off and have my first colour, I take such care when speaking to others. If you give our charity a call, maybe I will speak with you. It would be my pleasure if so." - Sally

Sally now as a
Cancer Hair Care Specialist



Inspiring and authentic case studies: **AMANDA**

“As a cancer nurse I wasn’t fazed by chemo, but I didn’t know how to prepare for losing my hair”



Our Cancer Hair Care Nurse Advisor Amanda and our founder Jasmin reflect on Amanda's experience.

When Amanda was diagnosed with early ovarian cancer, she went from being a cancer nurse to a cancer patient almost overnight, experiencing a big operation and then chemotherapy in quick succession.

*“As a cancer nurse, I wasn’t fazed by chemo as I had supported lots of women so I had a good understanding of treatment, but I didn’t know how to prepare for losing my hair. I was so glad to hear about Cancer Hair Care and feel privileged to have had a pre-chemo consultation so I could get myself organised.” - **Amanda***

*Just over a week after her first chemo, Amanda began to shed handfuls of her hair. “Amanda tried scalp cooling but it wasn’t for her. She arrived at the Caring Hair Studio distressed by the handfuls of hair coming out, so we talked through her options and decided to clipper her hair off. I recall Amanda saying how painful her scalp was as her hair had started to come out. I suggested that she lightly massage her scalp with soothing Aloe Vera gel with Tea Tree oil and this made a huge difference to her comfort levels.” - **Jasmin***



"Cutting my hair off was a very emotional, but positive experience for me. I wasn't expecting to feel relieved, but once it was done, I felt so much better. Here is a photo of me just 5 minutes after Jasmin cut my hair off. I wanted to take this picture to share with others." - **Amanda**

We are absolutely delighted to welcome Amanda Shewbridge to our team in the role of Nurse Advisor.

Combining the professional and the personal in a unique way, Amanda brings more than 35 years' of nursing experience as well as her own cancer-related hair loss journey.



"In the first picture (page 82), you can see my new hair has started to grow back (around 6 months post chemo) and I have a nice, short style. In this photo I have a short bob."

"Having had such fantastic support with hair loss, I am determined to help ensure that our charity reaches as many people as possible. I'm so delighted to be the Cancer Hair Care Nurse Advisor and look forward to supporting many people on their journey." - **Amanda**

Inspiring and authentic case studies: **AIDEN**

"I remember feeling that if I was a female, hair loss would have been dealt with differently.



"Together, we are on a mission to break the stigma, bust myths and get support out there"

"I didn't know about Cancer Hair Care until my new hair started to grow back. I booked a Zoom consultation straight away and spent an hour talking about my concerns for hair growth; styling; products and facial hair.

I think males need to be offered more access to support, wigs, headwear and guidance. I want to get a conversation started about how hair loss matters to males.

Cancer Hair Care really know their stuff when it comes to cancer and hair loss, so together, we are on a mission to break the stigma, bust myths and get support out there." - Aiden

Aiden aged 19, who experienced hair loss when diagnosed with Hodgkin lymphoma.

Men's guide



Men have told us that they would prefer a shorter guidance section with some key points.

In terms of supporting men on both an emotional and practical level, there are several considerations when preparing for hair loss.

Find out if your treatment will cause hair loss and where it will be

- First, read the appropriate section relating to your specific treatment type (page 3).
- Treatments such as chemotherapy that cause hair loss as a side effect will cause hair to fall out anywhere that it grows. This includes your scalp, face (brows, lashes, facial and nose) and body (including pubic hair).

Hair loss prevention - Scalp Cooling (cold cap)

The only known prevention for hair loss is called Scalp Cooling (cold cap), a treatment developed to try and reduce hair loss that can only be used with some forms of chemotherapy.

Men can and do use Scalp Cooling, however, it's fair to say that the vast majority of men are not offered it.

You can and should ask to try Scalp Cooling if you wish - for more information, (page 13).

Wigs and hairpieces

Males being treated under the NHS who experience hair loss of 50% or more on the scalp as a result of cancer treatments are entitled to be supplied a wig or hairpieces by an NHS wig supplier. The NHS commissions local wig suppliers to deliver this service.

Unfortunately, many men are not offered a wig referral but you should request one if you wish as all NHS wig suppliers must offer males a range of suitable wigs. See page 101 for more information.

