Breast cancer and hair loss

personal experience professional support
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Introduction

Many people will lose either some or all of their hair as a result of treatment for breast cancer. For some, this is the most distressing side effect of treatment.

You may feel that your hair is an important part of your visual identity and losing it may affect your confidence and self-esteem. Some people find that being prepared for hair loss before it occurs can help them cope better if it happens.

This booklet explains how you may lose your hair and the effect it may have on you. It looks at caring for your hair and scalp during and after treatment, and discusses wigs, scarves and other kinds of headwear. There are ideas for different ways of tying scarves, plus a step-by-step guide to pencilling in eyebrows and applying false eyelashes. We suggest hints and tips you may want to try to take the focus away from your hair, and there is also a list of suppliers and organisations that you may find useful.

Although this booklet is aimed mainly at women, men who have lost their hair while being treated for breast cancer may find some of the information useful.
Breast Cancer Care’s HeadStrong service

Our HeadStrong service provides practical support and information about hair loss for people who are likely to lose their hair, or have already lost it, through treatment for cancer.

The free one-to-one HeadStrong sessions aim to give you:

• practical tips on caring for your hair and scalp before, during and after your treatment
• the opportunity to try on different types of headwear, providing an alternative to wearing a wig
• more confidence in your appearance
• information on hats, scarves and hairpieces and where to get them.

You can book your HeadStrong session before you start to lose your hair or at any time during treatment. For information about HeadStrong and for services in your area see page 54 or contact your nearest Breast Cancer Care centre (details at the back of this booklet).

Visit www.breastcancercare.org.uk
Hair loss: how you may feel

For many of us, the way we feel about ourselves is closely linked to the way we look, and so losing your hair can be devastating. You may feel angry that this has happened in addition to your cancer diagnosis and treatment.

Hair loss may also make you feel vulnerable and exposed, particularly as it’s such a visible side effect and can change your physical appearance. You may also see it as a constant reminder of your treatment, labelling you as a ‘cancer patient’. Such reactions are completely normal and understandable. Some people may find that they adjust quickly to hair loss. For others, this can take longer, or they may always find it difficult to accept and adapt.

In some cultures hair has a particular significance. For example, long hair may be seen as a symbol of fertility and desirability or a sign of health and status, while other cultures believe that the hair is a means of getting rid of impurities from the body. If hair has a special cultural significance for you, losing it may affect your cultural identity as well as your body image or self-esteem, making it even more difficult to come to terms with.

‘As I asked family, friends and colleagues to sponsor my head shave, everyone knew about my hair loss. I think it made a possibly taboo subject one we could talk and laugh over.’

Kim

Call our Helpline on 0808 800 6000
However, some people may find that the experience of losing their hair isn’t as upsetting as they thought it would be, perhaps because when it happens, they are more focused on the treatment itself. If there’s any likelihood of you losing your hair, your chemotherapy or breast care nurse will talk to you before treatment starts about what may happen. As well as talking about practical issues such as caring for your scalp or wearing a wig, you can also discuss your feelings about losing your hair and look at ways to help you adjust to it.

‘It was the worst part of all the surgery and treatment. As soon as I put a scarf on I felt I was “coming out” and all the mothers at the school gate would know what was going on and start asking questions.’

Nomkhosi

‘Out of the entire experience losing my hair was the most upsetting. To look in the mirror and be bald highlighted the problem of going through cancer treatment.’

Pauline

‘I didn’t want strangers to know... I didn’t wear my wig at home, and would keep a towel by the door, so if anyone came I could quickly wrap my head up, and say that I had just washed my hair.’

Julie
Everyone will find their own way of dealing with hair loss, but you may find it helps to talk to others who have been through the same experience. You can ring our free Helpline on **0808 800 6000** to be put in touch with someone who’s experienced hair loss and understands what you may be facing, or read what other people say about it on our online Discussion Forums at [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

You may also meet other people having treatment at the hospital or at a breast cancer support group.

‘I wasn’t particularly thrilled with the idea of losing my hair but I wasn’t particularly upset. Bald heads are quite fashionable these days and I had a secret interest that I didn’t admit to anyone in seeing what I’d look like without hair.’

Val

‘I was surprised that I didn’t feel that bad about losing my hair.’

Sarah B

‘Losing my hair was something that did not really bother me as I would rather have the treatment and no hair for a few months than have the cancer, so I kept looking at it that way.’

Kayla
‘My partner loved my new look and made it clear that when my hair grew back she wanted me to have it cropped really short.’

Perlita
Other people’s reactions

It’s up to you who you tell about losing your hair. Some people tell just their family and close friends, while others are happy to let everyone know. If you choose to wear scarves or not to cover your head your hair loss may be more obvious, while if you choose to wear a wig many people may not notice that you’ve lost your hair.

People will respond to you losing your hair in different ways, and you may find some reactions difficult to deal with. Some people may not know what to say and it could help put them more at ease if you bring the subject up first.

You need to be prepared for the possibility that not everyone will be as supportive as you’d like, and that can be hurtful. But lots of people will react positively, so try not to withdraw from your friends or your social life.

‘My partner and children knew I’d lost my hair but I always kept my head covered. I did this more for them than me (you get used to looking at yourself bald). I just didn’t want them to feel uncomfortable. I never felt the need to tell strangers (not even my workmates) as no-one knew I wore a wig.’

Eileen
Talking to your children

If you have children, of whatever age, you may wonder what to tell them about your breast cancer. Studies have shown that children are less anxious if they know what’s happening, and that it can be less frightening for them to know what is going on even if they don’t fully understand. So even though you may find it difficult, in most cases talking with your children about your breast cancer will help them and you.

Your children may find it upsetting to see you without any hair and it might help if you prepare them for the fact that this may happen. Tell them what, if anything, you are going to wear on your head and let them know that your hair will grow back. You may find it helpful to read our Talking with your children about breast cancer booklet. If you have young children you may find our story book Mummy’s Lump useful.

‘My youngest child was only five when I lost my hair, but I tried to be matter of fact with him. He seemed fine in accepting that mummy had to take some strong medicine which would make her hair fall out, but it would grow back afterwards. He used to stroke my head at bedtime and really didn’t seem upset at all.’

Jasmine

‘My daughter, who was only four at the time, found it quite difficult.’

Jayne

‘My children were very accepting – as long as I didn’t go out without the wig.’

Margy

Call our Helpline on 0808 800 6000
Treatments and hair loss

Chemotherapy

Chemotherapy uses anti-cancer drugs to destroy cancer cells. The chemotherapy drugs also damage healthy cells, including the cells in the hair follicles, which is why they can make your hair fall out. This can include your body hair including eyebrows, eyelashes and pubic hair as well as the hair on your head.

