



mynewhair
by salons that care



Advice and Support if You Lose Your Hair

In association

**TheInstituteof
Trichologists**



Department
of Health



Salons That Care

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Other Useful Information



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mynewhair is a national independent charity providing information, advice and support for people experiencing medical hair loss. We also provide access to a responsibly trained national network of hairdressers.



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www.mynewhair.org

Registered Charity No: 1130815

Acknowledgements

We wish to thank all of our specialist contributors to this *mynewhair* publication and gratefully acknowledge the project support from the Department of Health, Trendco Wig Suppliers and Herb UK Limited.

Macmillan Support

**WE ARE
MACMILLAN.
CANCER SUPPORT**

mynewhair works in partnership with Macmillan Cancer Support to provide advice and information. If you want to talk to someone, contact the Macmillan team Monday to Friday 9am - 8 pm.

Call free on:

0808 808 0000

Visit:

www.macmillan.org.uk

“ I feel my incredible career to date has led me to this moment and this opportunity to help people. I am so grateful that I have the skills to do this. *mynewhair* isn't just about hair, it's psychological medicine for people suffering from hair loss through illness and for many of the people I have seen it's the missing link in their treatment. Giving people back their hair - hair that looks natural, attractive and feminine gives them back a little of their confidence to face the world in what could be their darkest hour. It was my personal experience of helping a family member during cancer treatment that inspired the idea of *mynewhair*.

We support both short term and long term hair loss sufferers. Hair loss can effect men, women and children of all ages. What we do is give people a chance to feel confident and feel like themselves again. When people are fit and well, we look after them - when they are ill it is even more important, as hairdressers, to be sensitive and make them feel special.



People suffering from hair loss often don't want to feel different; they want to be able to go out and feel like themselves with hair that looks real and natural.

”

Trevor Sorbie

Trevor Sorbie, MBE

Introduction

Using his skills and his personal insight, Trevor recognised the need for the hair industry to support people suffering from medical hair loss. An accomplished hairdresser for over forty years, Trevor Sorbie MBE has created and committed himself to the entirely not for profit initiative "*mynewhair*". Trevor sought to gain the support of his industry peers in creating a network of "salons that care".

mynewhair is a registered national, independent charity providing information, advice and support for people experiencing medical hair loss.

We work with medical advisors, the wig industry, specialists in aftercare and experienced independent hair professionals to give people the very best support.

mynewhair has developed this resource in partnership with the Department of Health. This resource is to help people through their journey, from hair loss through to aftercare if your hair grows back.

The impact of losing your hair can be profound. Some people choose to wear hats or scarves and some people choose to wear nothing. For people who choose to wear a wig, some worry that it may look unnatural. The difference that a professionally cut and styled wig can make should not be underestimated. Whilst many wigs now look much more realistic, it is possible to transform an "obvious wig" into an individual's "new hair". Many people are unaware that this is possible and assume that a wig cannot be cut and styled further. We would always advise that this service be carried out by a trained hairdresser.

What *mynewhair* Can Do To Help You

We provide unbiased public information, support and advice around losing your hair and choosing a wig. This information is professionally endorsed. We provide guidance on cutting and styling of wigs and advice when your hair begins to grow back. We provide this via our email helpline or you can visit our website.

- www.mynewhair.org
- info@mynewhair.org

We provide access to a responsibly trained national network of hairdressers through our network of Salons that Care. All our hairdressers cut and style wigs and some are also involved in the supply of wigs. Many of the hairdressers in our network have trained with us to advanced level which includes advice on when your hair begins to grow back. You can access the locations of our trained hairdressers and details of wig suppliers who are members of the UK Wigmakers Association via the salon information on our website.

The *mynewhair* charity founded the UK's first national hairdresser training programme to support people with medical hair loss. Our programme is nurse-led, providing specialist expertise across all areas of advice, wig cutting and aftercare. We believe in supporting hairdressers to deliver a responsible service with respect and sensitivity for all clients.



CHAPTER ONE

Hair Loss

Your Feelings

Many, but not all people, face the prospect of losing their hair as part of their treatment for cancer. Hair loss can be one of the most distressing side effects of cancer treatment. Hair can also have particular significance across different cultures.

The way we feel about ourselves and how we look is closely linked to our feelings of self esteem and self confidence. Hair loss can be a constant "reminder" of your treatment for cancer. Whether hair loss is as a result of cancer treatment or is a longer term condition such as alopecia, it can make people feel vulnerable.

For additional support that you may find helpful please see our "Other Useful Information" at the back of this booklet.

Preventing Hair Loss

Whilst little can be done to prevent hair loss to the localised area during radiotherapy, if you are having chemotherapy, you may ask your specialist nurse about the possibility of scalp cooling with your particular cancer and type of drug treatment. They will advise you if this may be suitable for you.

