

comfort

Cancer and Hair Loss

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Hair Solution Centre

Many women find that losing their hair as a result of cancer treatment is the most distressing side effect of treatments.



Your hair may be very much part of your self-image and losing it may affect your confidence and self esteem. You may find it easier to deal with your anticipated hair loss if you're prepared with information and knowledge of the different services, products and choices available to you.



Cancer and Hair Loss

- At **Capilia Truly You Hair Solution Centre** we have been assisting women and children for over 20 years. We have put together an all inclusive Comfort Program to support you Before, During and After your treatments.
- We provide the peace of mind that you will need from the time you learn that you will be losing your hair until you are ready to go back to your usual hair salon



Our Comfort Program provides practical support and information around hair loss for our women who are likely to lose their hair, or have already lost it through treatments of cancer.

The Comfort Program is aimed to give you

1. Practical tips on caring for your hair and scalp before, during and after your treatment.
2. The opportunity to try on different types of wigs in synthetic, blends, human hair and European Hair wigs and headcoverings
3. Discussion on your scalp and how to take care of it during treatments
4. Once your hair grows back after chemo, we will talk about how to look after your new hair with regards to cut, colour and scalp health.



Cancer and Hair Loss How you may feel!

For many of us, the way we feel about ourselves is closely linked to the way we look, and so losing our hair can be devastating. You may feel unattractive and unfeminine. You may feel angry that this has happened on top of your cancer diagnosis and treatments.

Hair Loss may also make you feel vulnerable and exposed, particularly as it's such a visible side effect and can also be a constant reminder of your treatments, labelling you as a 'cancer patient'. Such reactions are completely normal and understandable, and you may find it takes some time to adjust to losing your hair.



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In some cultures hair has a particular significance. For example, long hair may be seen as a symbol of fertility and desirability or a sign of health and status, while other cultures believe that the hair is a means of getting rid of impurities from the body. If hair has a special cultural significance for you, losing it may affect your cultural identity as well as your body image or self-esteem, making it even more difficult to come to terms with.



Some women, though, may find that the experience of losing their hair isn't as upsetting as they thought it would be, perhaps because they are focusing more on the treatment itself.

Everyone will find their own way of dealing with hair loss, but you may find it helps to talk to others who have been through the same experience.



Some great resources are

- Look Good Feel Better Program.
- The Canadian Cancer Society
- Wellspring Support Services
- Canadian Breast Cancer Support Services
- Rethink Breast Cancer
- Burlington Breast Cancer Support Services
- Gilda Club

It's up to you who you will tell about losing your hair. Some people tell just their family and close friends, while others are happy to let everyone know. Of course if you choose to wear scarves or not to cover your head; your hair loss may be more obvious, while if you choose to wear a wig that looks like your own hair many people may not notice that you've lost your hair

People will respond to you losing your hair in different ways, and you may find some reactions difficult to deal with. If people don't know what to say it may help to put them at their ease if you bring the subject up first.

You need to be prepared for the possibility that not everyone will be as supportive as you'd like, and that can be hurtful. But lots of people will react well, so try not to withdraw from your friends or your social life.



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Cancer and Hair Loss Today's Wigs

- At Capilia Truly You we will help you find a wig that looks like your hair in colour texture and style.
- You can choose from synthetic, blends, human hair and European hair.
- The choice is yours. We work with your budget, lifestyle and preference.



