



## SCALP COOLING & HAIRCARE



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## Hair loss is a well documented side effect of many chemotherapy regimes – but it can be avoided!

The revolutionary Paxman scalp cooling (or cold cap) system is responsible for helping thousands of people worldwide to keep their hair and their dignity through cancer chemotherapy treatment.

Patient care is at our heart and it is our goal to ensure that everyone, no matter where in the World, has the opportunity to maintain their dignity and normality by keeping their hair. Paxman scalp cooling systems are used to treat tens of thousands of patients every year worldwide, we are one step closer to achieving this goal, but we still have a long way to go and public awareness remains limited.

### Am I going to lose my hair?

This may be one of the first questions you ask when you initially discover you will have to have chemotherapy treatment. As a family business borne out of our Chairman's wife losing her hair whilst receiving chemotherapy for breast cancer, Paxman know first-hand that this is often devastating. We also know that it is entirely natural to feel anxious about the prospect of losing one's hair, and that patient's rank hair loss as their most feared and experienced side effect of chemotherapy treatment. The psychological effect of chemotherapy induced alopecia is high and may seriously affect one's body image, which in turn has a dramatic impact on self-esteem and self-confidence.

### Why does chemotherapy make hair fall out?

Chemotherapy works by targeting all rapidly dividing cells in the body. Hair is the second fastest dividing cell in the body and this is the reason why many chemotherapy drugs cause hair loss. The hair follicles in the growth phase are attacked resulting in hair loss approximately 2 weeks after the commencement of the chemotherapy treatment.

### Does the hair always fall out?

Certain chemotherapies will cause hair loss and some will not - the best people to advise this are your medical support team of doctors, nurses and specialists who deal with the medication every day.

### Scalp cooling or cold cap treatment

The damage that chemotherapy causes to the hair follicle can be alleviated by using scalp cooling.

Scalp cooling works by reducing the temperature of the scalp by a few degrees immediately before, during and after the administration of chemotherapy. This in turn reduces the blood flow to the hair follicles, thus preventing or minimizing the damage, meaning that hair loss is not inevitable. The Paxman Orbis Scalp Cooler offers the warmest, most comfortable and tolerable option over other scalp cooling systems due to its excellent heat extraction technology.

### How long will it take?

This depends on the type of chemotherapy you are to receive, however the average time the cap is worn is 2 ½ hours.

### Will scalp cooling work for me?

Many thousands of patients throughout the World have retained their hair using the Paxman scalp cooler when receiving their chemotherapy treatment. Successful scalp cooling depends on many factors such as type and stage of cancer, age, hair type, hair condition, general health. It is important to understand that hair loss does vary from one person to the next and retention of all hair cannot be guaranteed. Research has shown that scalp cooling is very effective across a wide range of chemotherapy drugs such as: Epirubicin, Doxorubicin, Taxol and Taxotere.

It is important to understand that you may experience some hair loss and overall thinning of the hair whilst using scalp cooling, and that the normal shedding cycle of the hair will continue. If some hair loss is experienced we would encourage you to persevere with scalp cooling – many patients report hair growth during their chemotherapy treatment whilst using scalp cooling as new hair growth is also protected from the chemotherapy.

Recent research has stated that patients should be advised not to buy a wig as a precaution, but wait until it becomes necessary\*.

One of the most crucial factors for successful hair retention is to ensure that the correct size of silicone cooling cap is initially selected – good contact between the scalp and cap is essential to ensure that bald spots and patchy areas of hair loss are avoided. There are 5 different cap sizes available and your nurse will do their best to ensure you get the best possible fitting scalp cooling cap however you can also help to achieve this.

## The Scalp Cooling Experience

Tolerance of the cold feeling experienced whilst having scalp cooling treatment varies widely from one patient to the next. It is very important to realise that the often intense feeling of discomfort or even pain that is felt in the first 10-15 minutes of the treatment is transient and will go away as you acclimatise to the cold. Please persevere with this and ensure you that you dress warmly in layers – even in warm weather. Hot drinks and blankets can help alleviate the coldness you may experience.

If after the first 20 minutes of scalp cooling you are still finding the cold hard to bear consult your medical team about pain relief which may assist with your tolerance levels.

## Preparation of the hair for scalp cooling

We recommend that the hair underneath the scalp cooling cap is lightly dampened prior to the fitting of the cap using lukewarm water – a water spray bottle is ideal for this. This is to ensure the best overall cooling conductivity between the cap and the scalp as the hair has insulating properties. The hair does not need to be very wet and any lengths of hair below the cap line do not need to be dampened.

A small amount of mild, perfume free conditioner (an amount no larger than a coin) should then be applied to the dampened hair. This helps with the removal of the cap on completion of treatment.