How You May Lose Your Hair

Often people ask how they may lose their hair and when it might happen. Always check with your medical team as this may vary according to your treatment. Some people may experience scalp sensitivity prior to and during hair loss and also through the course of their treatment. You may experience hair loss when you are sleeping and may wish to wear a soft cotton cap in bed.

Hair Loss through Chemotherapy

Chemotherapy uses anti-cancer drugs, which travel around the body and reach the cancer cells wherever they are. Damage to healthy cells also occurs during this process, especially to cells that are always growing and dividing like the ones that make your hair grow. Not all chemotherapy treatment causes hair loss. Your medical team and specialist nurse will talk to you about your treatment and will discuss with you how likely you are to lose your hair. You may also have thinning or loss of eyelashes, eyebrows and other body hair. Healthy cells normally repair themselves quite quickly so your hair may grow back once treatment is finished or sometimes even before you finish your full course of treatment. Re-growth may take several months but it will probably grow at the same rate as it grew before. There is more information about this in our **“Hair After Cancer Treatment”** section.

Hair Loss through Radiotherapy

Radiotherapy uses high energy x-rays to treat cancer and is used to treat a specific part of the body. Like chemotherapy, radiotherapy affects healthy cells and can cause hair loss. Your radiographer, consultant or nurse will talk to you about the likelihood of losing your hair during treatment.

Unlike chemotherapy, hair loss only applies to areas which receive radiotherapy. If, for example, you are receiving radiotherapy to a specific part of your head, the hair will fall out in that area. In this instance, you may also lose hair from the other side of your head where radiotherapy beams pass through.

Hair may take six months or more to grow back following radiotherapy. It may also be patchy when it grows back.

Although hair usually grows back over time it is possible that it may not grow back at all. This depends upon the dose of radiotherapy and the number of treatments.

Hair Loss from Hormone Treatments

Some hormone treatments can result in hair thinning due to the lowering of levels of oestrogen. This is a similar effect to that which may occur during the menopause when periods stop. Once you stop taking the drug, your hair will probably grow back. It is important to recognise that hair thinning can also be distressing and you may wish to contact a professional wig supplier who will be able to advise you on appropriate hair pieces should you require this. Most wig suppliers can also provide ready to wear or custom-made hair pieces.





CHAPTER TWO

Wig Provision

Getting Your Wig

The National Health Service (NHS) makes provision for the supply of wigs to people who need them in order to help with medical hair loss. To obtain a wig you will need to have a referral from a specialist eg: oncology or dermatology department.

The process of wig provision varies around the country. It is expected that wig suppliers under contract to the NHS must supply a good standard of wig, offer choice and provide a confidential and quality service. The majority of suppliers are members of the Hairdressing and Beauty Suppliers Association and have subscribed to a code of conduct and practices which comply with British Standard ISO 9001. Such wig fitters are checked by the Criminal Records Bureau to be **“fit to deal with children and vulnerable adults”**.

The Department of Health leaflet HC11 **“Are you Entitled to Help with Health Costs ?”** can tell you whether you can get a free wig from the NHS.

If you are not entitled to a free wig you can still get one from the hospital at a subsidised price. Currently, the level of subsidy varies depending on the hospital so you will need to check this with your specialist nurse. You will need to apply for help with the costs on an HC1 form which the Hospital can provide you with.

Choosing a Wig

Choosing a wig for the first time can be bewildering. If you need to choose a wig for the first time, some of the following considerations may be useful:

you may wish to choose a wig prior to losing your hair and familiarise yourself with headwear options before your treatment begins. Your wig may need some slight adjustment once you lose your hair. This is usually easy to do yourself using the adjustable straps or your wig supplier may be able to help you with this.

If you are losing your hair as a result of cancer treatment, it can be helpful to start by considering whether you want to recreate a style close to your own hair or whether you wish to choose a different style or colour. Some people chose to have their hair cut short before their treatment and also choose to wear a shorter wig. Others wear a longer wig and have the wig cut much shorter in preparation for when their own hair begins to grow back. You should check that this is possible with the supplier when choosing the wig. Each person is individual and there is no right or wrong way to approach this.

When choosing a wig, you may wish to take someone you trust along with you if you feel you want a second opinion or additional support. Discussing your thoughts and ideas together before choosing the wig may be helpful too. If you have already lost some or all of your hair, taking some pictures from magazines or photographs can help guide a professional wig supplier to what you are looking to achieve.

It can be helpful to contact the wig supplier in advance to make an appointment and also to establish that they have a discreet, private environment in which you can try on a range of wigs. Wearing a wig is likely to feel quite different at first and it is perfectly normal to feel unsure about this. It is important that any wig is fitted well and does not move around on your head. A professional supplier will be able to do this and alter the wig if necessary.

If you are bewildered by the choice of styles and colours, ask a professional for help. Generally, if the colour is right and the style is close to what you are looking for, the wig can be customised by one of our trained hair professionals and any excess "bulk" in the wig, can be thinned out and the wig shaped to give a more natural appearance.

