

**TOGETHER
WE CAN DO MORE!**

If you are experiencing cancer-related hair loss, contact PASYKAF.
We are here to guide you!

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**TAKE CARE
OF YOUR HAIR**

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TAKE CARE OF YOUR HAIR

I AM LOSING MY HAIR DUE TO TREATMENT. WHAT SHOULD I DO?

Hair loss is one of the most common and distressing side effects of chemotherapy. During chemotherapy, drugs are used to destroy cancer cells and stop them from growing. These drugs also act on the normal cells of the body, as well as the cells of the follicles of the scalp, causing hair loss.

DID YOU KNOW?

WILL I LOSE ALL MY HAIR?

The severity of hair loss depends on the type and dose of the chemotherapeutic drugs. Partial or complete hair loss (alopecia) may occur. In cases where no loss occurs, a change in hair texture and quality will be observed as the hair becomes drier and more brittle.

WHEN AND HOW DOES HAIR LOSS BEGIN?

Hair loss from chemotherapy begins suddenly. It usually begins within 2 to 3 weeks after the first chemotherapy treatment starts. The first signs of hair loss is when you brush, comb or wash your hair. Another sign may be more hair on your pillow in the morning. All or almost all hair may fall out, but the scalp remains healthy.

DOES HAIR GROW BACK?

Is the new hair the same as before?

Hair loss from chemotherapy is a temporary side effect. Usually, hair starts to grow back about two months after chemotherapy ends and, in some cases, before the end of treatment.

Initially, your hair will grow back very thin, and it will take 3 to 6 months to grow back completely. Your new hair may be the same as it was before, or it might grow back coarser or in a different colour.

ARE OTHER PARTS OF THE BODY AFFECTED?

There are cases where hair loss is extensive, affecting other parts of the body, such as eyelashes, eyebrows, beard, moustache, hair on the chest, armpits, legs, arms and in the genital area.

"Eyebrows and eyelashes are important to our appearance."

OUR ADVICE!

We would advise you start shaping your eyebrows before shedding occurs, so that you get used to their natural shape.

With a little practice, you can learn to shape your eyebrows with a special eyebrow pencil. Eyebrow pencils come in many colours which you can find in pharmacies and cosmetic stores. There are also many tutorials available online that can guide you on the correct technique on how to shape your eyebrows.

As for your eyelashes, you can find eyelash extensions that are attached with magnetic tape at pharmacies and cosmetic stores.

Another option is the application of false eyelashes by a professional beautician. False eyelashes, however, are a more permanent option and will require maintenance every three to four weeks to keep them lush and full.

"My scalp is becoming more and more sensitive."

WHAT SHOULD I DO?

With hair loss, it is important to take proper care of the scalp and other parts of your body where you had hair, as the skin in these areas becomes particularly sensitive.

OUR ADVICE!

- Try to avoid sun exposure as much as possible, even in mild sunlight.
- Always wear sun protective clothes, a hat or a scarf.
- Apply sunscreen with SPF 50+ to your scalp. Choose a sunscreen that is water and sweat resistant, hypoallergenic and fragrance-free.

- The best way to maintain skin comfort is to hydrate the skin as much as possible. Use a gentle, ph-neutral, fragrance- and alcohol-free moisturizer to prevent dry scalp.
- Use 100% cotton pillowcases, as synthetic fabrics (polyester and nylon) may irritate your scalp more.

Wearing a wig or a scarf is a way to make you feel comfortable with your look.

Hats, scarves or shawls are the easiest, most comfortable, and versatile head coverings that you can find at any accessory or wig store. There are many types of fabric, styles and techniques to tie a scarf or a shawl to fit your personality and make you feel stylish.

In case you choose to wear a wig, you can find them at specialised wig stores and in different hair types (synthetic, semi-synthetic or human hair), colours and textures (straight, wavy, curly) to choose from.

Through the Programme "I am changing... BUT I'M STILL ME", PASYKAF offers counselling and practical support services that include the loaning of quality wigs that meet individuals' personal preference and style.