The hair should then be combed back using a wide tooth comb or fingers so that the front hair line is visible. This is especially important if you have a fringe.

As the hair will still be damp on completion of treatment you may find it more comfortable to take a hat or head covering with you to wear on the way home.

## Helpful scalp cooling cap fitting tips:

- The front of the cap should be positioned approximately 2mm below the hair line on your forehead.
- The cap needs to fit around the entire hairline at the back and needs to be tight; otherwise hair loss is possible at the back and/or sides. If the cap is too large you will be able to put your hand up the back of the cap.
- It is important that the top of the cap is touching the crown of the head.
- If the cap moves when you press on your head it is a sign of poor cap fitting.
- If you feel you are in between cap sizes, for example a small cap is too small and a medium cap is too big, then we recommend that the medium cap is used with a small cap cover to achieve a tighter fit. This method can be used with all cap sizes.
- Likewise if a cap does not reach the whole hairline – use the larger cap with a smaller cap cover to again ensure full coverage.
- A fabric elasticated headband should be used to cover the forehead and ears before the cap is fitted to create a barrier between the cap and skin to reduce the discomfort. Alternatively gauze should be used over each ear and on the forehead.

You may find it useful to read experiences of many people who have used the paxman system to retain their hair on our website [www.paxman-coolers.com](http://www.paxman-coolers.com)



## Caring for your hair with chemotherapy treatment and scalp cooling

Paxman are delighted to be working in collaboration with leading consultant Trichologist Iain Sallis, who has assisted in giving his expert advice as to how you can best care for your hair when using scalp cooling with chemotherapy treatment.

What can I do to my hair whilst undergoing chemotherapy treatment?

It is advisable not to do too much to your hair whilst having chemotherapy treatment, including avoiding colours and other chemical procedures. This is simply because even if the hair has been retained or is not affected by the chemotherapy it may still be in a more fragile state than usual, and your skin may be extra sensitive to chemicals that you or your hairdresser would usually use.

There is no real need to cut the hair shorter prior to commencement of chemotherapy treatment however if your hair is very long it may be helpful to cut it shorter to make it more manageable and to reduce some weight.

Helpful hints for hair care during chemotherapy:

- Be gentle at all times with your hair!
- Don't be afraid of brushing your hair; you are not going to 'pull' any of your hair out, if hair does come out, don't be alarmed, this can happen, but it is important to remember you have not 'pulled' it out, it would have come out eventually through the shedding process. It is sensible to use a good quality brush - poor quality ones will snag and tear your hair.
- Avoid tying your hair back tightly with elastic bands or strong 'bobbles'; use the softer scrunchie types to place your hair in a loose pony tail.
- Avoid perms and colours whilst receiving chemotherapy treatment.
- Avoid using excessive heat on the hair; wafting the hair off with a hairdryer is fine, but don't go crazy blow-drying it and do not use hair straighteners!

## Washing your hair during chemotherapy

How do I go about washing my hair?

Should you or shouldn't you? With what and for how long? Who would have thought such a simple question would be so complex!

Basically don't be too rough on the hair, use lukewarm, tepid water and a mild shampoo as the scalp can become sensitive to the perfumes and preservatives in the usual 'cosmetic' shampoos. You can shampoo your hair about twice per week in most cases without 'hurting' the hair or scalp.

Some tips on washing your hair:

- Use a gentle shampoo and conditioner on your hair; there are specific ones out there for people undergoing chemotherapy now - visit [www.paxmanhaircare.com](http://www.paxmanhaircare.com) or call us on **+44 (0)1484 349444** for further information on such hair care ranges.
- When having chemotherapy/scalp cooling treatment it is recommended to wash your hair at least 24 hours before treatment.
- If you are feeling up to it you can wash your hair immediately after your chemotherapy treatment. This may help you feel more comfortable especially if your hair has been dampened and conditioned prior to commencement of scalp cooling treatment. There is no need to leave the conditioner in your hair unless you feel unable to wash it out.





## Colouring your hair:

We would advise against using any type of chemical on the hair/scalp whilst receiving chemotherapy and to leave it at least 3 months after completion of the treatment. Before you use any hair colours you must make sure you have a patch test from the hairdressers first, the chemotherapy may have heightened the sensitivity to the scalp to react with such chemicals.

## Do not proceed with any chemical procedures on the hair if...

- The scalp is still sensitive, sore or scaly.
- Medication after chemotherapy has induced hair thinning.
- The hair feels dry/rough to the touch (may be in a weakened state)

## Going to the Hairdressers:

Whilst using scalp cooling it is not advised to go to the hairdressers, as you need to be placing your hair under the least amount of stress possible.

