

HAIR LOSS

Managing Chemotherapy Side Effects.



Many cancer drugs have this side effect when used alone. Also, some anti-cancer agents that don't have this effect when used alone may still cause hair loss when used in combination with other drugs.

Questions other people have asked:

Why does hair fall out?

Chemotherapy can harm the cells that make hair. This means that hair on your head and anywhere on your body may fall out. Hair loss is called alopecia.

When will my hair start to fall out?

Your hair may start to fall out 2 to 3 weeks after chemotherapy begins.

There are two pieces of good news in all of this. One is that although it may take 3 months or more, the hair lost during chemotherapy will grow back.

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What should I do after my hair falls out?

Protect your head from the sun. Use sunscreen or wear a hat when you are outside.

Protect your head from the cold. Wear a hat or scarf.

Try wearing a soft scarf when you sleep.



When will my hair grow back?

Most likely your hair will grow back in 2 to 3 months after chemotherapy. Sometimes new hair can be curlier or straighter—or even a different colour. In time it may go back to how it was before treatment.



What can I do before my hair falls out?

“Treat your hair gently.”

Wash it with a mild shampoo. Pat it dry with a soft towel.

“Cut your hair short.”

Some people choose to cut their hair short.

“Shave your head.”

If you shave your head, use an electric shaver so you won't cut your scalp.

“Get a wig.”

If you plan to buy a wig or hairpiece, get one while you still have hair. This way you can match it to the colour of your hair.

Contact Details:

Dr. Adwaita A Gore.

Consultant Medical and Paediatric Oncologist, Hemato Oncologist and Bone Marrow Transplant Physician.

Dr Gores Clinic
201 Glamcent Premises, Opposite OLPS Church, Central Avenue Road. Chembur (E) Mumbai 400071.
For appointments +91-9619810041.

Prince Aly Khan Hospital: 022-23777930.

Zen Multi Specialty Hospital: 022-25265736.

Email: adygore@gmail.com