Comfort and Considerations

Comfort and fit for a wig are important considerations. If a wig fits snugly to your head all over, it is likely to look more natural and be more secure. Wearing a wig can make people feel hot, particularly in warm weather. Some people find that a cushion band which runs around the perimeter of a wig and "lifts" it can be slightly cooling to the head, making it more comfortable in warm weather.

Some wig bases are more "breathable" but these tend to be used in wigs made for the more long term client and can be more expensive.



Example Wig Cap >>>

Different Types of Wig- The Options

It can be helpful to understand the main types of wigs available. There are two main wig options: synthetic fibre and human hair. Each type has its advantages and disadvantages. There are no set rules regarding selection, however, the following information should be considered to support the selection process:

Human Hair Wigs

Human hair wigs can be heat styled to suit by blowdrying, straightening or curling and can be treated like growing hair. This does, however, mean that they require regular attention and can be more prone to colour fade. Using the very best products can help prolong the life of the wig.

Advantages

- No frizzing
- Can apply heat
- Can be coloured
- Soft to touch
- Style can be changed

Disadvantages

- Colour fades
- Porous
- Can be more costly
- May be difficult to manage
- Not available in grey

Synthetic Fibre Wigs

Synthetic fibre wigs have the advantage of being pre-styled and come in a large range of colours. They also provide wash and wear convenience as, when washed correctly, they revert back to their original style. If you are being treated for cancer, this may be a key consideration for you as you may not be well enough, or have the energy, to style a wig on a regular basis. These wigs are less prone to colour fade than human hair but generally cannot be heat styled. They can develop "friction frizz" after a period of time, especially when in constant contact with clothing, particularly at the nape of the neck. The aftercare instructions detailed later can help you minimise this.

Synthetic wigs usually last for 9-12 months depending upon how well they are cared for and how often they are worn. A longer wig will have a shorter life span as it is more prone to develop friction frizz by rubbing against clothing.

Advantages

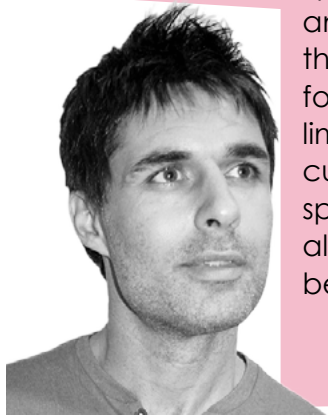
- No colour fading
- Permanent wave
- No styling
- Easy to maintain
- Vast colour selection
- Price

Disadvantages

- Friction Frizz
- Unable to tint or colour
- No heat application
- May be seen as inferior

Options for Men

Hair loss for men can be just as traumatic as it is for women. Men may be reluctant to seek help or enquire about their options. Rest assured, these feelings and concerns are perfectly natural and the support services exist just as much for men as for women. There is a more limited selection of ready to wear and custom-made full hair wigs and toupees specifically designed for men. They are also likely to require customisation but can be styled for a natural look.



Options for Different Ethnic Groups

There is a fairly good selection of wigs for most hair types available from wig fitters and manufacturers. There are specialist wig suppliers available in the High Street and online that provide a huge array of wigs and hair pieces in Afro Caribbean, Indian, Asian and other styles.

High Street stores tend to be for “off the peg” purchases and, often lack facilities to select and try on wigs discreetly instore. If you decide to purchase a wig from a High Street store without an opportunity to have the wig fitted, we would advise that you check the store’s sale or return policy before you make a purchase.



Options for Children and Young Adults

The range of children's wigs can be limited but are available from several reputable UK wig suppliers. Older children and teenagers may require an adult wig and can then have it adapted to make it smaller. The manufacturer's advice should be sought for this service.

You may wish to contact the Hair and Beauty Suppliers Association or *mynewhair* for a list of suppliers who stock a range of children's and petite range wigs.

Many children are happy to wear a cap or bandana. These are available with hair/fringe attached and look attractive as well as being practical.



Wig Bases

In addition to the choice of wearing a synthetic or a human hair wig, there are several types of wig base which can be confusing for people.

Machine Wefted



Most synthetic wigs are produced on a machine made weft. This is sewn on to a stretch foundation. The machine wefting and stretch foundation allows for breathe-ability and comfort of fit.

Hand Knotted Foundations



Hand knotted wigs are constructed on a stretch net, lace or full monofilament foundation. This type of foundation is very lightweight and extremely comfortable to wear. Each strand of hair or fibre is individually knotted into the foundation for a natural look.

Monofilamen



Both human hair and synthetic wigs can be manufactured with a transparent monofilament top. This gives a smoother, softer feel to the scalp at the top and the crown. The hair or fibres are hand knotted into the monofilament

base to give the appearance of growing hair. Monofilament top wigs have the added advantage of allowing the hair to be brushed in any direction, making it easier to change the parting for a style. A double layer of monofilament is available which can increase comfort for the wearer.

