



ONCOLOGY CLINIC



A Complete Guide to Scalp Cooling

Hello.
We're H.O.P.E.
and we have helped
many people like you to
keep their hair during
chemotherapy.
you're in safe hands.

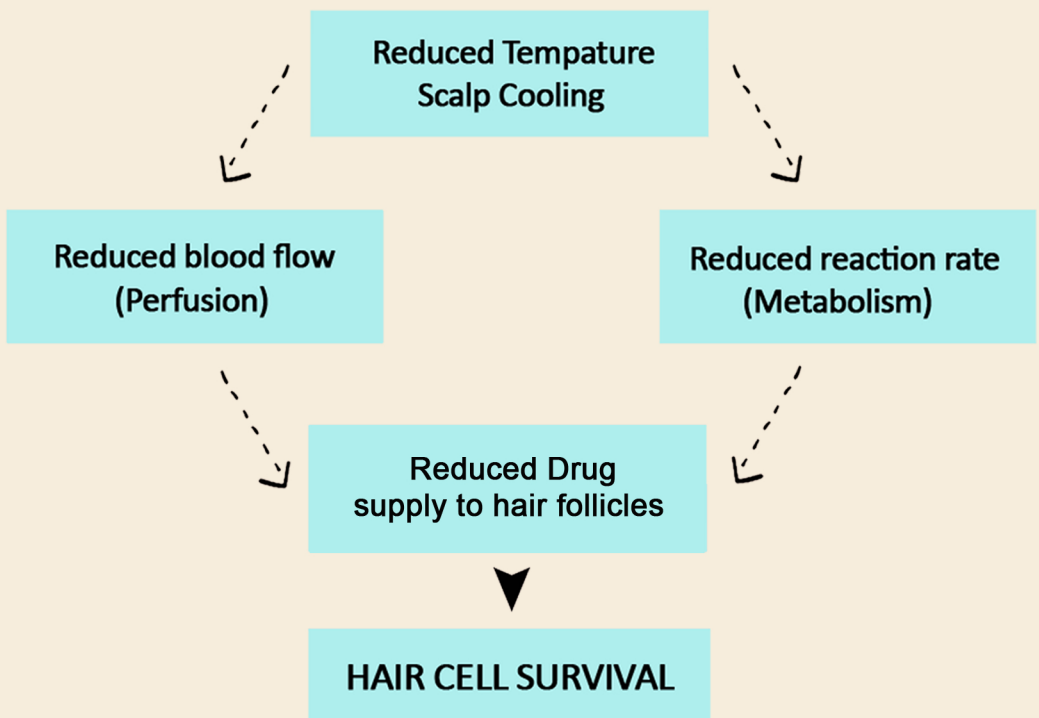


Paxman are the
leading global expert
in scalp cooling, a
clinically proven
treatment available
throughout the
world.

What is Scalp Cooling ?

Scalp Cooling is a simple treatment that can prevent hair loss caused by certain chemotherapy drugs. The use of scalp cooling or 'cold caps' is proven to be an effective way of combating chemotherapy - induced hair loss & can result in a high level of retention or completely preserve the hair. For patients, this means the opportunity to regain some control, maintain their privacy & encourage a positive attitude towards treatment.

SCALP COOLING PROCESS



Why does Chemotherapy make hair fall out ?

Chemotherapy works by targeting all rapidly dividing cells in the body. Hair is the second fastest dividing cell in the body and this is the reason why many chemotherapy drugs cause hair loss.

The hair follicles in the growth phase are attacked, resulting in hair loss approximately 2 weeks after the commencement of chemotherapy.

Does the hair always fall out ?

Many chemotherapy drugs including taxanes and anthracyclines used to treat cancer will cause hair loss. Please consult your medical team for advice.

Will scalp cooling work for me ?

How does scalp cooling work ?

