

5 TIPS FOR DEALING WITH *hair loss*

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.



Use your loss to help others.

1

Donate your hair to programs such as Wigs for Kids or Locks of Love.



The American Cancer Society catalog contains several inexpensive wigs.

Not only are the wigs cozy, but they also give you a chance to try a new look.

2

Experiment with wigs.



Consider taking makeup lessons.

3

Look Good Feel Better is an American Cancer Society program that supplies free wigs and cosmetics. You may find those lessons particularly helpful if chemo knocks out your brows and lashes.



It's dead matter anyway, and the event can be an opportunity to experience unique bonding with family and friends..

4

Make shaving your head a special event.



Cold caps are an alternative to hair loss

5

The tight-fitting hats filled with subzero gel constricts blood vessels in the scalp, preventing the drugs from reaching hair follicles and will retain up to 85% of hair. However, cold caps can be uncomfortable and expensive, and many insurance plans do not cover them.