Cutting and shaving



Take control

Many people say that cutting their hair prior to it falling out helped them take control

Cutting hair does not affect new growth

You will not cause any damage to your hair by cutting it short at any stage of treatment. Cutting hair does not affect new hair growth.

Hairdresser / Barbers

If you intend to go to a salon, you might like to ask for a private space to be arranged, or opt for a home hairdresser.

Clipper and guard

If you decide to cut your hair yourself, make sure you use clean clippers with a guard over any clipper blade.

We don't recommend shaving the scalp with a razor as the scalp is harder to shave than the face. Razors can also cause hard-to-heal cuts that risk infection at a vulnerable time. Our website has a guide to cutting hair: www.cancerhaicare.co.uk

Shaving

Many men continue to shave facial hair until their hair falls and they no longer need to until new hair returns. Whilst we recommend that you avoid using a razor on the scalp, it is usually okay to continue to shave facial hair. We recommend you use a clean blade each time and for hygiene reasons, make sure you are not sharing a razor. For men having external beam radiotherapy to the head or neck area you should seek further guidance from your medical team (as sometimes shaving is not advised).

Male headwear



There is nothing to say that you can't wear any headwear of choice but, until faced with hair loss, most people have never seen a specialist scarf or hat.

Specialist headwear has been designed with particular features to help hide and cover your scalp and hair line. They are normally available from wig suppliers; oncology units; websites and some department stores (page 103).

Male scalp care and sun protection

Hot flannel and essential oil ritual

To soothe your scalp, simply soak a flannel in a basin of very warm water, squeeze out the water and place the hot flannel onto your scalp.

You may like to add a few drops of essential oil* such as Lavender to calm and soothe or Tea Tree to help any irritation.

*Always dilute essential oils as per manufacturer's instructions. Carry out a skin sensitivity test if required.

Wash your scalp regularly

Unless you have a specific scalp problem, you are best advised to wash your scalp in the morning and at night. If you have some hair, you may like to continue to use a shampoo. However, if you are hair-free, then a facial wash used on the scalp is ideal.

Massage your scalp

Unless you have had treatment to the scalp or any scalp problems, you may like to massage your scalp. Try five massage rounds to keep the scalp healthy – use the pad of your fingers in a circular motion to ease away tension and keep a good flow of blood to the skin.

Sun protection

It's really important to ensure that you have adequate protection from strong sunlight. The safest combination is to wear a hat or head covering with a sun protection product underneath. Specific sun protection sprays have been developed for the scalp – these tend to be less oily, matt and absorb easily to minimise stains on fabrics.

For further information on daily scalp care and scalp issues, (page 42).

New hair growth

Depending on your treatment type, hair usually grows back over time. After chemotherapy treatment, new hair on the scalp usually grows back between 0-3 months, usually to at least 1cm or more. Facial and body hair may be a little slower growing at first. To find out information relevant to your treatment type, (page 64).

Your emotional journey and support



Often men tell us that they feel unable to express that they have concerns and questions about hair loss. They tell us that they feel left out and angry at not being offered support.

At Cancer Hair Care, we have created a dedicated information section for males on our website and offer free consultations with our specialists. Please get in touch.

Teen talk



"Turbans are so easy to wear and you get lots of variations"

"A cap with hair attached was perfect for my School Leavers party"



"I wanted to take care of my scalp and needed some soft hats to wear"

Teenagers and young people



Fake fringes; fluttering false eyelashes; funky headwear; scalp care goodies; hats with hair and specialist items are all available FREE for teens and young people.

Our dedicated team of Cancer Hair Care Advisors and Specialists are expertly trained to listen and support teenagers and young people.

We have more than a decade of experience working with the NHS to offer guidance to teens; young people; parents; carers; cancer nurses and support professionals.

We run specialist hospital workshops as well as bedside services, online workshops, consultations and other outreach support.

Our services are delivered in an age- and stage-appropriate way that help young people to understand hair loss and take control with bespoke hats, scarves and other items.

We offer FREE headwear and Hair Loss Support Packs to teenagers and young people.

Please contact us for more information.

Children



Our unique Hair Loss Dollies, Children's Activity Packs, headwear and Hair Loss Support Packs are available FREE of charge.