The damage that chemotherapy causes to the hair follicle can be alleviated by scalp cooling. It works by reducing the temperature of the scalp by a few degrees immediately before, during and after the administration of chemotherapy. This in turn reduces the blood flow to the hair follicles which may prevent or minimise the hair loss. The Paxman Scalp Cooling System offers a comfortable & tolerable option over other scalp cooling methods due to its excellent heat extraction technology.

How Long does it take ?

30 minutes pre-infusion cooling, during infusion and for up to 90 minutes after drug infusion.



Many thousands of patients throughout the world have retained their hair using the Paxman Scalp Cooling System when receiving their chemotherapy treatment.

Successful scalp cooling depends on many factors such as type & stage of cancer, age, hair type, hair condition and general health. It is important to understand that hair loss does vary from one person to the next & retention of all hair cannot be guaranteed.

Research has shown that scalp cooling is very effective across a wide range of chemotherapy regimens.

You may experience some hair loss & overall thinning of the hair whilst using scalp cooling, and the normal shedding cycle of the hair will continue. If some hair loss is experienced, we would encourage you to preserve with the process - many patients report hair growth during their chemotherapy treatment whilst using scalp cooling, as new hair growth is also protected from the chemotherapy.

Cap cover application

- Pinch together the edges of the silicon cap Fig 1.
- Insert the pinched cap inside the cap cover Fig 2.
- Pull the Silicon cap sides outwards to fill the cap cover Fig 3.
- Pull the cap cover up over the silicon cap so that the cover fully covers the external surface of the silicone cap Fig 4.
- Ensure that there is a snug fit between the cap cover and the silicone cap. Fig 5-6



Fig 1



Fig 2



Fig 3



Fig 4

Cap fitting to the patient (including cover)

Please note that all the standard protocols of patient preparation should be carried out before fitting the cap. It is also important to still utilize the headband with this cap to prevent direct contact between the silicone cap and bare skin.

- Lift the front part of the cap cover up so that the silicon cap is visible. Fig 5.
- Fit the cap to the patient's head whilst standing directly in front of them to ensure the cap is on straight. Align the front of the silicon cap with the hairline and around the ears Fig 7.
- Replace the cap cover rim once you are happy with the cap position Fig 8.
- Fully tighten the chin strap to set the cap in position Fig 9.
- Pull tight on the bungee cord at the back of the cap and lock in place utilizing the bungee cord toggle Fig 10.
- Loosen off the chin strap completely & either leave in position Fig 11. or place on top of the head Fig 12.
- Connect the Cap to the Paxman System.



Fig 5



Fig 6



Fig 7



Fig 8



Fig 9



Fig 10



Fig 11

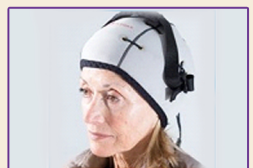


Fig 12

A degree of control.

14 things you should know about your scalp cooling treatment.



Prior & During Treatment

1. Be proactive. If you feel the cap isn't tight enough on your scalp. Please notify somebody.
2. It is important that the cap is touching the crown of the head.
3. The chin strap may be uncomfortable but this is important for close fitting of the cap. Loosening it may prevent the cap from touching the crown and hair loss could occur.
If it is causing you discomfort, ask your healthcare professional to use some gauze as a cushion between your chin and the strap.
4. You should feel scalp cooling evenly throughout the scalp. If you do not, let the healthcare professional know right away.
5. You can use a blanket or neck scarf and drink plenty of warm drinks to help with the coldness.
6. Consult your medical team for pain relief before the treatment if you are concerned you may get a headache.
7. If you have thick braids or hair extensions, please remove before using the scalp cooling system.

After Treatment

8. You may see ice on your hair after completion of the treatment.
9. Avoid harsh hair treatments like colouring, extensions, braiding, cutting, straightening, etc.
10. Brush hair gently & shampoo hair less often and with a sulphate-free shampoo, style with finger tips.
11. Moderate hair loss (30-50%) is expected while using the cap.
12. If you don't feel you have to wear a wig or a head cover, it's considered a success.
13. You may experience hair re-growth during chemo treatment while having scalp cooling.