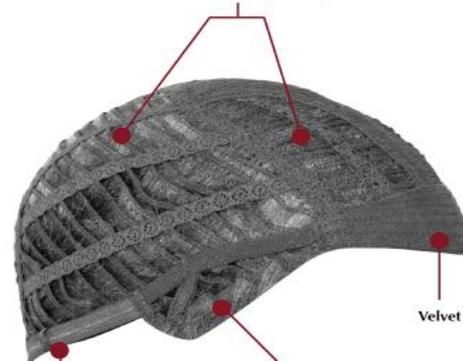
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Today's Wigs are

- Naturally beautiful and realistic looking
- They are cool, soft and secure
- Lightweight for ultimate comfort.
- It comes with different construction to help the style match your hair as close as possible and to give you price flexibility

Open Cap

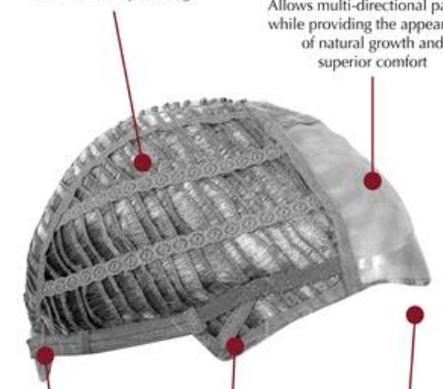
Open Cap
Allows superior ventilation for maximum scalp cooling



Velvet

Monofilament

Open Cap
Allows superior ventilation for maximum scalp cooling



Double Monofilament
Allows multi-directional part while providing the appearance of natural growth and superior comfort

Monofilament/Hand Tied/Human

100% Hand-Tied Cap
Each hair is individually hand-tied creating the appearance of complete natural growth



Double Monofilament
Allows multi-directional part while providing the appearance of natural growth at superior comfort

Blend of Human Hair and Synthetic

- Here you have the best of both
- The human hair keeps the synthetic soft and gives it movement while the synthetic keeps the human hair in shape so little styling needs to be done.
- One needs to remember to always respect the synthetic as it doesn't like high heat



Human Hair Wigs

- Are fashioned from the finest human hair available and are most like our own hair in responding to complete styling changes, accepting perms, and even changing the colour.
- At **Capilia Truly You** we work hard to choose human hair wigs that is amazingly natural with vibrant colours and smooth silky textures





Cancer and Hair Loss

European hair Wigs

- Over the years some of our more experienced suppliers have developed a technology to have the look and feel of the finest European hair. Each hair shaft is with cuticles intact so you get the look and feel of healthy, sparking hair, vibrant colours, smooth , silky textures just like what mother nature intended to be.



If you have children, of whatever age, you may wonder what to tell them about your cancer. We know that children are less anxious if they know what is happening, and it can be less frightening for them even though you may find it difficult.

- Your children may find it upsetting to see you without any hair. It may help if you prepare them that you may be losing your hair.
- Tell them that you may be wearing a wig or some type of Headcoverings.
- Let them be aware that the hair loss is temporary and your hair will grow back just like before.
- At our clinic we had children come to the transitional Hair cut appointment and assist us in cutting their mom's hair, giving them a sense of belonging;



Synthetic

- Today's synthetic has never been more natural looking than ever before. Synthetics are easy to maintain with minimal care and are a wonderful choice for occasional wear
- The fibers are soft and naturally moves like real hair.
- They come in beautiful colours with lowlights, highlights, different grey tones and rooted colours. Giving them the most natural look like growing hair.





Cancer and Hair Loss

Treatments and Hair Loss

- **Chemotherapy** uses anti-cancer drugs to destroy cancer cells, but in the process they also damage healthy cell, including the cells in the hair follicles, which is why it can make your hair fall out.
- Because healthy cells repair themselves quickly, your hair will eventually grow back after treatments are finished.

How Can Capilia Help:

We are here to provide our clients with

1. Information on the different products
2. Services
3. Scalp treatments

And walk them through the whole stages of

1. Before
2. During
3. After

the treatments are over.



Cancer and Hair Loss

Treatments and Hair Loss

Cranial Radiotherapy:

Uses high energy x-rays to treat cancer. Like chemotherapy, it also affects healthy cells, but only in the specific area being treated. This means that she will only lose the hair from that area. For example, if she is having radiotherapy to the head, the client will see the most significant hair loss in that area where the radiation goes in and where it comes out.