Not all chemotherapy drugs make your hair fall out. Some drugs don’t cause any hair loss, some cause hair to thin, while others make hair fall out completely. How much hair you lose will depend on the type of drugs you are given and the dose. Your specialist or your chemotherapy nurse will talk to you about your treatment and how likely you are to lose your hair.

The hair loss caused by chemotherapy is almost always temporary so your hair will start to grow back once your treatment is over. Sometimes your hair may start to grow back before you’ve finished your full course of chemotherapy. In a very small number of cases prolonged or permanent hair loss has been reported following chemotherapy. See ‘When your hair grows back’ on page 49.

Visit www.breastcancercare.org.uk
Radiotherapy

Radiotherapy uses high-energy x-rays to treat cancer. Like chemotherapy, it also affects healthy cells, but only in the specific area being treated. This means that you will only lose hair from that area. For example, if you're having radiotherapy to the breast and lymph glands in your armpit you'll only lose underarm hair, and for men, chest hair. If you are having radiotherapy to the head, then you will lose some or all of your hair from there. Radiotherapy to the head is only given to people with secondary breast cancer (breast cancer that has spread to another part of the body). The radiographer or breast care nurse will talk to you about the likelihood of you losing your hair before treatment starts.

After radiotherapy the hair on the area treated will usually grow back. You may find that the regrowth is patchy, and it can take six to twelve months to grow back completely. If you have radiotherapy to the head, your hair may grow back a different colour, or become curly when it used to be straight. It's also possible that the hair may not grow back at all. This will depend on the dose of radiotherapy and the number of treatments you’ve had.

Hormone (endocrine) therapy

Taking hormone therapy such as tamoxifen, anastroxole (Arimidex), exemestane (Aromasin) or letrozole (Femara) may sometimes cause hair thinning. This is usually mild and may only occur for a short time, although in some cases it can continue throughout treatment.

Once treatment is complete, your hair should grow back. In the meantime, see ‘Looking after your hair during treatment’ in the ‘Hints and tips for hair loss’ section on page 33 for ideas on caring for your hair while you are taking hormone therapy.
Preventing hair loss

Chemotherapy

If you are having chemotherapy, cooling the scalp can sometimes prevent or reduce hair loss from the head. This technique works by reducing the blood flow to the hair follicles, which means that the amount of drugs reaching the hair follicles is also reduced. Scalp cooling only works with certain drugs and its effectiveness also depends on the dose used. Its level of success varies from person to person. If you retain your hair, you may find that it is patchy or thinner. You can ask your specialist or chemotherapy nurse if scalp cooling is available and whether it would be suitable for you.

Cooling the scalp involves wearing a ‘cold cap’ while you are having chemotherapy drugs. There are different types of cold cap and ways of cooling the scalp, so the method will depend on what’s available in your hospital.

In general you’ll wear the cold cap for 15–30 minutes before you have your chemotherapy. You keep it on during your treatment and for some time afterwards. You may find the cap uncomfortable, as it is very cold and often quite heavy. However, your chemotherapy nurse will make sure that you’re as comfortable as possible, with your head and neck well supported. Some people experience headaches, but these quickly wear off once the cap is removed.

Radiotherapy

Nothing can be done to prevent hair loss during radiotherapy although it will only cause you to lose hair from the area being treated.
‘I was keen to try the cold cap as the thought of losing my hair was very depressing, but although it perhaps helped delay the rate at which my hair fell out, it didn’t prevent me losing all the hair on my head.’

Catherine

‘The cold cap was a very successful treatment for me and helped a huge amount with the psychological effects of hair loss. It helped to turn a negative experience into a positive one and I feel more people should be made aware of it.’

Jayne

‘I had chemo at home so tried the cold cap method using my domestic freezer. This meant that I had three caps, worn in succession as they “defrosted”.’

Margaret W

‘It certainly helped me retain some hair but it made me extremely cold for the whole chemotherapy session, so I was given hot drinks and small electric heated blankets. The experience was an uncomfortable one but I thought it was worthwhile if there was any chance it would prevent me losing my hair.’

Kathryn

Visit www.breastcancercare.org.uk
When you lose your hair

Hair loss can happen suddenly, although it’s usually more gradual and begins within two or three weeks of starting treatment. Your scalp may become tender as the hair thins and falls out.

The first signs that you are losing your hair may be finding hair on the pillow in the morning or extra hair in your hairbrush. This can still be a shock even when you’re prepared for it to happen.

Again, there are things that you can do to help.

• You might want to think about having your hair cut short (or you may even decide to shave it off completely) before your treatment starts, particularly if you have long hair.
• You may want to wear a soft hat or turban in bed to collect loose hairs.
• If you decide not to cover your head, remember to use a high protection factor sun cream at all times, as the scalp is particularly sensitive.
• If your scalp is dry, flaky or itchy you can use unperfumed moisturiser or natural oils such as almond or olive oil to help with this. You may prefer to use aromatherapy oils, but it is best to consult a trained aromatherapist, as the oils can be very strong.

‘I knew it was going to happen but it was very sudden. On the Sunday I had a shower and pulled most of it out. My hairdresser worked late on the Monday and shaved my head and cut my wig. I went in with no hair and came out with a head of hair – it wasn’t too bad.’

Joan

Call our Helpline on 0808 800 6000
‘I expected to lose my hair but still had a faint hope that it would not happen to me! However, my hair started to thin and fall out in the three-week period after my first chemotherapy and I developed a bald patch across the top of my head.’

Margaret S

‘I was expecting to lose my hair, and was in hospital when it started coming out after one dose of chemo. That was when it really struck me that I was officially a cancer patient – in hospital and balding – and I was really low. Over the next week it started coming out in handfuls, falling in my food and clogging up the sink, and after 10 days I’d had enough and called over a friend who’s a dab hand with the clippers. It was so liberating to get rid of it and regain control – and it looked surprisingly good.’

Sarah M

‘Although I was prepared this time [having had cancer before], I still felt sad and upset once it started to fall out. I got it cut short and managed to keep it another week before my sons helped me to shave it all off.’

Maria

‘I knew it was going to happen and already had my wig and scarves. The hair loss was gradual at first, just a few loose hairs. My normal hairstyle wasn’t affected and I didn’t think it would be a problem. Then one day in the shower handfuls came out. This was the worst moment and one of the few times that I cried.’

Susan

Visit www.breastcancercare.org.uk
**Body hair**

You may also find that you lose some or all of your body hair, including eyebrows, eyelashes, nose hair, underarm (and chest hair for men) and pubic hair. This can be a shock, especially if you’re not prepared for it.

