



# 7

## calming tips

from a hair care  
specialist

If you are reading this right now, it is probably because you or one of your loved ones is experiencing hair loss linked to chemotherapy or cranial radiotherapy treatments. We know that going through this arduous ordeal, both morally and physically, is exhausting. In addition, the person who experiences partial or complete hair loss does not know where to turn for good advice, while not having the energy to search for hours on the Internet. We are therefore pleased to offer you these few tips to make your reality a little easier:

### 1 tip

Even if your hair has partially or completely fallen out, you must continue to treat your head with care and gentleness by washing your scalp and hair every two days. This will keep the follicle active, hydrate your skin and prevent you from various discomforts, which you certainly do not need at the moment: irritation, dryness, spots, etc.

### 2 tip

For many people, chemotherapy and cranial radiotherapy cause discomfort. At the scalp level, it often happens that the follicles are impacted. They find themselves in a dormant state, which causes sensitivity. Some will say that their hair hurts. To relieve pain, simply pinch the skin on your scalp gently between your thumb and index finger. This simple little gesture will encourage the expulsion of dormant hair.

# 3 tip

Losing your hair can be very upsetting, especially for women. However, a solution exists to maintain good hair volume, despite chemo. This is the helmet refrigerant, offered by the organization Keep Your Hair. Used according to the correct protocol, it cools the hair follicles and causes vasoconstriction. This helps limit the amount of chemotherapy toxins that can reach them. This solution doesn't necessarily suit every wallet, but it's worth talking about. For more information, see the website of the Quebec organization: [www.gardetescheveux.org](http://www.gardetescheveux.org).



# 4 tip

Do you feel cold at night? If so, wearing a small night cap can help you warm up and therefore sleep better. Hair plays a role in regulating our body heat, so when we experience complete or partial loss of it, we may feel colder, especially at night. Covering yourself with a hat made of soft, flexible fabric will greatly help your comfort. Recovering well is important: you need all your strength.

# 5 tip

Is chemotherapy over? Hooray for you! Did you know that following your treatments, it is a good idea to visit your hairdresser? Indeed, when hair grows back, it will not necessarily have the same texture and density as before. This is why thinning the hair will allow you to have control over the visual appearance of the hair and you will be happy to obtain a beautiful result.

# 6 tip

Do you know the laser helmet? The latter can greatly help promote hair regrowth. Most of the time, chemotherapy will not destroy the hair bulb. It will simply make it inactive. The laser helmet will cause cell division while stimulating the follicle, which will have the effect of promoting hair regrowth and densifying or enlarging the micron. We usually see a nice improvement within six months. Note that the laser helmet must be used after chemo treatments, according to the advice of your doctor.

# 7 tip

Before you become discouraged or isolate yourself, consult a trichology specialist. There are several solutions to help you if you are experiencing hair loss: complete or partial hair prosthesis, volumizer, micro-pigmentation, microfiber to camouflage the scalp, moisturizing products, specialized shampoos, salon treatments, etc. Being informed is the key and will relieve you of many headaches!

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