- After cranial radiotherapy the hair will usually grow back. She may find the regrowth is patchy, and it can take up to six to twelve months to grow back completely. This is where I tell my client's that they need to be patient.
- It is also possible that the hair may not grow back at all or it may be very thin. This will depend on the dose of radiotherapy and the number of treatments one had.
- Continue to look after your hair with cut, colours and highlights. Use Shampoos that are hydrating and formulated for your type of hair and scalp.



Cancer and Hair Loss Treatments and Hair Loss

- **How Can Capilia Truly You help:**
- We will assist our clients in our Comfort Program, in the same manner as we do with our clients on Chemotherapy .
- Our goal is also to educate our client with the possibility of her hair not being as thick as it was before her cranial radiotherapy.
- We provide her with information about our Trapeze Program where we integrating more hair to her existing hair.
- Our Head First Program is to help strengthen her existing hair and hopefully regenerate any damaged follicles.
- Our Kamitek product will help also to give some coverage to the thinning area.

- **Tamoxifen:**
- For women with hormonal receptor positive cancer, her oncologist may put her on an anti-estrogen drug for 5 years. These drugs can be tamoxifen, Arimidex, Femara and other various drugs on the market.
- One of the common side effects of anti estrogen drugs includes thinning hair. known as Hormonal Hair Loss.
- Once she stops taking these drugs, her hair will come back as it was before her cancer journey.

How Can Capilia Truly You help:

- This type of hair loss needs to be considered as hormonal hair loss. How thin her hair may be depends on hereditary disposition and other factors.
- We will provide our clients with a scalp and hair analysis, and provide product recommendation and scalp therapy treatments to strengthen and stimulate hair growth
- Our Hair Salon Services will provide hair colours that have no PPD or ammonia, hair style that will give bounce and fullness and make product recommendation to strengthen your existing hair

Preventing Hair Loss

Chemotherapy:

With chemotherapy - cooling the scalp can sometimes prevent or reduce hair loss from the head. This technique works by reducing the blood flow to the hair follicles, which means that the amount of drugs reaching the hair follicles is also reduced.

- Scalp cooling only works with certain drugs and its effectiveness also depends on the dose used.
- You can ask your specialist or chemotherapy nurse if scalp cooling is available and whether it would be suitable for you.
- Cooling the scalp involves wearing a cold cap while you are having chemotherapy drugs.
- Generally you will wear the cold cap for 15 minutes before you have your treatments. You keep it on during your treatment and for up to two – fours hours afterwards.

- You may find the cap uncomfortable, as it is very cold and often quite heavy. Your oncology nurse will make sure that you are as comfortable as possible, with your head and neck well supported. Some people do experience headaches, but these quickly wear off once the cap is removed.





Cancer and Hair Loss

When you lose your Hair

Hair loss can happen suddenly, although it is usually more gradual and begins within two to three weeks of starting treatments. Your scalp may become tender as the hair thins and falls out.

- The first signs that you are losing your hair may be loose hair on the pillow in the morning or extra hair in your hairbrush. This will still be a shock even when you are prepared for it to happen.



There are things that you can do to help:

- Continue to wash your hair gently and allow the hair to do what it needs to do – shed.
- It will be time to visit your hair solution centre where you purchased your wig and have your transitional hair cut. (G.I. Jane look)
- Some of our clients will have their transitional hair cut prior to seeing their hair fall. They say they want to be in control and by having their transitional hair cut it will give them that control.

Have your wig that you chose fitted and styled to your preference

There are things that you can do to help

- If you decide not to cover your head, remember to use a high protection factor sun cream at all times, as the scalp is particularly sensitive.
- You may find your scalp dry, flaky or itchy you can use Astera fluid and Astera Shampoo to keep the scalp hydrated, reduce irritation and sensitivity that comes with sudden hair loss
- You may want to look at some headcoverings such as turbans, hats and scarves.



comfort

Cancer and Hair Loss

- Your scalp may feel cold as the hair is not there to keep the heat from your head from escaping.
- You will want to wear something soft and comfortable when you are home and do not want to be in your wig.



