



# The hair loss clinic

South Petherton Hospital, Bernard Way,  
South Petherton, Somerset TA13 5EF

Tel: 01460 243000

## 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.
- Washing instructions and how to care for your wig
- Discuss alternative headwear i.e. scarves, hats etc.
- Patient information booklet - 'Coping with hair loss' (Macmillan/Cancerbackup)
- NHS/private charges

## Prescription Charges from April 2015

### Stock Modacrylic Wig - £67.75

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

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)

### Bus timetable from Yeovil

<b>SOUTH WEST COACHES</b>													
<b>SOUTH PETHERTON - YEOVIL</b>												<b>SERVICE 81</b>	
VIA STOKE SUB HAMDON - MONTACUTE													
MONDAY TO SATURDAY (EXCEPT PUBLIC HOLIDAYS)												FROM MONDAY 28TH MAY 2012	
SERVICE NO.	81	81	81	81	81	81	81	81	81	81	81	81	81
NOTES	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	0748	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	0758	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	0804	0833	0933	1033	1133	1233	1333	1433	1533	1648	1748	1848
South Petherton, Summershard	-	-	0836	0936	1036	1136	1236	1336	1436	1536	1651	1751	1851
South Petherton, St James' St, Church	0705	0805	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											
	NSAT		NSAT		NSAT		NSAT		NSAT		NSAT		NSAT
South Petherton, St James' St, Church	0710	0810	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	0811	0849	0949	1049	1149	1249	1349	1449	1549	1704	1804	1904
Watergore, Petrol Station	0715	0815	0853	0953	1053	1153	1253	1353	1453	1553	1708	1808	1908
Norton Sub Hamdon, Telephone Box	0719	0819	0857	0957	1057	1157	1257	1357	1457	1557	1712	1812	1912
Stoke Sub Hamdon, Post Office	0722	0822	0900	1000	1100	1200	1300	1400	1500	1600	1715	1815	1915
Montacute, Stanchester School	0725	0825	0903	1003	1103	1203	1303	1403	1503	1603	1718	1818	1918
Montacute, The Borough	0728	0828	0906	1006	1106	1206	1306	1406	1506	1606	1721	1821	1921
Lower Odcombe, Nursery	0730	0830	0908	1008	1108	1208	1308	1408	1508	1608	1723	1823	1923
Yeovil, Houndstone Corner	0732	0832	0910	1010	1110	1210	1310	1410	1510	1610	1725	1825	1925
Yeovil, Crematorium	0733	0833	0911	1011	1111	1211	1311	1411	1511	1611	1726	1826	1926
Yeovil, Preston Road, Bell Inn	0736	0836	0914	1014	1114	1214	1314	1414	1514	1614	1729	R	R
Yeovil, Kingston, Hospital	0740	0840	0918	1018	1118	1218	1318	1418	1518	1618	1733	R	R
Yeovil, Borough	0742	0842	0920	1020	1120	1220	1320	1420	1520	1620	1735	R	R
Yeovil, Bus Station	0745	0845	0925	1025	1125	1225	1325	1425	1525	1625	1740	R	R

SATURDAY SERVICE WILL OPERATE ON GOOD FRIDAY  
 NSAT = NOT SATURDAYS  
 LF = USUALLY OPERATED BY LOW FLOOR VEHICLE

Tel - 01963 33124 (WINCANTON) - 01935 475872 (YEOVIL) - 01305 823039 (PORTLAND)  
[www.southwestcoaches.co.uk](http://www.southwestcoaches.co.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).

## 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](http://www.macmillan.org.uk)