Side Effects

14. Common side effects other patients have experienced during scalp cooling treatment.
 - Complaint of coldness/cold related discomfort
 - Headaches ranging from mild to severe
 - Heavy feeling on the head
 - Forehead pain
 - Neck pain that comes and goes
 - Light-headedness or dizziness (during scalp cooling and/or following removal of the cap at the end of the scalp cooling)
 - Complaints of uncomfortable sensations.



I feel cold but coffee keeps me warm



While on scalp cooling , you can enjoy your meals



Have Fun while the treatment is on



Routine loo breaks can be taken by disconnecting the cap

Looking after your hair through the Paxman experience.



Be gentle at all times with your hair !

Don't be afraid of brushing your hair. It is sensible to use a good quality brush as poor quality ones will snag & tear your hair.

Avoid perms and colours whilst receiving chemotherapy treatment.

Avoid Using excessive heat on the hair. dry gently and do not use hair straightners !

Wash your hair using lukewarm, tepid water and a mild shampoo. The scalp can become sensitive to the perfumes and preservatives in cosmetic shampoos.

To deal with tangles in the hair, use a brush with a wide tooth comb. While in the shower, apply a lot of conditioner in your hand to hold the hair above tangles so that it does not stress the hair roots.

While under going scalp cooling, it is not advised to go to hairdressers to ensure your hair is under the least amount of stress possible. However, sometimes you may feel as though you have to go to simply make you feel better in yourself. If you do go please take along this leaflet to ensure they understand about scalp cooling and minimise stress to the hair.

On completion of chemotherapy treatment, if your hair and scalp are in good condition with no sensitivity to the scalp and the hair is long enough for styling, you can use chemical hardressing services on the hair.

You may find it useful to read experiences or watch video testimonials of the many people who have used the Paxman system to retain their hair. These can be found on our website.



“

we would like to thank the H.O.P.E. Clinic for offering scalp cooling. We used it in all our chemotherapy sessions, and it was highly effective.

- KANAN SAHA



“

My mom was a little apprehensive in the beginning. But practically speaking, it's not difficult at all and totally manageable. After 12 weeks of chemo, my mom managed to retain 50% of her hair, and 100% of her confidence !

- SON OF ANJALI TANEJA



“

I have undertaken 16 chemotherapies, and I didn't have any hairloss, all thanks to the Scalp Cooling Therapy.

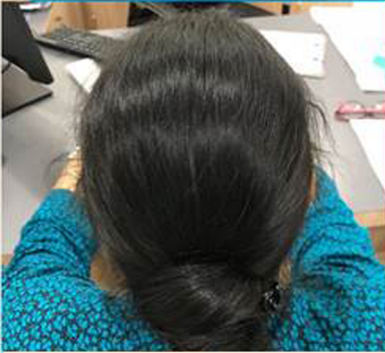
- DORICE WILFRED



“

It's about living with cancer graciously, while ensuring cancer does not define your life. scalp cooling helped me do this.

- GURPREET



Retain your hair.
Retain your aura.

Tangible proof that
scalp cooling really works.



Your checklist.

Things to take with you to the hospital:



Warm Clothing



Hat / Head Covering



Gloves



Wide Tooth Comb



Fabric Elasticated headband



Pain relief

* Your Hospital May provide these but you take take your own

Keep a note of your cap sizes by circling them below



Share your experience.

Don't forget there are thousands of people like you around the world receiving the same treatment right now.

You can read other people's experiences and share your story on our facebook page. We welcome feedback and would be delightful to hear about your scalp cooling experience.

For more information about Scalp Cooling, Contact 011-43420000



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Beacons of H.O.P.E.

With over a combined 50+ years of experience in cancer care, our doctors are well-versed with providing a holistic way of approaching this disease. All of them are experts in the different fields of oncology & chemotherapy, and their combined expertise will ensure the patient gets optimal diagnosis and treatment.



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Co-founder & Head of Oncology
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