- Face Framers are ideal to wear under your favourite hat or scarf.
- It comes in human hair or synthetic



Washing your new wig

- Shampoo your new hair every 2 to 3 weeks with Capilia Radiance and Moisture Shampoo
- Add a capful of wig shampoo into a basin of cool water. Gently soak the wig for approx. 10 minutes, rinse well and repeat if necessary.
- Blot excess water with a clean towel and spray with Capilia Velvety Smooth Mist. Do not rinse out.
- Finger comb to desire shape and place loosely on a wig stand.
- The brush you use must properly comb the hairs gently without tearing them. We do carry wig brushes at our centre.
- Adjust the size of your wig with the Velcro tabs on the nape of the wig. For other adjustments, please see us.
- Hairs on your wig do not grow back! Please allow us to cut and restyle for you.
- All wigs need to be sprayed regularly with leave-in conditioner to keep the fiber soft and lustrous and to prevent dryness. This will extend the life of your wig.

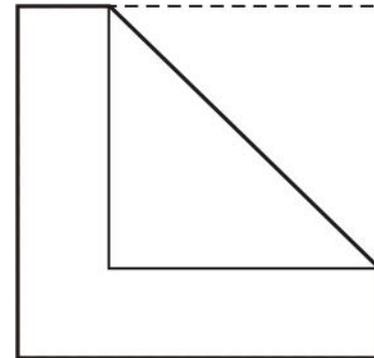


- Here are some tips when shopping for fabric or scarves.
- Choose cotton, cotton-blend or rayon scarves. Unlike silk or polyester, these materials will not slip off your head.
- For basic head wraps, choose 26 inch or 28 inch square scarves. You can use larger squares, up to 32 inches for fancier wraps, and oblongs for head wrap trims.
- Mix and match contrasting prints and colours by accessorizing with more than one scarf.
- Dress up a head wrap with ribbons, braids, twisted scarves, hats, berets, or jewelry.

Basic Head wrap

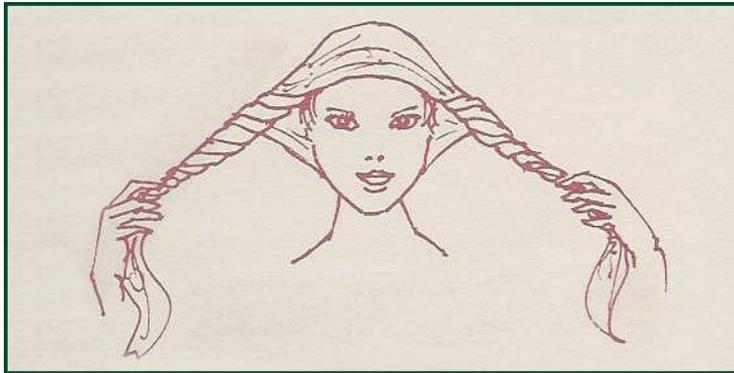
Step 1:

Lay scarf flat; wrong side facing you. Fold scarf into a triangle, leaving one point slightly longer than the other.



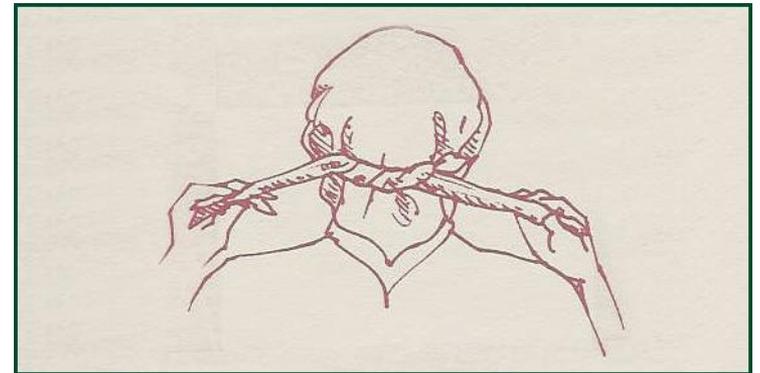
Step 2:

Drape scarf over your head with the shorter side on top and points in the back. Pull scarf down until about two to three inches above your eyebrows.