Other Wig Bases

These tend to be aimed at the long term wearer and frequently feature as part of custom-made wig ranges; however, with advances in technology, they are becoming increasingly available as a “ready to wear” option.

Lace

Ready to wear and custom-made wigs can incorporate areas of the cap (usually the front for a natural hair line) or full caps of lace that are virtually undetectable to the eye. They tend to have bleached knots that create the appearance of hair growing out of a scalp.

Silicone

Edges, larger areas or the whole of the cap can be made from a type of silicone which creates a second skin. This can be secured with tapes to provide a secure fit

Vacuum Wigs

Custom fitted “vacuum” wigs require no bonding to the scalp.

Wig Size/Securing

The majority of ready to wear wigs are available in average or petite sizes. The standard cap size for wigs is 54cm and petite sizes are around 52cm. All wigs have elastic adjusters with velcro or hook fastenings at the nape. These can be altered to ensure best comfort and fit.

Some wigs provide an area for the additional use of toupee tape for added security, or this can be sewn into the wig by the wig supplier should you feel the need.

Individual/Custom Made Wigs

This type of wig is most often used for the long term wearer. They can be very expensive as a great deal of expertise is required for the measuring and the production of this type of wig. A bespoke wig can enable you to lead an active life including swimming, sport, dancing with the added security of a wig that is virtually undetectable and secure.

There are a number of specialist companies that produce custom made wigs as well as partial hair pieces, patches for scars, burns and patches for hair loss. It is important to note that these wigs take 8-12 weeks to produce, and several fittings on a bald head carried out by a highly trained individual is necessary. This is one of the reasons that this wig would not be recommended if you are undergoing cancer treatment.

Thinning Options

There are a number of hair integration systems available, some are similar to a wig, but with an open weft base that allows the client's own hair to be pulled through with a hook or tail comb. This will give the hair more volume.

Caring for Your Wig

Care instructions should be given to you with your wig. This will help to ensure the life and quality of the wig is prolonged for as long as possible.

Washing Process

When washing a synthetic or a real hair wig follow these instructions:



1

The wig should be pre-brushed through, prior to the washing process.

2

Turn the wig inside out, use warm water and cleanse with an appropriate product for the wig type.

3

This process may need to be carried out more than once depending on whether deep cleansing is required.

4

Use appropriate conditioning products for real hair wigs, and leave on the hair for a minimum of 3-5 minutes. These products may be leave on conditioners or mask style treatments and should be used according to the manufacturer's guidelines.

5

Conditioning is the most important part of the cleansing process for human hair wigs. This will help to maintain the condition, extend the life span of the wig and to ensure the quality of the hair.

6

The wig should be thoroughly rinsed using warm water and dried using a gentle squeezing and patting technique to remove excess moisture. It is best to avoid rubbing the wig to prevent the hair from tangling.

Aftercare for Synthetic Wigs

One of the problems regarding synthetic wigs is the development of “friction frizz”. By following the correct aftercare instructions you can reduce the risk of friction frizz on longer length wigs by using a serum.

Never use direct heat such as hair dryers, ceramic irons or curling tongs as this will damage the fibre. It is also important to recognise that you need to be extremely careful around heat sources such as barbecues, open fires, cigarettes/lighters, outdoor heaters. Caution is also required when opening the oven door as the first, initial heat blast, can damage the fibres.

Aftercare for Human Hair Wigs

After washing, these wigs should be combed through using a wide tooth comb, always combing from the tips of the hair to the root. At this stage, care should be taken when combing the hair, as the knots become loose when wet and will tighten as the wig begins to dry.

All human hair wigs can be set using conventional curlers and hood dryers. Heated rollers also offer a quick curling solution and curling tongs and straightening irons can also be used. It is important when using heat on the human hair, that a thermal heat protection product is used.



Fitting and Wearing a Wig

Styling and Aftercare Products for Wigs

Shampoo

Gentle action and formulated especially for fibre hair. Human hair wigs need a high quality shampoo particularly for bleached or coloured hair. Anti-frizz shampoos also work very well.

Spray on Conditioner



A daily use leave in conditioner and protection spray is ideal for synthetic wigs. These sprays often contain fibre oil, which helps to protect the wig. For human hair, use a high quality anti-frizz style conditioner and use according to the manufacturer's guidelines.

Wig Lustre/Silicone Based Sprays (Serum)

This type of spray is recommended for all types of wigs. It will reduce the tendency to frizz if used at the nape area. It will also add shine and generally revitalise the fibre.

Holding Spray

This is a water based spray for hold without build-up. Use a holding spray that can be removed with cold or tepid water or one that brushes out.

^Products shown are just an example of available products, other brands and makes are available.

