



The hair loss clinic

Held at South Petherton Hospital



01460 243 000
yeovilhospital.nhs.uk



About your clinic appointment

Your appointment will last for about an hour, during this time you will:

- be given the opportunity to look at and try on a variety of wigs, and be given advice on fitting and styles etc.
- be given washing instructions and how to care for your wig
- discuss alternative headwear ie. scarves, hats etc.
- be given a patient information booklet - 'Coping with hair loss' (Macmillan/Cancerbackup)
- be informed about NHS/private charges

Prescription charges from April 2016

Stock Modacrylic Wig - £68.90

You will be exempt from these charges if the patient is:

- Under 16 years of age 16, 17 or 18 years of age in full time education
- Has a valid war pension exemption certificate N and the items
- prescribed are accepted disablement
- Named on a valid HC2 NHS low income scheme certificate
- Named on a valid HC3 certificate for help with health costs
- Included in an award of Income Support or income related employment and support allowance
- Included in an award of Pension Credit Guarantee Credit
- Included in an award of income based Jobseeker's Allowance
- Included in a Tax Credit Award and has a valid NHS Tax Credit
- Exemption Certificate

Hair loss

Hair is important to everyone's appearance and self image, so losing your hair can be a distressing experience. Some patients feel anxious and can find talking to the staff caring for them helps as they will be able to answer questions and give advice.

You could think about having your hair cut short before your treatment starts. This may help to minimise hair loss as it reduces the weight of hair pulling on the scalp. If you are used to long hair you might find it easier to have it cut in stages to give you time to adjust to a new length. However, some people prefer to shave their heads completely even before they start to lose their hair as this can give a sense of control over what is going to happen.

Alternative headwear

Please ask about alternative headwear we can supply. During your consultation you will be given the opportunity to discuss and try alternative head wear ie. scarves, hats, turbans. Your hair will nearly always grow back once you have finished your treatment. An exception to this is certain types of radiotherapy which may result in permanent hair loss to the area treated.

Chemotherapy

Chemotherapy is a treatment which uses anti-cancer drugs to destroy cancer cells. The drugs work by attacking the cancer cells and disrupting their growth. Unfortunately, they can also affect the normal cells in the body, including the cells of the hair follicles which can cause hair loss, also known as alopecia. Unlike cancer cells, however, the normal cells quickly recover, so if you lose your hair due to chemotherapy it will grow back when your treatment is over.

Before you start chemotherapy, your doctor or chemotherapy nurse will discuss the possibility of hair loss and other side effects with you. Not all chemotherapy drugs make your hair fall out, and sometimes the loss is so small it is hardly noticeable.

Some people, however, have temporary partial or complete baldness.

Some chemotherapy drugs make other body hair fall out, such as eyebrows, eyelashes, beard, moustache, chest, underarm, leg and pubic hair. The amount of hair that falls out, if any, depends on the drug or combination of drugs used, the dosage given and the way that your body reacts to the drug.

If your hair is going to fall out, it usually starts within a few weeks of starting the chemotherapy, although very occasionally it can start within a few days.

Will hair grow back after chemotherapy?

Your hair may begin to grow back before you finish your treatment. At first the hair is very fine but you will probably have a full head of hair after 3-6 months. You may find that your new hair is curlier or finer than it was before. It may also be a slightly different colour, or sometimes a mixture of dark and grey hair.

Radiotherapy

Radiotherapy treats cancer by using high-energy rays which destroy the cancer cells while doing as little harm as possible to normal cells.

Unlike chemotherapy, radiotherapy causes hair loss only in the area being treated. For example, if you have radiotherapy to your head you will probably lose some hair from your scalp in the area where the radiotherapy beam goes. The radiotherapy treatment for breast cancer includes your armpit and the hair under your arm is likely to fall out.

Will hair grow back after radiotherapy?

Hair does not always grow back after radiotherapy. Some people have permanent hair loss, or find that the hair grows back is patchy. Your doctor or radiographer will discuss the possibility of permanent hair loss. Please refer to the Macmillan/ Cancerbackup booklets - 'Understanding Radiotherapy' or the 'Coping with hair loss'.