Step 3:

Tie scarf ends in a half-knot behind your head. The flap should be anchored beneath the knot.



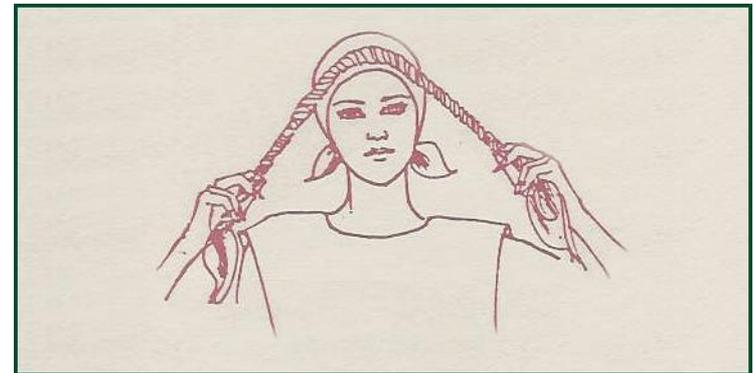
Step 4:

Carefully bring flap up over knot and tuck flap and loose ends in behind knot securely.



Step 5

Select a second scarf in a contrasting print or colour. Preferably an oblong scarf. Twist and add it to the basic head wrap. Bring ends of head wrap up over both knots, tuck all ends in securely.



Do Not!!!!

-
- Do not use a curling iron or blow-dryer on your synthetic wig.
- Avoid heat of 300F or higher, as the fiber will frizz. Cooking, sunlight, rain or snow will not damage your wig but Opening of an oven, BBQ, fireplace and dishwasher will!!!
- Do not use any heavy alcohol-based products on your wig. We recommend wig styling products formulated for man-made fibers. These products are available at our centre



One of the side effects of treatments is irritated, dry and sensitive scalp

- Astera Scalp Therapy
- In the Rene Furterer Astera products range, Asteraceae extract is combined with cooling essential oils of Peppermint, Eucalyptus with Camphor - an anti-irritant, soothing and refreshing action.
- Once the hydrolipidic film is restored the scalp is immediately soothed, discomfort disappears completely.



With some chemotherapy treatments, a woman may not lose their hair or it just may thin out during the course of her treatments. She will find that her hair is looking fine, limp, dry and unmanageable.



Some tips are

1. Wash your scalp and hair with the Astera products in order to keep the scalp healthy, hydrated. It will also reduced any itchiness and sensitivity associated with treatments.
2. Alternate the Astera shampoo with Carthame to keep the hair shiny , hydrated and soft.
3. Maintain your hair style. You may want to give your hair some layering to give it fullness and not weigh the hair down.



Cancer and Hair Loss

Looking after your hair during Chemo

1. Stay away from products with too much alcohol in it. As the alcohol found in hair spray will dry the hair more.
2. You could colour your hair – but first you want to make sure your scalp is protected and the hydrolytic film build up before treatments.
3. Use hair colours that have no ammonia or PPD. Ask your hair stylist they should have this. This is known as a semi with 100% grey coverage but it will fade a bit faster than a permanent line.
4. Be careful with blow driers. Make sure your hair is damp (not wet) when starting to blow dry your hair. Providing less heat to already fragile hair. Avoid straighteners as much as possible. Hot Rollers, velour rollers are





Cancer and Hair Loss Eyelashes and Eyebrows

Losing your eyelashes and/or eyebrows can be upsetting, especially if you are not expecting it to happen. Not everyone will lose their eyebrows or eyelashes they may just thin out during the course of your treatments.