Masking Solutions for Patchy Hair Loss

Unisex Spray Hair Thickener

This is a fast and effective thickening spray, which not only thickens hair but also helps to mask thinning areas. The product is dispensed as a colour powder and can be quickly sprayed onto the hair and scalp areas where the hair is thinnest. This application offers the benefits of disguising the scalp's reflection of light and the powder molecules attached to each hair strand makes them appear thicker. The product needs to be sealed in place with a follow up application of holding spray. Colours available are black, dark brown, medium brown, light brown, auburn, hazel, light blonde, ash blonde, silver and grey. Care should be taken if your scalp is sensitive or your skin is damaged in any way. If in doubt, please discuss this with your health professional.

Unisex Masking Solution

Unisex masking cream provides an instant, convenient and safe way to disguise thinning areas. This non-greasy cream has a gentle action and is ideal for both men and women. It is 98% water and rub proof, it does not stain or discolour hair and only takes minutes to apply. By selecting a colour slightly darker than the hair, the scalp is subtly darkened, which neutralises the skin's reflection of light.

The cream is available in black, dark brown, medium brown, light brown/blonde, grey and grey/white.

Products shown are just an example of available products, other brands and makes are available >

The application process is very easy and straight forward:

- Apply cream to the sponge applicator supplied.
- Lightly cover the scalp in the hair loss area.
- Comb the hair into desired style to finish.



Alternative Head Wear

Hats and scarves can be an alternative to wigs and many people will use these as a comfortable replacement. There are a huge amount of options ranging from regular hats and scarves to self-made headwear (from sarongs and fabrics), as well as specialist headwear which can offer:

- comfort;
- different fabrics appropriate to the temperature and environment;
- shape, with padding for structure or extra fabric for tying designs or to provide extra cover up;



- complete coverage of the hairline;
- secure fit and anti-slippage; and
- added hairlines such as fringes, or at the side and back of head, can create the illusion of hair.

Au Naturelle

This is down to personal preference and individual style. There is no right or wrong choice. Some people simply prefer to go bare and define themselves with things like make-up and earrings. There are potential advantages to this, namely simplicity, ease, comfort and freedom as well as having an individual style. If you choose not to wear any head cover in the future, you might find the following advice helpful:

- Bare heads are more sensitive to heat and cold. The head should be covered appropriately when it is hot and sunny, or cold and windy.
- The scalp can be particularly sensitive to sunshine and it is recommended that a high factor sun block is used and/or a shady hat is worn.
- Some people receiving cancer treatment should avoid direct exposure to the sun. We advise that this issue is discussed with your healthcare professional.



Please also see our "Other Useful Information" section at the back of this booklet.

Make-Up

You can use make-up to draw in a lash line, eyebrows and enhance your features. Advice regarding how to achieve this, and the best products to use, can be obtained from make-up counters and beauty salons. Some cancer charities provide support and advice around aspects of well-being and appearance.

Look Good ... Feel Better hold free skincare and make-up workshops to help combat the visible side effects of cancer treatment. Care should be taken if your skin is sensitive or damaged in any way. If in doubt, discuss this with your health professional.

Facial Hair Options

A less considered aspect of medical hair loss is the absence of eyelashes, eyebrows, beard growth and body hair that may accompany the scalp hair loss. The loss of facial hair can change your appearance. Eyebrows provide a frame for the face, and you may find the absence of eyebrows and eyelashes difficult.

There are various options available to you to help you regain self distinguishing features and confidence.

False eyelashes and eyebrows are readily available at both high street beauty departments and online stores. For men, some moustaches and beards are available, but the options are limited. Care should be taken if your skin is sensitive or damaged in any way. If in doubt please discuss this with your health professional.



CHAPTER THREE

Hair After Cancer Treatment

Basic Facts about Hair

The cells that produce our hair have the fastest growth rate of all cells in the human body. Each hair goes through an independent cycle of growth, which lasts on average 5 years. Each day, we shed approximately 100 hairs as part of this cycle.

Hair Differences in Different Ethnic Groups

There are some differences between hair and growth rates across different ethnic groups.

| | | |
|---|---|---|
|  |  |  |
| Caucasian | Asian | Afro-Caribbean |
| Oval | Round | Flat |
| Mid-thickness | Thickest | Finest |
| Most variable type. Can be straight, wavy or curly | Straight. Most regular type | Curly, tight coiled. The shape hinders the spread of natural sebum across the hair, leaving it fragile and easily damaged |
| Blonde, brown, red | Black | Black |
| 1.2 cm/ month | 1.3 cm/ month | 0.9 cm/ month |
| Most dense | Least dense | Mid-density |

When New Hair Grows Back

On average, our hair grows around 1 cm per month (dependent on ethnicity). Healthy hair is actually rather strong; each hair can withstand up to 100 gm. Made up of 3 layers, the outer layer (the cuticle) offers a protective function. The cuticle can be damaged by daily combing and brushing, as well as environmental influences, e.g. the sun.

Hair is composed partially from a special protein called keratin. When we colour hair, it is the protein in hair that the colour pigments attach to and so it is essential to have the correct protein levels. The rest of our hair is made up of water, fatty acids and other trace elements.