Looking after your hair

- Use only gentle hair products, and non-medicated shampoo, to prevent dryness of the hair and scalp
- Brush your hair gently using a brush with wide prongs or a wide-toothed comb.
- At night, wear a hairnet, a soft cap or turban around your head to collect any loose hair
- Don't use excessive heat from hairdryers or heated rollers, as this can over-dry and make it break
- Avoid plaiting your hair or wearing it in tight band, as this can damage and break your hair
- Eat a well-balanced diet with plenty of fruit, vegetables, protein and carbohydrates to help keep your hair in good condition
- Gently massaging the scalp may improve the blood supply to the hair follicles
- Avoid perming your hair as this can make the hair even more dry and brittle

For further information, please refer to the Macmillan/ Cancerbackup booklet - 'Coping with hair loss'. Information in this leaflet was sourced from the Macmillan Cancer Support website: www.macmillan.org.uk

Information and helpful hints on caring for your wig

- Always remember to never use a hair dryer or electrical items on your wig
- Always keep it away from heat eg. standing over the oven and opening the oven door as the heat will affect the fibres of your wig. Wearing a scarf or a turban when cooking is often a good idea

Washing your wig

If you only wear your wig for short periods of time and not in a smoky atmosphere, you should only need to wash it about once a month - washing it too often can affect the life of your wig.

You can do this by placing your wig in a bowl of cool water and adding a small amount of wig shampoo (only products for wigs should be used it is advised not to use hair shampoo as this can harm the fibres of your wig). Then gently pat your wig in the water, remembering not to rub, as this again can harm the fibres.

Rinse your wig in cool water and remove from the bowl, placing it on a towel pat dry, again do not rub your wig.

Remove from the towel and give your wig a good shake this will remove some of the water and will fluff up the wig fibres allowing them to go back into shape.

Place your wig to dry over a plastic wig stand or a bottle, as this will allow the air to circulate. Do not use anything that will prevent the air from circulating as this can cause your wig to smell.

Whilst your wig is damp (or dry) spray it with wig conditioner, this helps your wig to stay in good condition, it can also be used between washing your wig to freshen it up (refer to the instructions for use on the product).

For appointments please contact the reception desk
Macmillan Unit on 01935 384553

Sue Sturgess (Hair Loss Co-ordinator)
Mobile 07795 333303

Clinics are held at South Petherton Hospital:
(see below for bus timetable and back for map location)

Tuesday Clinic (from 2pm)
Thursday Clinic (all day)