It’s a good idea to avoid perfumed deodorants if you’ve lost hair under your arms from chemotherapy, as they can irritate the skin. You may be advised not to use deodorant or talcum powder while you are having radiotherapy treatment. If you’ve lost underarm hair during radiotherapy and you have a skin reaction (such as redness or broken skin) as a result of treatment you shouldn’t use any deodorant.

‘I hadn’t thought that I may lose my eyebrows and eyelashes and this upset me a little as I just wasn’t expecting it.’

**Kim**

‘I felt very distressed, particularly once I lost my body hair. I felt like an android. My body seemed quite alien. It took a long time to get used to seeing myself in the mirror.’

**Margi**
'An unexpected consequence of losing hair from my nose was that my nose would “run” much more quickly. Speedy use of a tissue was essential!'

Nomkhosi

’[My] pubic hair started to fall out first. I always mention this now to ladies I’m speaking to as it can be a bit of a shock as you don’t always think about [losing hair from places apart from the head].’

Lynda

‘Everything went eventually. I was lucky enough to keep my eyelashes until almost the end of the chemo, and they grew back fairly quickly. Unfortunately those stray hairs that women get in their forties seem to be among the first to return!’

Sarah B
What to wear?

Visit www.breastcancercare.org.uk
What to wear?

Many people choose to wear wigs, scarves, hats or other headwear until their hair grows back. There are many different reasons for this, from keeping warm to concern about what other people might say.

Different people prefer to wear different things – just choose what you feel comfortable with at the time. You might want to wear a wig on special occasions or when going out, but feel more comfortable wearing a cap around the house. Or you might be happy not to wear anything.

‘I had a sarong which I cut to make a few lovely scarves. It took a double-check in the mirror sometimes to ensure that I’d avoided the pirate/fortune teller look, but I generally got pretty good at tying them.’

Claire

‘At first I wasn’t keen on getting a wig but my wonderful breast cancer nurse persuaded me to get one “in case it came in useful.” I only wore my wig once but it was for a business meeting with people I didn’t know very well. It felt more appropriate to be wearing a wig than a scarf in that more formal setting. I felt more confident.’

Nomkhosi

‘An awful lot of the scarves just don’t achieve their objective – if it is to hide the fact that the woman is bald, they just draw attention to it.’

Mary

Call our Helpline on 0808 800 6000
Wigs

Modern wigs are natural looking and comfortable. They can be made from real or synthetic hair or a mixture of both, and are available in many different colours and styles.

At the time of printing, you may be entitled to a free synthetic wig on the NHS if:

- you are an inpatient when the wig is supplied
- you or your partner are receiving Income Support, Income-based Jobseeker’s Allowance, Income-related Employment and Support Allowance or Pension Credit Guarantee Credit
- you are entitled to or named on an NHS Tax Credit Exemption Certificate
- you are named on an HC2 certificate.

Some hospitals may even provide you with a free wig whether or not you meet any of the conditions above. To find out if you’re entitled to a free wig, talk to a healthcare professional as it varies according to where you live in the UK.

You may be entitled to a new wig on the NHS every six months if necessary. Your chemotherapy or breast care nurse should be able to advise you on how to go about getting your wig.

‘When I had my recurrence I went back to my specialist hairdresser for something more exciting and different. He sensibly steered me away from a bright pink wig to one with a spiky young-looking style that really suited me. All I got were comments on how good it looked and to keep the style when my hair grew back.’

Margi

Visit www.breastcancercare.org.uk
If you aren’t entitled to a free wig you can still get one through the NHS at a subsidised rate. To apply for this you’ll need an HC1 form, which you can get from your hospital or at www.nhsbsa.nhs.uk/healthcosts/1128.aspx

Only wigs made of synthetic hair are available on the NHS, so if you prefer to buy a wig made of real hair you’ll need to pay for it yourself. Real hair wigs are usually more expensive and can be time consuming to maintain. If you are not feeling well during treatment, you may find this more difficult. As a rough guide, synthetic wigs cost around £60 upwards, while real hair wigs cost substantially more – often hundreds or even thousands of pounds.

Some hospitals have specialists who may be able to fit you with a wig or advise you about other wig suppliers. Choosing and being fitted with a wig can be a time when you’re forced to face the reality of losing your hair, and it can be an upsetting experience. The wig specialists understand this and will do their best to make you feel at ease.

Your hospital may have a limited range, so if you’re paying for your wig yourself you may prefer to go to a hairdresser, department store, wig retailer or theatrical costumier. This is usually more expensive. Our ‘Headwear, wig and eyelash suppliers’ section has details of a range of wig suppliers. See page 57 for more information.

You don’t have to pay VAT (value added tax) on a wig when hair loss is caused by cancer treatments. To claim back the VAT you will need to complete a VAT form – which most stores will provide at the time of purchase – and send it off. The tax can’t be claimed back at a later date.

Financial help towards the cost of a wig may be available from Macmillan Cancer Support (see page 64) but your doctor, nurse or social worker will need to apply on your behalf.
‘My wig was a godsend and worth every single penny. No-one knew I was wearing one until I told them.’

Margaret W

‘I chose my wig at the local chemo unit before my treatment started. The hairdresser helped me choose a style and it’s quite different from my own hair in both style and colour. I wasn’t intending to wear it but I prefer it to scarves now. I find it quite comfortable and wear it all day at work. I’m a teacher and wondered if the children would notice but apart from an initial comment about my new style they haven’t said anything.’

Susan

Choosing a wig

- Bring a relative or friend to support you and help you choose.
- If it’s important for you to match your wig to your hair colour and style, you may want to choose one before your hair actually falls out. Or you may decide to have a complete change.
- Remember that the wig can be cut and styled to make it look more natural and feel more personal. In some wigs, the hair is packed very densely, which can give a slightly unnatural look. This can be thinned out by trained hair professionals to make the wig look like your own hair. (It’s a good idea to check that your hairdresser or wig consultant has experience of cutting wigs. You can also try www.mynewhair.org for wig cutting salons in your area.)
- If you haven’t yet lost your hair the wig should be quite tight when fitted so that it gives a good fit later on. However, this can be adjusted later if needed.
- Synthetic wigs are light and easy to care for. They are often pre-styled so can be washed and left to drip dry. They are also cheaper than real hair wigs.
- Real hair wigs need to be handled more carefully and may need professional cleaning and restyling. They are also more expensive than synthetic wigs.

Visit www.breastcancercare.org.uk
‘I had a wig supplied free of charge via the NHS and treated myself to a second longer one for special occasions. I had them both trimmed by my hairdresser so they suited my face shape and I was very pleased with the look. So many people had no idea it was a wig! It was comfortable to wear but rather warm on occasions.’