We offer unique services within NHS hospitals and outreach to your home. Our dedicated team of Cancer Hair Care Child Specialists are highly experienced and trained to support children during treatment. We can consult with parents; carers; social workers; nurses and cancer support professionals to meet the needs of the child in your care.

To access services and FREE packs, please get in touch.

LGBTIQ+



A safe space

At Cancer Hair Care, we have a dedicated LGBTIQ+ Specialist and 'Rainbow Service' that is centered on supporting individuals to navigate their cancer-related hair loss journey.

All our team are trained to offer a warm welcome to people from any minority group and we are here to offer you a safe place for the guidance and support you may need.

Hair loss related to cancer treatment can cause anxiety and concern for all types of people.

We understand that people across the LGBTIQ+ community may have specific questions as well as every day worries. For example, our experience in supporting people across the community shows us that the following might be of concern:

- Changes during cancer treatment to non-cancer related hormone treatments that may affect how hair grows or falls out (for example, facial hair).
- Changes in hair that may result in individuals feeling that their sexuality is questioned or exposed.
- Having been on a long journey with changing hair to define their image, people can feel overwhelmed to lose this hair.

If telling us that you are from the LGBTIQ+ community feels challenging, you can ask for a 'Rainbow Service' which results in one of our specifically trained team supporting your enquiry.

We are here to listen and help. Do please get in touch.

Afro Hair Guide



We are pioneers in supporting people with afro hair during their cancer-related hair loss journey.

We wrote the first comprehensive 'Afro Chemotherapy Hair Loss Guide' (available on our website) because we recognise that afro hair has a unique texture, styling and care requirements that benefit from specialist guidance.

Our consultants are trained to deliver guidance that is specific to people with afro hair.

We offer a number of free resources such as these activity packs below:



Here are some key signposts:

- **NHS wig suppliers**

Must offer you a wig in a natural texture that represents your hair (page 41).

- **Scalp Cooling (cold cap)**

This can be used by people with afro hair.

- **Free Hair Loss Dollies and Children's Packs**

We provide FREE darker coloured Hair Loss Dollies and Play Packs to gently explain hair loss to children.

- **Weaves, hair extensions and braids**

These all need special consideration before, during and after cancer treatments that cause hair loss (see our website).

- **Relaxing hair**

It really is worth waiting for at least 3-4 inches of growth post treatment before relaxing your hair.

We are here to help with any questions. Do please get in touch.

Secondary cancer



We have a dedicated team who understand the changing needs of people with secondary cancer.

We are here to help you with ideas, guidance and support.

Here are some key signposts:

- **Multiple hair loss experiences**

Many people with secondary cancer experience multiple hair loss experiences and need specific guidance relating to this.

- **Conflicting guidance**

You may want to know if you can colour your hair or have microblading. Sometimes, hairdressers and medical professionals offer conflicting advice. We are here to expertly guide you so you are empowered to choose what's right for you.

- **Problematic new hair growth**

Many people experience ongoing changes to their hair affected by treatments, illness and stress. We can help.

We are here to support you. Do please get in touch.

Cancer Hair Care's support services



A warm welcome awaits you from our team of hair loss specialists and advisors, who complete the UK's most comprehensive oncology hair loss training. We are caring and dedicated professionals who are committed to providing you with emotional and practical guidance, ideas and support.

We acknowledge that hair loss is a significant challenge for many during their cancer journey, so Cancer Hair Care specialises in all aspects of hair loss: from hair loss prevention (cold capping) and wig styles to helping new hair growth in recovery.

Please get in touch and together, we can help to make hair loss one less worry.

Services

All our services are free of charge:

- **Phone**, video and email consultations - contact us
- **Virtual workshops** - (page 100).
- **Information** website - for caring, comprehensive and up-to-date information
- **NHS** hospital clinics - see our website for locations
- **How to'** videos - over 50 videos available
- **FREE** resources and support packs - (page 109).
- **Specialist** hairdressing services - visit our website

Hospital clinics



We have more than 10 years of experience supporting NHS hospitals with our clinics; workshops; nurse training and bedside visit services.

Our founder Jasmin Julia Gupta was featured in an NHS documentary 'Learning from the experience of BME cancer patients – Dignity' that featured our groundbreaking inclusivity and caring approaches to supporting BME people during hair loss.



