



Chemotherapy and Hair Loss

Many people more often than not do not focus so much on the essence of their hair until they face the danger of losing it. Losing hair is one of those depressing realities to cancer patients across the board. The moment you start chemotherapy treatments, the possibility of losing your hair is positive. Hair loss affects both male and female with cancer. Statistics indicate that cancer patients undergoing chemotherapy treatment might lose all their hair in the body depending on which chemotherapy drugs they are using. Nevertheless, losing hair during chemotherapy treatment should not scare you. After all, there is life after chemotherapy and that is very important piece information to consider. Your spotlight should lay on comfort and ways to deal with the new condition as opposed to worrying about hair loss. Support from family and friends are good enough to get you going in life despite your condition.

Facts about Hair Loss and Chemotherapy

The core reason why hair loss occurs during chemotherapy lies on the fact that chemotherapy treatment always aim at fastest dividing cells, which incorporate both normal cells and cancer cells. Hair follicles in the configuration of the skin carry many tiny blood vessels that

cause the hair to grow faster in the body. Naturally, your hair follicles in a healthy state divide every 23 to 72 hours. However, with chemotherapy treatments, the rate of division is -affected such that, while chemotherapy takes effect on cancer cells, it in the process destroys the hair cells. An individual diagnosed with cancer and undergoing chemotherapy begins losing hair on the second week of the first cycle of chemotherapy treatments. During this period, you may lose some or all of your hair depending on which drug you are using in your chemotherapy.

Though being- diagnosed with cancer is unfortunate occurrence in its own right, as a cancer patient undergoing chemotherapy treatment, you need psychological preparedness of abrupt loss of hair or gradual lose during few weeks of medication. During this period, you must focus on healing more than hair loss. As losing hair during chemotherapy is a temporal process. Hair loss normally takes place in form of clumps either in your comb, shower and, pillow. Some drugs cause hair loss only on your head while others result in total hair loss to your entire body. The extent of hair loss depends totally on the type of drug you are using and the period over which you have been using that chemotherapy drug. Always remember that different types of chemotherapy drugs produce different results and reactions. Your doctor should therefore, offer competent advice based on the drug you are using in treating your cancer during chemotherapy treatment.

Timing

The frequencies over which you take your treatment affect the magnitude of your hair loss. Some types of drugs are- administered weekly in small quantities. When you take certain types of chemotherapy drugs in small quantities, the extent of hair loss is- much less compared to other types of drugs, which demand to be- taken in large doses. Other ways of administering

chemotherapy treatments takes place every three weeks to four weeks in large quantities.

Consuming higher doses results in more hair loss in this kind of schedule.

Types of Chemotherapy Drugs

Different types of drugs results in different reactions and extent of hair loss. For example,

- Adriamycin treatment results in total hair loss on the head and within few weeks of using the drug, some women lose hair on both their eyebrows and eyelashes.
- Cytosan and five -fluorouracil type of treatment for chemotherapy results in less hair loss in most women while on the other hand, a few others may experience increased hair loss under same drug treatment.
- Methotrexate the presence of 'M' in CMF chemo-treatment causes thinning in hair in some patients. Nevertheless, other patients do not experience any form of thinning in their hair. Methotrexate in particular does not cause complete hair loss to patients.
- Taxol as a form of chemotherapy treatment drug causes total hair loss on your body. The drug leads to all forms hair loss in your whole body ranging from head to eyebrows, to armpits, eyelashes, legs, and ,pubic hair among other hair on your body.

Possibility of Hair Loss Prevention

Several techniques have- been- tried in the past to unearth hair loss prevention. However, no single mechanism that has provided 100 percent hair loss prevention. Among the tried and tested prevention mechanisms include wearing tight band and using ice caps. Using tight bands might lead to reduced hair loss such it reduces the flow of blood to the scalp and thus prevent chemotherapy from taking effect in those areas. In its end, using ice caps or tight bands do not prevent hair loss and instead they obstruct the effective nature of the treatment in those areas and may result in recurrence of cancer.

Managing Hair Loss

The best way of dealing with the idea of hair loss as an individual is to always project on your comfort. Find a suitable way of dealing with baldness and ways to keep your head warm away from sunrays and cold. Several options have- been- established specifically to respond to your hair loss management. Some of the approved methods you can apply to suit your comfort include cutting hair short the moment you commence chemotherapy, wearing caps and scarves, and embracing cranial prosthesis (wigs) to handle your hair loss and reduce pressure from you. The fact that insurance companies come in to finance your hair loss management options should be enough reason to put a smile on your face despite the challenge of chemotherapy.

Dealing with chemotherapy and hair loss should not necessarily be a depressing moment as long as you psychologically prepare yourself and maintain a positive attitude. Remember that hair loss during chemotherapy is temporal and the hope of growing hair again should act as enough motivation to help you focus on healing the cancer than losing hair.

Contact our client Co-ordinator Collette Shaw 0113 2553014 to discuss options with our Consultants before you undergo Chemotherapy as we can replace your hair as it falls.

Mr Sean Baruch

Sean-Jordan Baruch

Contact Client Co-ordinator Collette Shaw for a private FREE consultation

0113 2553014