Kim

Wearing a wig

• As long as your wig fits snugly, it shouldn’t move around on your head. However, if you’re worried about your wig falling off, try securing it with hypoallergenic double-sided tape, which is available from wig suppliers. One side of the tape sticks to the inside of the wig while the other side sticks to your scalp. When you take it off you can remove any leftover adhesive with surgical spirit. A wig specialist can also talk to you about other ways of securing your wig.
• Wigs can sometimes feel hot and itchy. You can try wearing a thin cotton lining or skullcap under your wig. You can buy these from wig suppliers or make your own from a cut down stocking or pair of tights.
• If you have an ‘off-the-shelf’ wig and wear it every day it will last about three to four months. After that the elastic gets looser and this affects the fit, although it may be possible to replace the elastic. You may be entitled to a new wig on the NHS every six months if necessary.
• If you need to get undressed, for example at the doctors or while out shopping for clothes, wear something that’s easy to slip off rather than something that goes over your head.
• Avoid excessive heat or steam (such as from the oven or iron) if you have a synthetic wig as it can make the hair shrivel. Don’t get too close to flames from cookers or candles, which can melt synthetic hair and frizz real hair.
‘Both times I lost my hair I bought some fantastic wigs that looked very like my own hair and weren’t very expensive. When you first wear them you are a bit nervous they may slip off but I found even in windy conditions there was no chance of them coming off.’

Eileen

‘Although it was rather itchy around my ears I was very pleased with my wig and several people thought it was my own hair.’

Pauline

‘I had to be careful to ensure that I wore the same wig to work (I am a teacher) as I didn’t want to cause too many comments. I think I got a bit obsessed with them – I couldn’t go to a wig shop without wanting one! They were all cheap so I didn’t feel too bad about it!’

Mo

‘The shop assistant put on a cap to hide my own hair before I tried on any wigs. This was a very emotional moment as we realised what I was going to look like without my hair.’

Jayne

Visit www.breastcancercare.org.uk
Other headwear

Whether or not you wear a wig, there may be times when you want to cover up. Hats, scarves and turbans can be found in a wide variety of styles and colours. They can help you feel more confident about the way you look. As well as looking good, they can keep you warm in winter and protect your head from the sun in summer.

Our HeadStrong service can show you different ways of tying scarves and a selection of suitable hats and other accessories. See page 54, call our free Helpline on 0808 800 6000 or ask your breast care nurse about services in your area.

‘I wore a lot of hats, scarves and bandanas. I preferred these to my wig as it was very hot and itchy. I preferred caps most of the time because they were comfy and quick to put on.’

Joan

‘I always wore a beanie to bed as I found my head got really cold at night – my “bedtime beanie” amused my family no end.’

Margi

‘I didn’t wear anything at all to cover up my baldness. However, as it was summertime I carried a simple sunhat for when I was in the sun for any length of time so as not to burn my scalp.’

Val

Call our Helpline on 0808 800 6000
‘Once I discovered Buffwear I never looked back. I built up a collection of nine Buffs in colours to match every outfit that I wear. For a special evening out I purchased a soft cotton jersey black cap and a separate cream band to wrap round it. I’ve found that the cap looks even better with a Buff wrapped round it, giving more volume to a small round bald head! Buffs come in cool and trendy patterns and colours, so I get lots of compliments and positive comments.’

Margaret S

Scarves

Scarves can be worn in many different ways to create a variety of looks. Choose different colours, patterns and textures to suit your mood and co-ordinate your headwear with your outfit. Our HeadStrong service can provide a free scarf and silk tie at your appointment. See page 54 for more information.

The most comfortable scarves are made from a natural fabric that’s gentle on the scalp and allows it to breathe. Soft cotton is probably best, as satin and silk materials can slide off the head more easily.

See the following pages for some suggestions for different ways of tying scarves.

‘Some friends kindly gave me a lovely bright silk scarf that I used to wear when I was at home.’

Kim

Visit www.breastcancercare.org.uk
Hints and tips for hair loss

Looking after your hair during treatment

Hair thinning, poor condition or a dry and itchy scalp can be related to factors such as a poor diet, stress and alcohol. So as well as taking general steps to look after your hair, you may want to try other things, such as eating a healthy diet with lots of fresh fruit and vegetables and avoiding too much alcohol.

Massaging the scalp may also help by improving the blood supply to the hair follicles.

Whatever treatment you’re having, it’s a good idea to treat your hair as gently as possible. Even if chemotherapy doesn’t make your hair fall out, it may make it brittle, dry or straw like. Using natural products may help with dry and brittle hair.

Always check with a healthcare professional before using any products on your scalp.
You may find the following tips helpful:

- use a mild, unperfumed shampoo and conditioner
- try not to wash your hair more than twice a week
- use tepid rather than hot water
- pat your hair dry rather than rubbing it
- brush or comb your hair gently with a soft hairbrush or wide-toothed plastic comb
- if you have long hair, avoid plaits as this may damage it
- avoid using elastic bands to tie back long hair
- avoid hair colours and dyes, perms and other products containing strong chemicals
- avoid products containing alcohol, such as hairspray, which can irritate the scalp
- avoid excessive heat from hair straighteners, hairdryers, hot brushes and heated rollers.

For more information, see www.mynewhair.org and look at their Patient Information Resource.

‘I didn’t do anything special except when it started growing back. Then I made sure to use only the gentlest of shampoos to avoid damaging the new growth.’

Maggie

‘I used shampoo as normal. (I only use natural products, though.) I also made sure I wore a hat on sunny days in the garden when I wasn’t wearing a wig.’

Susan

Visit www.breastcancercare.org.uk
Great looks with scarves

For a basic headwrap you will need a scarf at least 75cm x 75cm. For more elaborate styles it needs to be 100cm x 100cm.

How to make a basic headwrap

1 Lay a square scarf flat with the wrong side facing you. Fold the scarf diagonally into a triangle.

2 Place the scarf on your head with the folded edge about 2.5cm below your natural hairline and the points at the back.
Hints and tips for hair loss

Visit www.breastcancercare.org.uk

3 Tie the ends into a double knot behind your head over the triangle point (if you are doing more than the basic headwrap you may only need a single knot). The flap should be underneath the knot. Pull any excess scarf from under the knot.