You can find out if we offer a service at a hospital near you by looking on our website.

NHS nurses, doctors and support staff can also get in touch for FREE resources such as more booklets; Hair Loss Dollies; guidance sheets; Children's Activity Packs and urgent hair loss support parcels.

Connect, share and support (social media)



Keep up-to-date on the latest news and views and connect with others:

Virtual workshops with Look Good Feel Better



&



We are delighted to work in partnership with national cancer support charity *Look Good Feel Better* to offer you a range of FREE online workshops delivered by our Cancer Hair Care Specialists (see pages 101 and 102).

Hundreds of people have already benefited from our expert information, relaxed atmosphere and the support from others also experiencing hair loss.

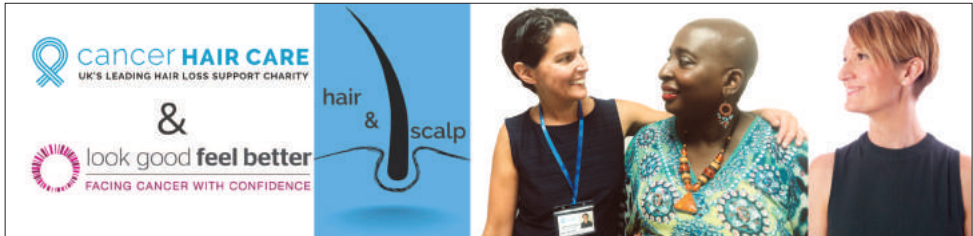
How to book

For the latest booking information about upcoming workshops, please visit: www.cancerhaircare.co.uk/live-online-workshops/

For more information on *Look Good Feel Better* and the range of free services they offer - including Skincare and Makeup Workshops; Skincare and Grooming for Men; Hand and Nail Care Workshops, Chair Yoga and Body Confidence – please visit lgfb.co.uk



Workshop: Hair loss, scalp care and new hair growth



You will gain an understanding of the cancer-related hair loss journey including why it happens and what to expect.

This session includes:

- Daily scalp care and safe scalp massage
- What to expect with new hair growth
- Creating an ideal platform for new hair growth during treatment
- Chemo curls
- Hair thinning and Scalp Cooling (if applicable to the group)
- Colouring and chemical treatments
- New hair styling tips
- Recommended products, services and suppliers

There will also be plenty of opportunities to ask questions during the workshop.

Workshop: Headwear, wigs, brows and lashes



A practical workshop, with expert advice and support on your hair loss journey through to new hair regrowth.

This session includes:

- Easy scarf tying techniques
- Headwear and hair loss accessories
- Advice on choosing an NHS wig
- Securing your wig
- Wig washing and care
- Eyelashes and brows
- Recommended products, services and suppliers
- Scalp Cooling/ Cold Capping (if applicable to the group)

There will also be plenty of opportunities to follow demonstrations and ask questions during the workshop.

Directory



Our Cancer Hair Care experts and patient panel have created the UK's largest online directory of specific hair loss suppliers, services and support.

Here, we've shared some of the most popular organisations.

Please visit our online directory for more.

HEADWEAR & ACCESSORY SUPPLY

Chemo Headwear

Web: www.chemoheadwear.co.uk

Tel: 01798 861501

Email: claire@chemoheadwear.co.uk

An online supplier of hand made specialist headwear such as hats, caps and scarves with hair attached (eg: a cap with a ponytail sewn in).



Headscarves by Ciara

Web: www.headscarvesbyciara.co.uk

Tel: 07714289263

Email: headscarvesbyciara@yahoo.co.uk

An online supplier of specialist headwear such as hats, caps and scarves with hair attached e.g. a cap with a ponytail sewn in.

Suburban Turban

Web: www.suburbanturban.com

Tel: 01306640123

Email: Fill out online enquiry form

An online supplier offering a vast range of bespoke headwear including turbans, scarves and hats.

HAIR LOSS CHARITIES, ORGANISATIONS AND SPECIALIST SERVICES

Alopecia UK

Web: www.alopecia.org.uk

Tel: 0800 101 7025

Email: info@alopecia.org.uk

A charity offering information and support. Particularly helpful for anyone facing long-term hair loss.