| SOUTH WEST COACHES | | | | | | | | | | | | | |
|--|-------------|-----------|-------------|-----------|-------------|-----------|-------------------------------------|-----------|-------------|-----------|-------------|-------------------|-------------|
| SOUTH PETHERTON - YEOVIL | | | | | | | | | | | | SERVICE 81 | |
| VIA STOKE SUB HAMDON - MONTACUTE | | | | | | | | | | | | | |
| MONDAY TO SATURDAY (EXCEPT PUBLIC HOLIDAYS) | | | | | | | FROM MONDAY 31ST AUGUST 2015 | | | | | | |
| SERVICE NO. | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 |
| NOTES | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF |
| | NSAT | | NSAT | | NSAT | | NSAT | | NSAT | | NSAT | | NSAT |
| Yeovil, Bus Station | 0800 | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1615 | 1715 | 1815 | | |
| Yeovil, Clarence Street, Tesco | | 0803 | 0903 | 1003 | 1103 | 1203 | 1303 | 1403 | 1503 | 1618 | 1718 | 1818 | |
| Yeovil, Kingston, Opp. Hospital | | 0804 | 0904 | 1004 | 1104 | 1204 | 1304 | 1404 | 1504 | 1619 | 1719 | 1819 | |
| Yeovil, Preston Road, Bell Inn | | 0807 | 0907 | 1007 | 1107 | 1207 | 1307 | 1407 | 1507 | 1622 | 1722 | 1822 | |
| Yeovil, Crematorium | 0648 | 0738 | 0809 | 0909 | 1009 | 1109 | 1209 | 1309 | 1409 | 1509 | 1624 | 1724 | 1824 |
| Yeovil, Houndstone Corner | - | - | 0810 | 0910 | 1010 | 1110 | 1210 | 1310 | 1410 | 1510 | 1625 | 1725 | 1825 |
| Lower Odcombe, Nursery | - | - | 0813 | 0913 | 1013 | 1113 | 1213 | 1313 | 1413 | 1513 | 1628 | 1728 | 1828 |
| Montacute, The Borough | - | - | 0815 | 0915 | 1015 | 1115 | 1215 | 1315 | 1415 | 1515 | 1630 | 1730 | 1830 |
| Montacute, OPP Stanchester School | - | - | 0818 | 0918 | 1018 | 1118 | 1218 | 1318 | 1418 | 1518 | 1633 | 1733 | 1833 |
| Stoke Sub Hamdon, Post Office | 0658 | 0748 | 0822 | 0922 | 1022 | 1122 | 1222 | 1322 | 1422 | 1522 | 1637 | 1737 | 1837 |
| Norton Sub Hamdon, Telephone Box | - | - | 0826 | 0926 | 1026 | 1126 | 1226 | 1326 | 1426 | 1526 | 1641 | 1741 | 1841 |
| Watergore, Petrol Station | - | - | 0830 | 0930 | 1030 | 1130 | 1230 | 1330 | 1430 | 1530 | 1645 | 1745 | 1845 |
| South Petherton, Library | 0704 | 0754 | 0833 | 0933 | 1033 | 1133 | 1233 | 1333 | 1433 | 1533 | 1648 | 1748 | 1848 |
| South Petherton, Summershard | - | - | 0836 | 0936 | 1036 | 1136 | 1236 | 1336 | 1436 | 1536 | 1651 | 1751 | - |
| South Petherton, St James' St, Church | 0705 | 0755 | 0840 | 0940 | 1040 | 1140 | 1240 | 1340 | 1440 | 1540 | 1655 | 1755 | 1855 |
| South Petherton Hospital | | | 0845 | 0945 | 1045 | 1145 | 1245 | 1345 | 1445 | 1545 | 1700 | 1800 | |
| SERVICE NO. | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 | 81 |
| NOTES | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF | LF |
| | NSAT | | NSAT | | NSAT | | NSAT | | NSAT | | NSAT | | NSAT |
| South Petherton, St James' St, Church | 0710 | 0800 | 0840 | 0940 | 1040 | 1140 | 1240 | 1340 | 1440 | 1540 | 1655 | 1755 | 1855 |
| South Petherton Hospital | - | - | 0845 | 0945 | 1045 | 1145 | 1245 | 1345 | 1445 | 1545 | 1700 | 1800 | 1900 |
| South Petherton, David Hall | 0711 | 0801 | 0849 | 0949 | 1049 | 1149 | 1249 | 1349 | 1449 | 1549 | 1704 | 1804 | 1904 |
| Watergore, Petrol Station | 0715 | 0805 | 0853 | 0953 | 1053 | 1153 | 1253 | 1353 | 1453 | 1553 | 1708 | 1808 | 1908 |
| Norton Sub Hamdon, Telephone Box | 0719 | 0809 | 0857 | 0957 | 1057 | 1157 | 1257 | 1357 | 1457 | 1557 | 1712 | 1812 | 1912 |
| Stoke Sub Hamdon, Post Office | 0722 | 0813 | 0900 | 1000 | 1100 | 1200 | 1300 | 1400 | 1500 | 1600 | 1715 | 1815 | 1915 |
| Montacute, Stanchester School | 0725 | 0816 | 0903 | 1003 | 1103 | 1203 | 1303 | 1403 | 1503 | 1603 | 1718 | 1818 | 1918 |
| Montacute, The Borough | 0728 | 0820 | 0906 | 1006 | 1106 | 1206 | 1306 | 1406 | 1506 | 1606 | 1721 | 1821 | 1921 |
| Lower Odcombe, Nursery | 0730 | 0823 | 0908 | 1008 | 1108 | 1208 | 1308 | 1408 | 1508 | 1608 | 1723 | 1823 | 1923 |
| Yeovil, Houndstone Corner | 0732 | 0825 | 0910 | 1010 | 1110 | 1210 | 1310 | 1410 | 1510 | 1610 | 1725 | 1825 | 1925 |
| Yeovil, Crematorium | 0733 | 0828 | 0911 | 1011 | 1111 | 1211 | 1311 | 1411 | 1511 | 1611 | 1726 | 1826 | 1926 |
| Yeovil, Preston Road, Bell Inn | 0736 | 0832 | 0914 | 1014 | 1114 | 1214 | 1314 | 1414 | 1514 | 1614 | 1729 | S | S |
| Yeovil, Kingston, Hospital | 0740 | 0840 | 0918 | 1018 | 1118 | 1218 | 1318 | 1418 | 1518 | 1618 | 1733 | S | S |
| Yeovil, Borough | 0742 | 0842 | 0920 | 1020 | 1120 | 1220 | 1320 | 1420 | 1520 | 1620 | 1735 | S | S |
| Yeovil, Bus Station | 0745 | 0845 | 0925 | 1025 | 1125 | 1225 | 1325 | 1425 | 1525 | 1625 | 1740 | S | S |

SATURDAY SERVICE WILL OPERATE ON GOOD FRIDAY

NSAT = NOT SATURDAYS

LF = USUALLY OPERATED BY LOW FLOOR VEHICLE

S = SET DOWN ONLY

Tel - 01963 33124 (WINCANTON) - 01935 475872 (YEOVIL) - 01305 823039 (PORTLAND)
www.southwestcoaches.co.uk

If you would like this leaflet in another format or in a different language, please ask a member of staff.

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TA13 5EF

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