4 Now you have a basic headwrap, you can experiment with different looks and styles.

Tips
To give more height and a better head shape you can:
• ‘scrumple’ or pleat the long edge of the scarf
• roll the edge of the scarf around a 25cm long foam tube (like a finger bandage) before putting it on your head
• place a foam shoulder pad on the crown of your head under the scarf. You can attach it with double-sided tape available from wig shops.
Variations

Wear the ends of the scarf loose – particularly if it’s sunny or if you’re going to wear a hat on top.

Twist the three ends together – it will look like a twisted rope – and wrap tightly around the knot for the look of a bun or rosette. Secure the loose ends by tucking them through the centre of the bun.

Tie the ends of the scarf in a bow or gather all the ends in an elasticated ponytail band to help make loops and tails to form a bow. The bow also looks good under a hat.

For a different twist, pull all three ends together and tuck securely over and under the knot to give the illusion of a French hair roll.

Call our Helpline on 0808 800 6000
Hints and tips for hair loss

Visit www.breastcancercare.org.uk

1. Twist the long ends separately.
2. Bring them forward and tie them at the front of your head.
3. Continue twisting and tucking the ends in around your head.
4. At the back, twist the short end and tuck it in.

Tips

- You may find it helps to twist one end at a time and secure it with a hairgrip, paperclip or elastic band while you twist the other one.
- You can vary this by twisting in coloured cord, beads or a contrasting scarf to match what you’re wearing.

Visit www.breastcancercare.org.uk
Drawing or filling in your eyebrows

To redraw or fill in your eyebrows, find your natural eyebrow arch and use short feathery strokes with an eyebrow pencil for a natural look.

- Hold the eyebrow pencil upright along the side of your nose. This is the natural start of the eyebrow. Draw a dot as a guide.
- Hold a pencil at an angle to the outer edge of the eye – this is where the eyebrow finishes. Mark with a dot.
- Look straight ahead – hold the pencil upright in line with the outer edge of the iris (the coloured part of the eye). This point is the highest part of the brow. Again, mark with a dot.
- Once you’re happy with the basic shape, ‘join up’ the points for the shape of the brow line with feathery strokes of colour, making the brow fuller on the inside corner and thinning out as it moves out.
Hats

When looking for a hat, you may want to choose a style that can be pulled down to cover your hairline. As well as specialist hat shops and department stores, wig and headwear suppliers also stock suitable hats (see ‘Headwear, wig and eyelash suppliers’ on page 57).

‘I crocheted some skull caps in different colours and wore them for warmth. I also had a big furry Davy Crockett hat, which hid a multitude of sins.’

Sarah M

‘I found it useful to keep a towelling hat in my dressing gown pocket in case I needed to answer the door in a hurry.’

Nomkhosi

‘I wore a lot of caps to hide the bald patches.’

Jayne
Turbans

Cotton or jersey turbans are light, comfortable and easy to wash. They don’t cost much and can be bought in some department stores, chemists, hospital shops and from wig and headwear suppliers.

Fringes

If you normally have a fringe, you may feel that you still don’t look right no matter what headwear you choose. Worn under a scarf or hat, you may find that a fringe on a Velcro band makes all the difference. Fringes can be trimmed and shaped to suit and are available from wig suppliers.

You can also buy hairpieces that you can fix under the back of a hat. They give the appearance of hair and, like the fringes, can be styled to suit you.
Eyelashes and eyebrows

Losing your eyelashes and/or eyebrows can be upsetting, especially if you’re not expecting it to happen. Some people don’t lose their eyebrows or eyelashes, on some people they thin, and others lose them altogether.

Eyelashes

If you lose your eyelashes you’ll probably find that your eyes get sore easily. If your eyes are inflamed ask your chemotherapy nurse for some drops to help reduce the soreness. Rinsing your eyes with saline (salt water) solution in an eye bath or egg cup may help, but check with your chemotherapy nurse first.

Eyelashes can take up to a year to grow back fully, although they will usually grow back in about six months. They can sometimes grow back patchily.

You may want to use make-up or false eyelashes to replace your eyelashes. You can use eyeliner to draw along the top of your eyelid to give the illusion of lashes. Choose either an eyeliner the colour of your own lashes or a contrasting colour that goes with your skin tone.

‘I bought lashes and spent time at a beauty salon to learn how to put them on properly. A fiver well spent!’

Susan H

Visit www.breastcancercare.org.uk
If your eyes aren’t feeling sore or sensitive you may want to try false eyelashes, including single lashes, but check first with your chemotherapy nurse. False eyelashes can be bought from chemists and come in many different styles, lengths and thicknesses. You could choose eyelashes that are similar to your own, or try ones that are completely different. Make-up counters in department stores are a good source of help, or try your local beauty salon.

‘I used false eyelashes for parties and only wore mascara when necessary. I used only non-waterproof mascara so that I could remove it without dragging the lashes. For everyday I wore eyeliner but I didn’t bother pencilling in my eyebrows.’

Sarah B

‘Despite the loss of my eyebrows and eyelashes I never tried to recreate them. Since the loss was not sudden I gradually got used to my changed appearance. I continued to wear a soft eyeliner to define my eyes. I also wore mascara until I lost my last few eyelashes.’

Alison
Eyebrows

If you lose your eyebrows, or find that they are thinner, you may be very conscious of how this alters the way you look. You can recreate a natural appearance by using eyebrow make-up in a shade that matches your hair colour.

There are all kinds of eyebrow products available from the major cosmetic companies – from eyebrow shapers and finishers to pencils, pens and powders. Make-up counter staff in department stores and chemists will be happy to give you a demonstration and advise you on the most suitable products for your skin type and colour.

Stick-on eyebrows for people experiencing hair loss are also available in a range of shades and shapes.

‘I used a brow pencil for eyebrows and a blue liner around my eyelids, which did help.’

Margy

‘I used eyebrow powder and that made a huge difference to how I felt – it’s marvellous stuff.’

Margaret W

Visit www.breastcancercare.org.uk
Changing the emphasis

Some people feel more confident if attention is directed away from their hair and their head. There are a number of ways of doing this that might help.

- Jewellery such as earrings, necklaces, rings and brooches can attract attention.
- You could experiment with make-up, using different colours to emphasise your eyes or lips.
- Finding an item of clothing that gives you confidence – a jacket, shoes or a bag – can also attract attention.

Some hospitals run a Look Good... Feel Better programme where you’ll get expert advice on make-up and skincare. Ask your breast care or chemotherapy nurse if there is a programme in any of your local hospitals.

‘I used to go weeks without wearing any eye make-up, but I found once I lost my hair and was very pale because of anaemia, my face looked featureless if I didn’t use eye make-up and bright red lippy!’

Sarah M

‘I wore lots of make-up and big earrings to compensate. It certainly turned heads.’