Digni Cap - Scalp cooling

Web: dignicap.com

Tel: N/A

Email: support@dignicap.com

Digni Cap are a global supplier of refrigerated cooling system.

The Institute of Trichologists

Web: trichologists.org.uk

Tel: 020 8767 7889

Email: Fill out enquiry form via their website

This institute of Trichology has a website of registered members who are trained Trichologists. Clinical trichology is the diagnosis and treatment of diseases and disorders of the human hair and scalp. A Trichologist can offer a private consultation that may be helpful for people with problematic and long term hair loss.

Look Good Feel Better

Web: lookgoodfeelbetter.co.uk

Tel: 01372 747 500

Email: info@lgfb.co.uk

A national charity, Look Good Feel Better, helps boost the physical and emotional wellbeing of people living with cancer through free online and (post-Covid) face-to-face Workshops, printed materials and tutorials.

Cancer Hair Care is delighted to work in partnership with Look Good Feel Better to deliver LIVE online workshops. See page 100 for more information and how to book.

Lucinda Ellery

Web: www.lucindaellery-hairloss.co.uk

Tel: 0208 741 8224 (main London office)

Email: See their website for relevant location

The Lucinda Ellery team offer specialist hair extensions and hair replacement services at locations throughout the UK.

My New Hair

Web: www.mynewhair.org

Tel: N/A

Email: Fill out online enquiry form

A charity offering information and links to salons trained to cut wigs and offer services to people in regards to medical alopecia.



Paxman - Scalp cooling

Web: paxmanscalpcooling.com (For patient centered hair care visit coldcap.com)

Tel: 01484 349 444

Email: info@paxmanscalpcooling.com

Paxman are a global supplier of refrigerated cooling system and the UK's leading provider in 80% of NHS hospitals.

Racoon Hair in Recovery

Web: racooninternational.com/hair-in-recovery

Tel: 01295 770999

Email: info@racooninternational.com

Especially trained advisors and practitioners (usually hairdressers) who offer a specialist hair extension service for hair in recovery post-cancer treatment.

WIGS

Below we list the two main NHS suppliers as well as the Little Princess Trust.

Browns (More Hair Now)

Web: www.morehairnow.com

Tel: 01822 610292

Email: Fill out their online enquiry form

Over 50 locations throughout the UK. Supplying NHS referrals as well as private wigs and hairpieces.

Little Princess Trust

Web: www.littleprincesses.org.uk

Tel: 01432 352 359

Email: info@littleprincesses.org.uk

Offer free-of-charge wigs for children and teenagers under 24 years-old.

Trendco – Aderans UK

Web: www.trendco.co.uk

Tel: 01273 774977

Email: info@trendco.co.uk

Eight main locations throughout the UK. Supplying NHS referrals as well as private wigs and hairpieces.



WIG BANKS

Cancer Hair Care - 'Twice as Nice'

Web: www.cancerhaircare.com

Tel: 01438 311322

Email: Support@cancerhaircare.com

Send items to: Cancer Hair Care (Wig Bank Donations), 5A Middle Row, Stevenage, Hertfordshire, SG1 3AN.

Our Twice as Nice recycling service takes in wigs and headwear to clean and pass onto those in need in hospitals and hospices.

Wig Bank

Web: www.wigbank.com

Tel: N/A

Email: Fill out online enquiry form

Provides low-cost wigs that have been pre-worn.

CANCER CHARITIES

Here are some general cancer charities that offer reliable information about which treatments may cause hair loss, or offer wellbeing support that may be of help.

Breast Cancer Now

Web: www.breastcancernow.org

Tel: 0345 077 1893

Email: services@breastcancernow.org

Breast Cancer Now is a UK cancer charity who campaign, research and specialise in providing information and support to people with breast cancer.

Black Women Rising

Web: www.blackwomenrisinguk.org

Tel: N/A

Email: foundation@leannepero.com.

Black Women Rising provide a platform for women from BAME groups to share stories and receive support.

Cancer Black Care

Web: www.cancerblackcare.org.uk

Tel: 020 8961 4151

Email: natalief.cbc.org@btconnect.com

Cancer Black Care provide support for people from Black Minority Ethnic (BME) groups affected by cancer. They are a community support organisation based in the London.