However, sometimes you may feel as though you have to go to simply make you feel better in yourself!

If you find yourself booking an appointment for a cut at your hairdressers, please take along this leaflet to ensure they understand the implications of 'too much stress on the hair' and minimise the impact on the hair.

## What can I do to my hair after completion of chemotherapy treatment?

There are no general rules for this; providing your hair and scalp are in good condition meaning no sensitivity to the scalp, and the hair is long enough for styling, you can use chemical hairdressing services on the hair. We would suggest leaving your hair for at least 3 months though just to be on the safe side as your skin is still extra sensitive.

## Patient Experiences



I was diagnosed in July 2012 and was extremely reluctant to have chemotherapy treatment; largely because I had long hair and dreaded losing it. The oncologist was definitely in favour of a course of 4 rounds of adjuvant chemotherapy. When I shared my hair concerns he told me that they had the Paxman system, and the knowledge that I might not have to lose my hair was a big factor in me accepting the treatment. Only the first 10 minutes or so were mildly uncomfortable, but I didn't have any headaches or other side effects from the cooling.

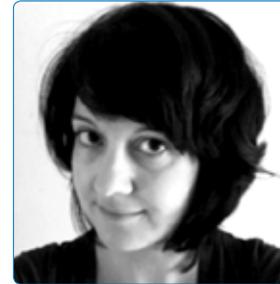
I had cut my hair shorter before I started, and was very careful when washing or combing it. Of course I did shed quite a bit, but interestingly feel that much of that was stress related. I felt the results of using the Paxman system were very impressive, I lost other body hair and I'm convinced that without this system I would have had no chance of keeping my appearance almost unchanged. Thank you again for this system, it made an immense difference to my life at a most difficult time.

Fiona Cole, Singapore



For me hair loss is the only sign of being a breast cancer patient. As I'd had my cancer lump removed with breast conserving surgery, my chemo was purely preventative and I was no longer a cancer sufferer.

At the start of my treatment plan, I didn't want the chemo – no one does – but if I was going to have it, it would be on my terms – you have limited choices about your surgery, chemo, radiotherapy etc but you can try to control the visible signs. I didn't want to lose my hair and show the world I had had cancer. Seeing a friend or family member with no hair would be shocking to me. I didn't want them (and me) to see me like that.



1. Pre Chemo



2. Post Chemo



3. 1st Hair Cut 6 Weeks Post Chemo

Some of your hair will fall out. You have to be prepared for it. My key piece of advice is that you have to believe in the treatment. If you think it won't work, chances are it won't. But I really believed in the cooler – I wanted it to work with a passion, and it did. Some people just can't cope with the cold as well as the chemo infusion but it is worth serious consideration before you start your treatment.

The cooler was so successful; my hairdresser said my hair has never been in such good condition. I am eternally grateful for the Paxman cooler, which made my cancer journey just a little bit more bearable. I am passionate that all cancer patients should have information to make choices about hair loss, and that my experience should benefit others.

Michelle Wardley, United Kingdom



## Checklists

Following your initial scalp cooling consultation / first treatment you may find it useful to make a note of the size of cap that has been selected for you. A different sized inner silicone or outer neoprene cap cover may be used in conjunction with each other to provide the optimum fit. If you are unsure your nurse will be able to advise you.

	XS	S	M	L	XL
<b>Inner Silicone Cap Size</b>	<input type="checkbox"/>				
<b>Outer Cap Cover Size</b>	<input type="checkbox"/>				

## Things to take with you to hospital:

- Warm clothing**
- Hat / head covering**
- Conditioner\***
- Wide Tooth Comb\***
- Fabric Elasticated Hairband**

## IMPORTANT POINTS TO REMEMBER

The first 10-15 minutes of the treatment may feel very uncomfortable but it is transient and will go away as you acclimatise to the cold. Please persevere with scalp cooling as the feedback we receive from people who have experienced the Paxman system tells us that they initially thought they would not be able to tolerate it but are delighted that they persevered! Consult your medical team for pain relief if you feel this may assist you to bear the initial feeling of cold.

\* Your hospital may provide these.

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Please find out more at [www.paxman-coolers.com](http://www.paxman-coolers.com) [www.coolheadwarmheart.co.uk](http://www.coolheadwarmheart.co.uk) or keep in touch via Facebook [www.facebook.com/CHWHCampaign](https://www.facebook.com/CHWHCampaign) Twitter [@Paxmancoldcap](https://twitter.com/Paxmancoldcap) [@CHWHcampaign](https://twitter.com/CHWHcampaign)

We welcome feedback and would be delighted to hear about your scalp cooling journey [info@paxman-coolers.com](mailto:info@paxman-coolers.com)