Sarah B
‘I lost my eyelashes and eyebrows and wore make-up to recreate them. I attended a make-up class at the hospital, which was a real treat. Not only did I learn to draw reasonable eyebrows but I met a bunch of women who were going through the same thing and worse. We used to meet up at outpatient appointments and it was great to see a friendly face and have a good natter while we were waiting to be seen.’

Nomkhosi
When your hair grows back

Your hair will almost always start to grow back once your treatment is over, and sometimes it may even start to grow back before you finish your treatment. After three to six months you may have a full covering of hair on your head, although for some people this can be patchy. Other hair, such as your eyebrows and eyelashes, may grow back more quickly or more slowly.

When it grows back the quality of your hair may be different from before. It may be softer and more baby-like in texture, or curlier, or may be a different colour. Your hair will often return to how it was before, though in some cases the change may be permanent.

While your hair is growing back you need to continue to treat it with care and may want to consult your hairdresser about how best to look after it.

- It’s best to avoid perming, colouring or using chemical products on your hair for at least six months after the end of treatment, as your hair may still be weak.
- If you want to colour your hair, ask your hairdresser for advice on natural products such as henna or vegetable-based colour.
- Avoid hair extensions that are woven in for several months after your hair has begun to grow back as the new hair will be very delicate and liable to break easily.

‘It was very liberating not to have to think about hair! I have kept my hair very short since as it’s so easy and looks quite avant garde.’

Sarah M

Call our Helpline on 0808 800 6000
You may also find there is an in-between period when your hair is growing back but you aren’t quite ready to go out with your own hair. You may choose to wear a wig or other headwear until your hair is longer. When going out without a wig or other headwear for the first time, you may find it helps your confidence to go to a public place where you are not known.

Losing your hair and living without it can be a distressing time, but it doesn’t last forever. Some people find it easier to cope with than they expected and sometimes there is even a positive side to the experience.

‘At first I looked closely at strangers to gauge their reaction but no-one gave me a second glance. I’m now starting to venture out with my new short hair... I’m still a bit wary and I pick and choose where and when I go wigless.’

Susan

‘When I took my scarf off for the first time I looked like I had a very short shaven head, but it was possible to go out. It’s amazing what a difference a half centimetre of hair can make.’

Margaret W

‘After the chemotherapy finished my hair gradually started to grow back. It was emotional to have hair again. It grew back very thick and curly. When I first went out I was self-conscious but after the first time out I was fine.’

Pauline

Visit www.breastcancercare.org.uk
‘In December I made my first visit to a customer since losing my hair and as it was still very short I wore a woollen hat to keep my head warm. I signed in at the reception desk and pulled my hat off, whereupon the security guard burst out, “Oh, I love your hair, it really suits you!” I could have kissed him, and this gave me all the confidence I needed to display my new hair to all comers.’

Val

‘I used to have long, straight, very fine sandy-coloured hair. I now have dark brown hair, which is coarser, curly and naturally at the moment very short. The first time I revealed my new hair it was very exciting and I was waiting for everyone to comment on it.’

Kathryn

‘It’s only a temporary loss, which of course can be devastating. However, it is important to keep focused throughout this experience, knowing there’s light at the end of the tunnel and your hair will come back.’

Margy

‘The whole experience was not as terrible as I had first imagined. The hardest time for me was the actual process of hair loss.’

Alison

‘It was a total surprise to me that I could cope with losing my hair, which was due in no short measure to everyone else’s loving support and acceptance of the situation.’

Kathryn
Further support

Breast Cancer Care

From diagnosis, throughout treatment and beyond, our services are here every step of the way. Here is an overview of all the services we offer to people living with and beyond breast cancer.

Helpline
Our free, confidential Helpline is here for anyone who has questions about breast cancer or breast health. Your call will be answered by one of our nurses or trained staff members with experience of breast cancer. Whatever your concern, you can be confident we will understand the issues you might be facing, and that the information you receive is clear and up to date. We will also let you know where else you can go for further support.

Website
We know how important it is to understand as much as possible about your breast cancer. Our website is here round the clock giving you instant access to information when you need it. As well as clinical information, you’ll find real life experiences and a daily newsblog on stories about breast cancer in the media. It’s also home to the largest online breast cancer community in the UK, so you can share your questions or concerns with other people in a similar situation.

Our Services Map [www.breastcancercare.org.uk/map](http://www.breastcancercare.org.uk/map) is an interactive tool, designed to help you find breast cancer services in your local area, wherever you live in the UK.

One-to-One Support
Our One-to-One Support service can put you in touch with someone who knows what you’re going through. Just tell us what you’d like to talk about (the shock of your diagnosis, understanding treatment options or your feelings after finishing treatment, for example), and we can find someone who’s right for you. Our experienced volunteers give you the chance to talk openly away from family and friends.

Visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)
Discussion Forums
Through our Discussion Forums you can exchange tips on coping with the side effects of treatment, ask questions, share experiences and talk through concerns online. Our dedicated areas for popular topics should make it easy for you to find the information you’re looking for. The Discussion Forums are easy to use and professionally hosted. If you’re feeling anxious or just need to hear from someone else who’s been there, they offer a way to gain support and reassurance from others in a similar situation to you.

Live Chat
We host weekly Live Chat sessions on our website, offering you a private space to discuss your concerns with others – getting instant responses to messages and talking about issues that are important to you. Each session is professionally facilitated and there’s a specialist nurse on hand to answer questions.

Ask the Nurse
If you find it difficult to talk about breast cancer, we can answer your questions by email instead. Our Ask the Nurse service is available on the website – complete a short form that includes your question and we’ll get back to you with a confidential, personal response.

Information and Support Sessions and Courses
We run Moving Forward Information and Support Sessions for people living with and beyond breast cancer. These sessions cover a range of topics including adjusting and adapting after a breast cancer diagnosis, exercise and keeping well, and menopause. In addition, we offer Lingerie Evenings where you will learn more about choosing a bra after surgery.

We also offer Younger Women’s Forums, Living with Secondary Breast Cancer courses and SECA support groups for people with secondary breast cancer to offer specific, tailored support.
Information Resources

Our free Information Resources for anyone affected by breast cancer include factsheets, booklets and DVDs. They are here to answer your questions, help you make informed decisions and ensure you know what to expect. All of our information is written and reviewed regularly by healthcare professionals and people affected by breast cancer, so you can trust the information is up to date, clear and accurate. You can order our publications using our order form, which can be requested from the Helpline. All our publications can also be downloaded as PDFs from our website.

HeadStrong and other hair loss programmes

Breast Cancer Care’s HeadStrong service and hair loss programmes run by other organisations are available around the country. For details of services in your area, ask your breast care nurse or ring our free Helpline on 0808 800 6000 (for Typetalk prefix 18001).