Cancer Research UK

Web: www.cancerresearchuk.org

Tel: 0300 1231022

Email: supporter.services@cancer.org.uk (you can also fill out an online form to speak with a nurse).

Cancer Research UK is a cancer charity who campaign, research and specialise in providing information and support to people with cancer.

Macmillan Cancer Support

Web: www.macmillan.org.uk

Tel: 0808 808 00 00

Email: Fill out online enquiry form

Macmillan Cancer Support is a cancer charity who campaign, research and specialise in providing information and support to people with cancer.

Maggies

Web: www.maggies.org

Tel: 0300 123 1801

Email: enquiries@maggies.org

Maggies is a cancer charity who specialise in providing support to people with cancer and their families.

Please note that whilst every organisation included in our directory goes through an approval process, inclusion does not imply an endorsement by Cancer Hair Care. Details were correct at time of going to print.



FREE Resources

Cancer Hair Care provides FREE resources when you need them most.



FREE Hair Loss Dollies

that gently explain hair loss to young children. Available in multiple skin colours.



FREE Children's Play Packs

that explain the hair loss journey to young children.



Children, Teenagers and Young People (24 and under)

FREE hats, scarves and scalp care items.

Other FREE resources

We also provide urgent hair loss support packs for adults in need.

To view our full range, please visit our website www.cancerhaircare.co.uk



Questions about hair loss?

We are here to support you with creative ideas. Contact our team of expert, specialist Cancer Hair Care hairdressers who can speak with you over the phone providing support and guidance. People contact us about all types of cancer treatment related hair loss.

Here are some examples:

- Worries about new hair growth
- Questions about cutting hair
- Where to buy velcro fringes that attach to headwear
- Tips about 'modest' headwear such as hijabs and headscarves
- What hair colour may be suitable and when
- Questions about scalp cooling
- Plus lots more

We are here to support you

call us on **01438 311322**

or email support@cancerhaircare.com

SUPPORT & SERVICES

Headwear for females & males of all ages



Products especially suitable for your cancer hair care journey



Our team of specialists and advisors are here to independently make product recommendations that are tried, tested and trusted through our Cancer Hair Care experts and patient panel. We understand that making safe and appropriate product choices is important to you. We are here to help.

Donate and fundraise

Thanks to the generosity of people like you, all of our services at Cancer Hair Care are FREE to people with cancer.

We are an independent charity and are so grateful for your support.

To make a donation to Cancer Hair Care, please scan the QR code below or visit our website, with our thanks:



Fundraise for us - Join hundreds of others inspired to help



Thank you for your kindness – Together, we are making hair loss one less worry for people with cancer.

ABOUT THE PUBLICATION

Publication date and version

This is version 3 of this book, dated Nov 2023. This book was first published in August 2021. Next planned review is in April 2025.

Thanks to our content contributors

From the author: Jasmin Julia Gupta

“As the lead author on this booklet, I wish to offer my wholehearted thanks to everyone who has contributed.

Firstly, thanks to the hundreds of patients who have shared their cancer treatment-related hair loss insights and experiences with me and my team so that we can offer the guidance and support in this booklet.

I would like to thank the team at Cancer Hair Care, who ensure that every subject of hair loss concern is brought to my attention. Your dedication, passion and kindness is the hallmark of our charity. Special thanks goes out to Trustees Julie Nunn (read her story on (page 76) and Sam Estall. Cancer Hair Care Specialists and Advisors, especially Lorraine, Michele, Corrina and Sally.

To Sarah Todd, a big thank you for meticulously editing this booklet (did I spell that correctly!). Thumbs up to Margherita Russell who is our service lead and has helped to shape the guidance and contents.

Oncologists, nurses and healthcare professionals – Cancer Hair Care regularly consult with cancer professionals to discuss best practice when offering guidance. We are the only hair loss charity to run clinics within NHS hospitals. There are many NHS nurses, doctors and cancer support professionals who have helped us to identify the gaps in hair loss guidance to ensure we try and be the bridge that fills them.

In particular, I would like to thank nurse Amanda Shewbridge (page 82) who has become our Cancer Hair Care Nurse Advisor for her guidance, compassionate input and sharing her own cancer hair loss journey.

