

# Managing Hair Loss

Chemotherapy and radiation therapy may cause some or all your hair to fall out. Not all treatments will cause hair loss. Hair loss often starts 10 to 14 days after starting therapy. Signs of hair loss may start with an itchy or tender scalp. Hair loss from chemotherapy usually occurs in the following pattern: scalp, eyebrows, eyelashes and body hair. It is usually not possible to prevent hair loss, but there are some things you can do to lessen the distress of losing your hair.

## What you can do:

- Think about cutting long hair short to avoid dramatic loss while showering or sleeping.
- You may want to sleep with a head covering on at night after getting chemotherapy to catch hair that is falling out.
- Avoid coloring your hair, perms and straighteners while getting chemotherapy, as they cause more breakage.
- Scarves, hats and wigs are available at the Positive Image Center<sup>SM</sup> at City of Hope and through other resources, such as the American Cancer Society.
- Your hair not only keeps you warm, but also covers your head to prevent sunburn. Wear sunscreen, hats or scarves when in the sun and in cold weather.
- Wear sunglasses to protect your eyes against dust until your eyelashes regrow.
- Speak to your doctor or nurse about hair loss and possible options to minimize hair loss.
- There are many programs, such as City of Hope's Positive Image Center "Look Good, Feel Better" program, which can help you with makeup tips and ways to minimize the physical changes of treatment.



Speak to your doctor or nurse about hair loss and possible options to minimize hair loss.