HeadStrong

HeadStrong is a free advisory service run by professionally trained volunteers, offering information and support on hair loss due to cancer treatment, on an individual appointment basis.

Birmingham
Queen Elizabeth Hospital
0121 371 6210

Bradford
Bradford Cancer Support
01274 776 688

Blantyre
The Haven Centre
01698 727 884

Cardiff
Velindre Cancer Centre,
Whitchurch
02920 196 132

Bournemouth
Royal Bournemouth Hospital
01202 704 524

Chester
Macmillan Support and
Information Centre, Countess
of Chester Hospital
01244 364 948

Visit www.breastcancercare.org.uk
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Chesterfield</td>
<td>Chesterfield Royal Hospital</td>
<td>01246 513 033</td>
</tr>
<tr>
<td>Clatterbridge</td>
<td>The Clatterbridge Centre for Oncology</td>
<td>0151 334 1155 extn. 4109</td>
</tr>
<tr>
<td>Doncaster</td>
<td>The Aurora Centre</td>
<td>01302 553 198</td>
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<tr>
<td>East Kilbride</td>
<td>Kilbryde Drop-in Centre</td>
<td>01355 593 484</td>
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<tr>
<td>Glasgow</td>
<td>The Beatson West of Scotland Cancer Centre (Beatson inpatients only)</td>
<td>0141 301 7667 (57667 internal)</td>
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<tr>
<td>Halifax and Huddersfield</td>
<td>Macmillan Unit, Calderdale Royal Hospital</td>
<td>01422 222 700</td>
</tr>
<tr>
<td>Kilmarnock</td>
<td>Crosshouse Hospital</td>
<td>01563 826 025</td>
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<tr>
<td>Leicester</td>
<td>Coping with Cancer</td>
<td>0116 223 0055</td>
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<tr>
<td>Liverpool</td>
<td>The Linda McCartney Centre</td>
<td>0151 706 3720</td>
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<tr>
<td>Livingston</td>
<td>St John’s Hospital</td>
<td>01506 522 119</td>
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<tr>
<td>London</td>
<td>Guy’s Hospital</td>
<td>0207 188 6452</td>
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<tr>
<td>Middlesbrough</td>
<td>Holistic Cancer Care Centre</td>
<td>01642 854 839</td>
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<tr>
<td>Newcastle upon Tyne</td>
<td>Northern Centre for Cancer Care, Freeman Hospital</td>
<td>0191 213 8421</td>
</tr>
<tr>
<td>Peterborough</td>
<td>Peterborough City Hospital</td>
<td>01733 673 056 or 01733 673 057</td>
</tr>
<tr>
<td>Preston</td>
<td>Royal Preston Hospital</td>
<td>01772 523 522</td>
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<tr>
<td>Southend</td>
<td>Southend University Hospital</td>
<td>01702 385 319</td>
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<tr>
<td>Stockport</td>
<td>Beechwood Cancer Care Centre</td>
<td>0161 476 0384</td>
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<tr>
<td>Welwyn Garden City</td>
<td>Queen Elizabeth II Hospital</td>
<td>01707 365 181</td>
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</tbody>
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Call our Helpline on **0808 800 6000**
West Bromwich
Court Yard Centre, Sandwell Hospital
0121 507 3792

Wolverhampton
New Cross Hospital
01902 695 234

Wrexham
Wrexham Maelor Hospital
01978 727 603

Ysbyty Glan Clwyd
The Cancer Treatment Centre
01745 445 206

Ysbyty Gwynedd
Ysbyty Gwynedd Hospital
01248 384 008

We are opening more HeadStrong services all the time, so please call your nearest Breast Cancer Care centre to find out about services in your area.
Headwear, wig and eyelash suppliers

Disclaimer: Breast Cancer Care does not approve or endorse any specific suppliers of wigs, headwear and accessories. However, you may find the following list useful. You can find other suppliers in the phone book or via the internet.

Please also note that not all suppliers have a shop, and some of the addresses given below are not intended to receive visitors. If you intend to visit, please contact the supplier first to confirm whether this is possible.

4myhead.com Limited
346a Farnham Road, Slough, Berkshire, SL2 1BT

Telephone: 07505 028 099
Email: info@4myhead.com
Website: www.jashcroft.co.uk

Hats, headscarves and headbands in natural fabrics made individually in the UK.

Annabandana
49 Chapel Lane, Great Barr, Birmingham, B43 7BD

Telephone: 0121 357 3654 or 07951 371 061
Website: www.annabandana.co.uk

A range of handmade, fitted headscarves, scarves, sleep caps and bandanas/zandanas.

Bandanashop.com
Penleigh House, Tedburn St Mary, Exeter EX6 6AD

Telephone: 0800 678 5528
Email: sales@bandanashop.com
Website: http://bandanashop.com

Wide range of headwraps, Buffs and bandanas to order online or by phone.

Call our Helpline on 0808 800 6000
Black Care UK
PO Box 2169, Woodford Green IG8 0NE

Telephone: 020 8279 0335
Email: info@blackcareuk.com
Website: www.blackcareuk.com

Suppliers of African Caribbean haircare products including wigs.

Bohemia Fashions Headware
32 Buchanan Drive, Luton, Bedfordshire, LU2 0RT

Telephone: 01582 750 083
Email: info@bohemia-fashions.com
Website: www.bohemia-fashions.co.uk

Comfortable headwear for hair loss. Fitted scarves, bandanas, turbans, swim caps, sleep caps, soft hats, fringes and wig accessories. Many items also available in petite size.

C&E Headwear
PO Box 518, Haywards Heath, West Sussex RH17 7DY

Telephone: 01825 791337
Email: pat@pfrank.wanadoo.co.uk

Mail order range of headwear especially designed for those experiencing hair loss.

Emma & Pickles
The Studio, Pit Cottage, Dinnington, nr Hinton St George, Crewkerne, Somerset TA17 8ST

Telephone: 05602 774 756
Website: www.chemochic.co.uk

Offers headwear for women who lose their hair and want an alternative to a wig. The service is by mail order and orders are

Visit www.breastcancercare.org.uk
usually despatched the next working day after they have been received. Emma & Pickles donate £1 to cancer charities for every item sold.

**Feelgood Scarves**
47 Satchel Lane, Hamble, SO31 4HZ

Telephone: **020 8144 4917**  
Email: [info@feelgoodscarves.co.uk](mailto:info@feelgoodscarves.co.uk)  
[www.feelgoodscarves.co.uk](http://www.feelgoodscarves.co.uk)

Stockists of turbans, hats, fringes, scarves and hat liners. The site also includes a blog. There is a separate website (clickable from the address above) for people in Ireland.