To each of our inspiring individual contributors see pages 74 to 85 thank you so much for sharing your stories. Last but not least thanks to Marc for photography and picture sourcing, Alan Sharpe from Sharpe Print in Buntingford who has supported our charity with design, print and support for many years.



ABOUT THE PUBLICATION

The following special people have also contributed to enable this booklet. Mrs Dorothy Purdew MBE for helping us to grow. Veronica Winterbourne for her ongoing wisdom and support, Sarah, Nigel and team from the Brewery Tearooms for fundraising for the first print run and years of support. Lisa, Dulcie and Sarahjane from the charity Look Good Feel Better for your mentorship, guidance and sincere support. To Christine and Margaret for your ongoing support and Lucy (page 110) for championing younger women and rocking a Velcro fringe.

To Marc, Alex, Alana, Mum and Dad, Michelle and Wendy - thanks is given. You store wigs in your loft, babysit, put up with (me) mum working all hours, check copy late at night and are a family who wholeheartedly support the charity. This booklet wouldn't have happened with your support.

Thanks also to all our volunteer knitters who lovingly craft our FREE Hair Loss Dollies page 104.

For our insert 'Understanding Hair Loss and Regrowth Cycle' I would like to thank Juliet Percival for her passion to develop beautiful hair loss graphics bringing together qualified medical experience with highly skilled illustration techniques and The Institute of Trichologists for their guidance with the original process."

Would you like to contribute?

If you have any feedback, comments or ideas for our next review of this booklet we would love to hear from you. Please get in touch.

Sources and information gathering

The information in this booklet has been compiled using information from a number of reliable sources as well as the experiences of the people who use our service, medical professionals and our in-house experts.

We also use medical, trichology, dermatology and relevant textbooks, journals and publications. If you'd like further information on the sources we use, please feel free to contact us.

Note

This publication includes an insert (pages 8 - 12) from the Cancer Hair Care publication 'Understanding Hair Loss & Regrowth Cycle' first published by Cancer Hair Care in 2014 making this Version 4 of this section.

ABOUT THE PUBLICATION

Disclaimer

This guide is not designed to replace the advice provided by your medical team. It is developed to try and run alongside it to enhance information and offer an impartial viewpoint.

Please note that other products, manufactures and services are available other than those listed in this booklet. You should always consult with your doctor or medical team if you have any concerns or queries.

We make every effort to ensure that the information in this booklet is accurate but it should not be relied upon as the only source of information on this topic.

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About the author



Jasmin Julia Gupta is the UK's foremost oncology hair loss expert, with a background as a professionally-trained hairdresser

She is the founder of the UK charity Cancer Hair Care where she is the Director of Information and NHS Clinical Services and has supported upwards of 10,000 individuals throughout their cancer journey.

Jasmin is a leading authority and regular advisor to major organisations such as NHS England, Macmillan Cancer Trust, Breast Cancer Now, Teenage Cancer Trust, Look Good Feel Better, and others.

She is a social entrepreneur, pioneer and force for positive change. Her inclusivity work is highly regarded by the NHS who featured Jasmin in a documentary '*Dignity in Cancer Care*'

Jasmin's specialism is Chemotherapy Induced Alopecia (CIA). Her knowledge, compassionate and friendly approach to hair loss means she has become known as the 'Chemo Hair Loss Coach' with a dedicated YouTube channel.

She is a highly sought-after presenter and has contributed to more than 200 informative resources including videos; guidance sheets; booklets and an information website, to help offer confidence and empowerment by providing reliable, practical and inspiring information.

"I would like to thank all the contributors of this booklet. This includes the many patients, nurses, cancer and hair care professionals who have shared their hair loss journeys and expertise with me and the Cancer Hair Care team to create this publication. I do hope the ideas and guidance will help offer comfort, support and confidence." **Jasmin**



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Cancer Hair Care is a unique charity that offers expert advice and services to anyone experiencing hair loss as a result of cancer treatments. Our dedicated team of professional hair loss specialists are here to support you. Please get in touch.

Contact us

W: www.cancerhaircare.co.uk

T: 01438 311322

E: support@cancerhaircare.com

A: Cancer Hair Care, Co - The Caring Hair Studio,
5A Middle Row, Stevenage, Hertfordshire, SG13AN



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