



## SUPPORTIVE HAIR CARE DURING CANCER

To limit scalp sensitivity  
To stimulate hair growth

**DUCRAY**  
LABORATOIRES DERMATOLOGIQUES

Daily life-changing care

# UNDERSTANDING HAIR LOSS IN CANCER PATIENTS

**Your oncologist has prescribed treatment for your illness and has told you that this treatment may cause side effects. These side effects vary from one type of treatment to another based on the specific molecules and dosages prescribed. Feel free to talk about this with your oncologist, general practitioner, pharmacist, nurse or oncology esthetician. The more you know, the better you will manage the treatment and its side effects.**

## WHY DOES HAIR FALL OUT?

Most cancer medications target the cancer cells either to eliminate them or to prevent them from multiplying.

These medications target cancer cells but also act on the body's cells that renew rapidly, like those responsible for hair growth. This is the reason for the hair loss often observed with these treatments.

## WHEN AND HOW DOES HAIR FALL OUT?

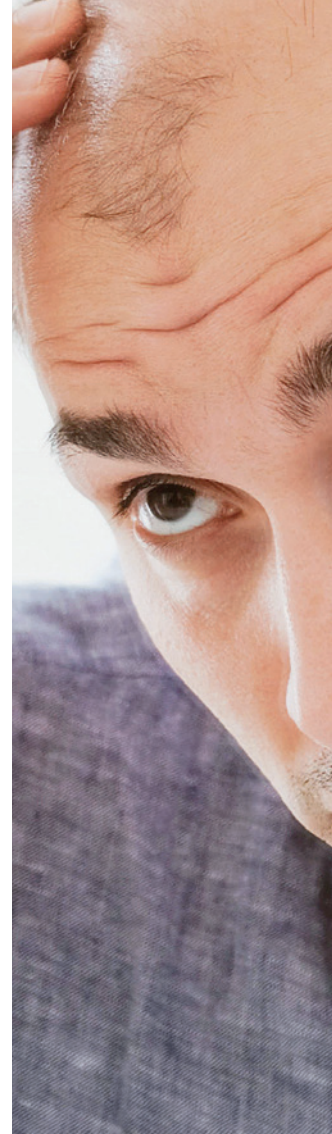
Hair loss often occurs two to three weeks after treatment starts. In some patients, it may fall out immediately.

It most often affects the entire scalp. It may be progressive or sudden, and the intensity of the loss depends on the molecules and dosages used. Additionally, sometimes, based on the treatment used, other body hairs, eyelashes and eyebrows may be affected slightly later. Tingling, itching or hypersensitivity (also called "trichodynia") may also be felt on the scalp just before or at the time the hair falls out. It is essential to be prepared for the side effects:

**FEEL FREE TO TALK TO HEALTHCARE PROFESSIONALS  
FOR MORE INFORMATION AND ADVICE.**

## DOES HAIR GROW BACK?

Yes, most often, hair grows back one to two months after the last treatment. Its texture may be slightly different - straighter or curlier - and the color may vary somewhat when it grows back. This change often diminishes with time. Patience is key: 12 to 18 months after the last treatment, hair will progressively return to normal.



# TO LIMIT SCALP SENSITIVITY

## CLEANSING

1

- Preferably the day before chemotherapy, and I avoid washing my hair for three to five days after the chemo session
- By gently massaging without scrubbing

## HAIR CARE

2

- I dry carefully, without rubbing
- If I want to use a hairdryer, I set it on low speed and medium heat
- I cut my hair shorter when treatment starts
- I shave off my hair if my scalp is too sensitive

## MAINTENANCE CARE

3

- With dermo-cosmetic products suited to my situation
- Without forgetting to use sun protection on my scalp if I go out bare-headed
- I choose an alternative best suited to my lifestyle: naturally bare-headed, a scarf, a wig, a cap, etc.

### DAILY ROUTINES:

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### APPROPRIATE DERMO-COSMETIC PRODUCTS:

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- With a gentle, soothing physio-protective shampoo to calm the scalp

**WHEN?** *As soon as treatment starts and until start of hair regrowth*

- With a soothing, physio-protective serum to immediately reduce feelings of discomfort and itching

**WHEN?** *Once a day, without rinsing, spreading it over the entire scalp. If I wear a wig, I apply the serum before putting it on*

- With a soothing, physio-protective lotion to calm, protect and hydrate the scalp that is sensitive due to the effects of the treatment and potentially the wig

**WHEN?** *Once or twice a day on my bare scalp, avoiding contact with my eyes*



# TO STIMULATE HAIR GROWTH

## DAILY ROUTINES:

### CLEANSING

1

- Preferably the day before chemotherapy, and I avoid washing my hair for three to five days after the chemo session.
- By gently massaging without scrubbing
- I rinse with warm water

### HAIR CARE

2

- By drying my hair without rubbing, using a towel, and preferably by patting the hair dry
- By possibly choosing to dry my hair with my hairdryer on low speed and medium heat

### MAINTENANCE CARE

3

- By respecting fragile hair: I avoid blow-dries, heavy brushing, curlers, hair smoothing or straightening, permanents, dying and bleaching during treatment and for 6 to 12 months after treatment ends
- By avoiding braids as well as accessories that are harmful to hair (barrettes, clips, elastic bands, etc.)
- By wearing a wig, a turban or a scarf if I feel I should: they do not affect hair regrowth

## APPROPRIATE DERMO-COSMETIC PRODUCTS:

- With an anti-hair loss or gentle shampoo

**WHEN?** *As soon as treatment starts and to support hair regrowth*

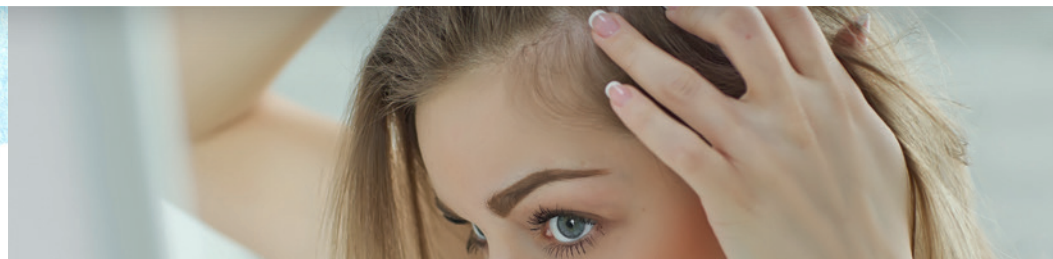
- With an anti-hair loss lotion to accelerate hair regrowth
- With a soothing emollient lotion to hydrate the scalp
- With sun protection to avoid aggressive UV rays

**WHEN?** *As soon as the last treatment ends*

- With a food supplement for nutrients to boost the regrowth of healthy hair

**WHEN?** *One month after the last treatment ends*

In some cases, your oncologist may advise you to wear a cold cap when the treatment is administered: this slows hair loss when treatments start. Talk to your oncologist about it.



# DUCRAY hair products

for your daily hair care routine



ASK YOUR PHYSICIAN OR PHARMACIST FOR ADVICE  
More information on our products: [www.ducray.com](http://www.ducray.com)