Hair and Cancer

Cancer cells also reproduce rapidly. Chemotherapy and radiotherapy are designed to target these fast growing cells, which is why our hair can be affected. Radiotherapy causes hair loss only in the area being treated.

The hair that grows back following treatment for cancer can be weak due to a lack of protein. With chemotherapy, your hair may start to grow back before the end of the treatment. You may have a full head of hair between 3-6 months following the end of your chemotherapy. There may be a number of differences between your new hair and your hair before treatment. Hair often grows back very fine at first and may be a different texture, colour and possibly curly even if it was previously straight. In most cases, your hair will revert over time back to its pre-cancer treatment condition and colour.

With radiotherapy, your hair re-growth may be slower than with

chemotherapy. It usually takes 6-12 months before you have a full head of hair and it may grow back finer than before the treatment. Some people's hair never grows back following radiotherapy or it may grow back patchy. The process of re-growth can be a lot slower if you tend to wear your wig or cover your scalp 24 hours a day. If your new hair is exposed to daylight it tends to speed up the growth of your hair after treatment.

Caring for Hair

Hair growing back after chemotherapy or radiotherapy treatment is often weak and low in protein. Therefore it is recommended to avoid strenuous or harsh brushing. Use the hairdryer on a gentle heat setting, rather than high heat.

In addition, the condition of the hair may be improved through regular cutting by removing the damaged hair and promoting positive hair regrowth.



If You Do Not Lose Your Hair Through Treatment

Some people do not experience hair loss throughout their cancer treatment. We do not recommend that hair is coloured during treatment, however, we recognise that some people will want to colour their hair and therefore we offer the following advice:

- advise your hairdresser of your medical treatment so they can allow for any influence this might have on the colour result;
- a strand test is advised;
- a skin sensitivity test should always be carried out, according to the manufacturer's instructions;
- if there is any sign of a reaction – redness, soreness, itching, irritation, etc – the colour should be immediately washed off the hair;
- use foiling techniques to keep the colour from coming into contact with the scalp;
- avoid colours containing harsh chemicals, such as ammonia or resorcinol;
- choose a semi-permanent colour and so avoid oxidative pigments (PPDs/PTDs); and
- if using permanent colours, avoid the darker shades, as these have higher percentages of PPDs/PTDs (subject to hair analysis results).

Please note, due to the effect of the chemotherapy drugs on the hair, the end colour result may be affected. You may not end up with the exact colour you were expecting. Please see the section below on colouring hair after cancer treatment for further information.

Thinning Hair

Thinning hair needs gentle treatment. Avoid vigorous or strenuous brushing and combing. Paddle brushes often include nodules on the bristles, which offer gentle massage of the hair and scalp. This encourages sebum production and stimulates blood flow. There are also massage brushes available for use during shampooing. These offer a gentle scalp massage, as well as helping to distribute the product across the head.

Avoid shampoos containing harsh sulphates. Instead look for ones with natural plant oils (eg; Jojoba and Sweet Almond Oil), which work in a similar way to the naturally occurring oils from our scalp and condition the hair. Other key ingredients are UV filters, to protect the hair from harmful environmental influences and anti-oxidants, (eg; green tea and fennel), which help to prevent damage. Remember to advise your hairdresser of your treatment, so they can recommend the most suitable products for you to use.

When using hairdryers, use a low heat setting and minimise use of hair straighteners and other styling appliances, as these operate at high temperatures. Regular trims may help to stimulate positive hair regrowth. Try to avoid tight hair-up styles, to prevent stress on the hair.

The Scalp and Hair Re-Growth

Healthy hair requires a healthy scalp. Hair needs the correct amount of nutrients which are supplied through the network of vessels and nerves in the scalp and which stimulate growth. Your scalp can be very dry, sensitive and scaly following chemotherapy. There are special treatments available for scalps. These treatments deliver nutrients to the scalp and protect it from harmful environmental influences.

They can also help to repair and moisturise your scalp, reducing irritation and inflammation. Some ingredients used in such scalp treatments include:

Biotin, Folic Acid, Niacin, Thiamine HCL, Pantothenic Acid (Panthenol)

B vitamins, required for healthy skin, hair and nails.

Chamomile, Aloe Vera, Geranium, Rosemary extracts

anti-inflammatory, anti-septic and soothing agents.

Fennel, Green Tea and Tocopherol (vitamin E)

anti-oxidants, which help to prevent damage caused by unstable molecules.

Until such time that your hair is long enough to shampoo, an aqueous cream may be suitable for cleansing and moisturising the hair and scalp. Once your hair is long enough, you can begin to use a gentle shampoo and conditioner. Selected ingredients that can have a positive influence on hair and scalp include the following:

Proteins

For example, Hydrolysed Wheat Protein, Hydrolysed Keratin and Wheat Amino Acids are ingredients in some hair conditioners. They help to build up the strength and stability of the hair. The structure of these proteins is similar to that of naturally occurring keratin in your hair.