**Glenn James Wig Specialists.**  
3 Albany House, Woodhall Spa, Lincolnshire, LN10 6TT

Telephone: **01526 353 015**  
Website: [www.glennjameswigs.co.uk](http://www.glennjameswigs.co.uk)

Specialists in synthetic, real hair and custom-made wigs. All accessories available. Registered NHS supplier.

**Hats 4 Heads**
PO Box 407, Altrincham, Cheshire WA15 9WX

Telephone: **0161 941 6748**  
Email: [info@hats4heads.co.uk](mailto:info@hats4heads.co.uk)  
Website: [www.hats4heads.co.uk](http://www.hats4heads.co.uk)

A range of hats designed especially for people who have lost their hair through illness.
The India Shop
5 Hilliers Yard, Marlborough, Wiltshire SN8 1BE

Telephone: 01672 851 155
Email: enquiries@theindiashop.co.uk
Website: www.theindiashop.co.uk

Wide range of specially designed 100% fairtrade cotton scarves and accessories.

Kitshack Limited
Cranborne House, Cranborne Road, Potters Bar, Hertfordshire EN6 3JN

Telephone: 01707 852 244
Email: sales@kitshack.com
Website: www.buffwear.co.uk

Buffwear supplier.

NHC Necessity Headwear Collection
3 Christian Close, Hoddesdon, Hertfordshire EN11 9FF

Telephone: 01992 474 104
Email: info@necessityheadwear.com
Website: www.necessityheadwear.com

A mail-order range of specifically created headwear for women with hair loss.

Periwig Consultants
2 Cathedral Road, Cardiff CF11 9LJ

Telephone: 02920 224 767
Email: info@periwigconsultants.com
Website: www.periwigconsultants.com

Wig specialists with a wide range available by face-to-face appointment in Cardiff or mail order.

Visit www.breastcancercare.org.uk
R and R Confidence
8 Lyndhurst Road, Rugby CV21 4HL

Telephone: 01788 812 713
Email: info@randrconfidence.co.uk
Website: www.randrconfidence.co.uk

Offers an exciting and elegant range of headscarves, headwear, soft hats and accessories.

Suburban Turban
Laycocks, School Lane, Westcott, Surrey RH4 3QF

Telephone: 0845 003 2800
Email: nicky@suburbanturban.co.uk
Website: www.suburbanturban.co.uk

Contemporary, specially designed headwear for hair loss to buy online.

Trendco
Sheridan House, 114–116 Western Road, Hove BN3 1DD

Telephone: 01273 774 977 or 01273 777 503
Email: info@trendco.co.uk
Website: wigsattrendco.co.uk

Wig suppliers with mail-order service and salons in Birmingham, Hove, London, Manchester and Nottingham.

Trends Wigs & Hairpieces
337 Glossop Road, Sheffield S10 2GZ

Telephone: 0114 276 8676
Email: sales@webwigs.co.uk
Website: www.webwigs.co.uk

Specialists with a wide range of wigs available by mail order or appointment in Sheffield.

Call our Helpline on 0808 800 6000
Wig Bank
Wig Bank, 7 School Brae, Cramond, Edinburgh EH4 6JN

Telephone: 0131 336 5100
Email: info@wigbank.com
Website: www.wigbank.com

Sell and hire second-hand wigs (which have been washed, conditioned and disinfected). At the time of writing, charges are £10–20 to buy a wig and £5 to hire one. Wig Bank are based at a network of locations around the UK (full details are available on their website).

Wigs4u
PO Box 9, Wisbech, Cambridgeshire PE13 1HN

Telephone: 01945 587 584
Email: enquiries@wigs4u.co.uk
Website: www.wigs4u.co.uk

Specialists with a range of wigs and accessories available by mail order or appointment.

Visit www.breastcancercare.org.uk
Useful addresses

Hospices of Hope
11 High Street, Otford, Kent TN14 5PG

Telephone: 01959 525 110
Email: office@hospicesofhope.co.uk
Website: www.hospicesofhope.co.uk

At the time of going to press, the charity Hospices of Hope accept donations of unwanted wigs and prostheses, which they send to Romania.

Look Good... Feel Better
West Hill House, 32 West Hill, Epsom, Surrey KT19 8JD

Telephone: 01372 747500
Email: info@lgfb.co.uk
Website: www.lookgoodfeelbetter.co.uk

Offers professionally run beauty workshops in hospitals around the country for women living with cancer.
Macmillan Cancer Support
89 Albert Embankment, London SE1 7UQ

General enquiries: 020 7840 7840
Helpline: 0808 808 0000
Website: www.macmillan.org.uk
Textphone: 0808 808 0121 or Text Relay

Macmillan Cancer Support provides practical, medical, emotional and financial support to people living with cancer and their carers and families. Over the phone, its cancer support specialists can answer questions about cancer types and treatments, provide practical and financial support to help people live with cancer, and are there if someone just wants to talk. Its website features expert, high-quality information on cancer types and treatments, emotional, financial and practical help, and an online community where people can share information and support. Macmillan also funds expert health and social care professionals such as nurses, doctors and benefits advisers.

Macmillan Cancer Support and Toni&Guy have developed a training programme that aims to ensure people affected by cancer have access to a salon in their area where a trained professional can provide specialist support and advice on hair care. To find out more about their Strength in Style programme, or to find a participating salon near you, visit: www.macmillan.org.uk and search for ‘Strength in Style’.

Visit www.breastcancercare.org.uk
My New Hair
Roffey Park Institute, Forest Road, Horsham, West Sussex RH12 4TB

Telephone: 01798 812 547
Email: info@mynewhair.org
Website: www.mynewhair.org

The charity My New Hair lists a national network of independent salons and professionals who offer a wig styling service for people experiencing cancer and medical hair loss.
Find out more

We offer a range of services to people affected by breast cancer. From diagnosis, through treatment and beyond, our services are here every step of the way.

To request a free leaflet containing further information about our services, please choose from the list overleaf, complete your contact details and return to us at the FREEPOST address or order online at www.breastcancercare.org.uk/publications

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This booklet has been produced by Breast Cancer Care’s clinical specialists and reviewed by healthcare professionals and people affected by breast cancer.

If you would like a list of the sources we used to research this publication, email publications@breastcancercare.org.uk or call 0845 092 0808.

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Visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or call our free Helpline on 0808 800 6000 (Text Relay 18001).

Interpreters are available in any language. Calls may be monitored for training purposes. Confidentiality is maintained between callers and Breast Cancer Care.

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