Eyelashes:

- If you lose your eyelashes you will probably find that your eyes may be sensitive to sun and they may feel sore. Eyelashes are our filter to keep our eyes safe.
 - If your eyes are inflamed let your oncology nurse know as they will give you drops to help reduce the soreness.
 - Eyelashes can take up to six months to grow back
 - Avoid using false eyelashes. You need to use glues to stick them on and at this time in your life – your immune system is compromised with treatments that you do not want to get an eye infection.
- The use of mascara will bring out whatever eyelashes you may still have. Get a **new mascara** as bacteria builds in dark moist places and a mascara wand is a perfect place to breed bacteria.
 - Frame your eyes by using an eyeliner. This will give illusion of eyelashes.



Change the emphasis

Some women feel more confident if attention is directed away from their hair and their head. There are a number of simple ways of doing this

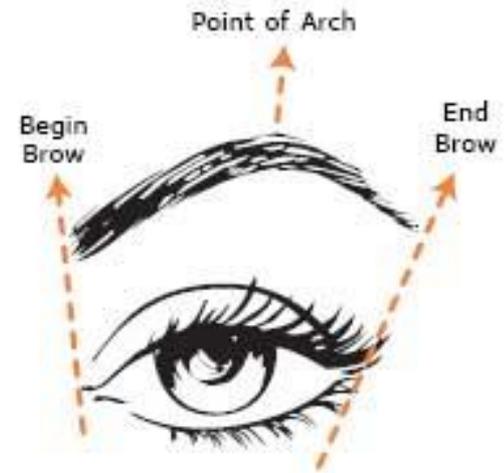
1. Try wearing a brightly coloured or patterned top or fancy scarf around your neck
2. Jewellery such as earrings, necklaces, rings and brooches can attract attention, as can an unusual watch
3. Experiment with make up using new colours on your lips and eyes
4. An eye catching bag, distinctive belt or pair of shoes can also help draw the eye to them.



Eyebrows

If you lose your eyebrows, or find that they are thinning, you may be very conscious of how this alters the way you look. You can recreate a natural appearance by using eyebrow make-up such as I-browsers to shade in the thinning or missing area.

- Drawing in or filling in your eyebrows should they just thin out
- To redraw or fill in your eyebrows follow this chart and place your dots to find your natural eyebrow arch
- use short feathery strokes for a natural look
- Match the colour of your natural eyebrows.
- I find that soft smoke matches most women's brows without being too red or too brown.
- You want a very soft look - do not draw them too thick - this will not draw attention to them.





Cancer and Hair Loss When Your Hair Grows Back

Your hair will start to grow back once your treatment is over, and sometimes it may even start to grow back before you finished your treatments. After 3 months you should have your head covered with soft new hair. By 5-6 months you will be ready to have your first trim of your new hair and maybe even start to colour your hair.

When the hair grows back the quality of your hair may be different from before. It will be softer and more baby-like in texture, it may be curlier or may be a different colour. Your hair will often return to how it was before treatments, though in some cases the change may be permanent.





Cancer and Hair Loss

When Your Hair Grows Back

While your hair is growing back you need to continue to treat it with care.

- It is best to avoid perming, highlighting your hair for at least 8 months to a year.
 - You can deposit colour as early as the 3-4 month. As long as your hair is at least ½ inch in length.
 - Use colour with no PPD or ammonia. A semi will cover all your greys
 - Your first colour may not be as deep as you like. At your next colour it will be the depth you want.
 - Avoid any bleaching or extensions in your new hair. Your new hair is delicate and liable to break easily
- Do not colour your own hair. Please go to a professional salon that has the right products and services to deal with your new hair.





Cancer and Hair Loss

You may also find there is an in-between period when your hair is growing back but you are not quite ready to go out with your own hair. You may choose to wear a wig or other headwear until your hair is longer.

You know when it is the right time to go with out your wig.

- I hope I have answered your questions and concerns. Just know that we are here to assist you in any way possible

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