Sunflower Seed Oil

Contains a high content of Vitamin E and may give other beneficial properties when applied to skin and hair. It can also protect from UV light. UV filters are important to help protect the hair from harmful environmental influences, such as damage from the sun, pollution, etc.

Anti-inflammatory, anti-septic and soothing agents

Are useful for sensitive scalps, for example Aloe Vera, Geranium, Rosemary, Bergamot and Chamomile extracts.

Conditioning and moisturising agents

Include Panthenol (Vitamin B12) and Comfrey extract.

Surfactants

Surfactants are the cleansing agent in a shampoo. They are partly water soluble, partly oil soluble and increase the spreading and wetting properties of a liquid. They are often the foaming agent in shampoos. Disodium Cocoamphodiacetate is an example of an extremely mild surfactant made from coconut derivatives.

(The above information is endorsed by the Institute of Trichologists)

Relaxing/Straightening Hair Post-Cancer Treatment

The relaxing and straightening of hair is only recommended for hair that is in good condition and of a suitable length. The repeated combing of the hair during the process can put it under a lot of stress and particularly hair that is weak in protein can be prone to breaking under these conditions. Damaged hair should be treated according to the results of the wet stretch test until it is in a suitable condition for relaxing/straightening.

The straightening of Afro Caribbean hair is not advised at all until the hair and scalp are fully recovered. As with colouring, relaxing or straightening should not take place if the hair and scalp are brittle, excessively dry or flaky, irritated or breaking.



Colouring Hair Post-Cancer Treatment

Although there is little evidence-based research in this area, current medical guidance suggests waiting six months before permanently colouring your hair. This is due to scalp sensitivity and the fragility of the new hair growth. Even after a suitable period of time, a hair professional should always do a skin sensitivity test to highlight any potential allergic reaction to the colour, as well as doing a wet stretch test on your hair to check strength and elasticity before colouring. Finally, a strand test to check the colour result should be completed.

If you are distressed by the colour of your new hair, professionals advise that temporary or semi-permanent hair colours be used until the hair becomes stronger. If using permanent colours, avoid the darker shades, as these have higher percentages of pigments (PPDs and PTDs).

It is recommended to use off-the-scalp (foiling) techniques to begin with, to stop the colour from coming into contact with the scalp. In addition, avoid aggressive chemicals in hair colours, such as ammonia or resorcinol.

Before you begin to colour your hair, consult a hair professional, who will be able to assess the strength and condition of your hair and advise any specific products you should use. It is essential to note that colouring should not take place if your hair and scalp are brittle, excessively dry or flaky, irritated or breaking.

Colouring must only be carried out once your scalp and hair are both healthy and able to go through the colouring process without damage or causing you any discomfort. It is very difficult to achieve a satisfactory colour result on hair which is not in good condition and different results achieved can be due to hair in different condition. It is important that you seek expert stylist advice prior to any attempts to colour your hair.

In the initial period following chemotherapy, hair may not respond to colour in the normal way and a trained hair professional will draw this to your attention. The final colour result can be affected by many things such as medication, condition of hair and previous colouring. A professional colourist, who is familiar with these considerations, will be able to advise you.

Hair colour has been extensively tested to ensure it is safe to use under the conditions stated by the manufacturer; however, it is possible to be or become allergic to one or more of the ingredients used in hair colour. Other factors which can cause an adverse reaction to hair colour include tattoos, permanent make-up and medication.

If any of these apply to you or you have experienced a previous reaction to hair colour or have other allergies, always advise your stylist. A skin sensitivity test should always be carried out before colouring.

Types of Hair Colour

| | <i>Pigment Type</i> | <i>Effect on Hair</i> | <i>Product Types</i> |
|-----------------------|---------------------|---|--|
| Temporary | Direct Pigment | Coats the hair and lasts 1 wash | Colour mousse |
| Semi-permanent | Direct Pigment | Coats the hair and lasts 6-8 washes | Semi-permanent colour |
| Demi-permanent | Oxidative Pigment | Penetrates the cuticle and lasts more than 8 washes | Permanent colour with a low level of peroxide |
| Permanent | Oxidative Pigment | Changes the existing colour in the hair | Permanent colour with medium to high level of peroxide |

Benefits and Side Effects of Hair Extensions and Weaving

Hair extensions and weaving can offer some temporary benefits, including giving hair more volume. For individuals with healthy hair, extensions offer an alternative to thinning hair and hair loss. For damaged hair this is not generally encouraged.

Many individuals do not like the worry that accompanies temporary hair extensions. These extensions can fall out easily, must be removed before bathing or swimming, and can be blown off in the wind. Depending on the method you choose, hair extensions and weavings can also lead to further hair loss or thinning.

When the weave is done too tightly it can pull on existing hair and lead to premature shedding. Weaving can also damage hair follicles causing breakage at the point of attachment. To help reduce the chance of damage or shedding, professional stylists should only apply extensions and proper care should be taken of existing hair and extensions as long as they are attached.

As this technique can be damaging to existing hair strands, individuals need to think about the risk of this procedure. If you have very little hair, or excessive thinning, extensions may increase the risk of further hair loss.

Further Information

We hope that you have found this information helpful. If you have further queries regarding hair loss please visit our website or do contact us by email or post.



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Other Useful Information

Alopecia Areata Support

Alopecia Areata Support run a support group for people suffering from Alopecia. They host regular support meetings and have representatives in the UK and internationally.

www.alopeciaareatasupport.co.uk

Alopecia Beauty Tips

Alopecia Beauty Tips aims to provide women suffering from Alopecia the confidence they need to look and feel fantastic.

www.alopeciabeautytips.com

Cancer and Alopecia Support Services

The aim of Alopecia UK is to provide information, advice and support for people with experience of alopecia areata, alopecia total is, and alopecia universalis.

www.alopeciaonline.org.uk

Cancer and Careers UK

Directory of essential contacts for women living and working with cancer. You can find information and advice on everything from hair loss to programmes offered by employers for working women with cancer.

www.cancerandcareersuk.org

Cancer Black Care

Cancer Black Care information centres offer information and support for people with cancer from ethnic communities, their friends, carers and families.

Tel: 020 8961 4151

www.cancerblackcare.org.uk

CLIC Sargent

CLIC Sargent is a children's cancer charity that aims to help children and young people survive cancer and make the most of their lives.

They provide support to the patient and their family through diagnosis, treatment and afterwards.

Helpline: 0800 197 0068

Tel: 020 8752 2800 (London branch)

Email: helpline@clicsargent.org.uk

www.clicsargent.org.uk

Institute of Trichologists

The Institute of Trichologists is the foremost professional association for Trichologists in the world. You can contact them or check their website to find a registered trichologist in your area.

Helpline: 0845 604 4657

Email: admin@trichologists.org.uk

www.trichologists.org.uk

Little Princess Trust

The Little Princess Trust provides real hair wigs to children suffering from hair loss. They supply and fully fund the wigs from all over the world, and provide personal fitting/styling to ensure the wig is as close as possible to the original hair.

Tel: 0845 094 4509

www.littleprincesses.org.uk

Look Good...Feel Better

Look Good...Feel Better is the beauty industry's charity. It runs free skin care and make up workshops for cancer sufferers across the UK.

Tel: 01372 747 500

Email: info@lgfb.co.uk

www.lookgoodfeelbetter.co.uk

Macmillan Cancer Support

Macmillan Cancer Support aim to improve the lives of people affected by cancer. They provide practical, medical and financial support and push for better cancer care.

Tel: 0808 800 0000

www.macmillan.org.uk

Maggie's Centres

Maggie's Centres allow people living with cancer to access help with information, benefits advice, psychological support both individually and in groups, courses and stress reducing strategies under one roof.

Tel: 0300 123 1801

Email: enquiries@maggiescentres.org

www.maggiescentres.org

National Alopecia Areata Foundation

NAAF support research to find a cure or acceptable treatment for alopecia, they support those with the disease and educate the public about alopecia areata.

www.naaf.org

Teenage Cancer Trust

The Teenage Cancer Trust provide advice and support for young people suffering from cancer. Teenage Cancer Trust units exist in hospitals around the country.

Tel: 020 7612 0370

www.teenagecancertrust.org

Wig Suppliers

The Hairdressing and Beauty Suppliers Association

The HBSA is a network of industry professionals, and includes the Association of UK Wig Suppliers. The HBSA website contains a list of all of the UK wig suppliers registered with them that you can contact directly to find your most local agent.

Tel: 01707 649 499

www.hbsa.uk.com

Headstrong from Breast Cancer Care

Free service offered by Breast Cancer Care for people with cancer. They offer tips on hair and scalp care, and help people experiment with scarves, hats and hairpieces in a comfortable and private environment.

Helpline: 0808 800 600

Email: info@breastcancercare.org.uk

www.breastcancercare.org.uk

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This booklet has been produced by *mynewhair* specialist advisers and has been reviewed by The Institute of Trichologists, healthcare professionals and people affected by medical hair loss. This booklet is endorsed by the Department of Health.

mynewhair images supplied by Catherine Harbour Photography. A selection of other images kindly supplied by Christine Headwear, Herb UK, Sleek, Look Good ... Feel Better and Trendco Wig Suppliers.

Project Sponsors

With kind thanks to the Department of Health, Trendco Wig Suppliers and Herb UK Limited.

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mynewhair is a national independent charity providing information, advice and support for people experiencing medical hair loss. They provide access to a responsibly trained national network of hairdressers.

For further information about medical hair loss please visit:

www.mynewhair.org

Alternatively you can contact our helpdesk at:

info@mynewhair.org

mynewhair is a charity registered in England and Wales
(Registered Charity Number 1130815)

Second edition published by *mynewhair* February 2014

Kindly supported by

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