

# 5 Ways to Deal with Hair Loss

## Use your loss to help others:

Donate your hair to programs such as Wigs for Kids or Locks of Love.

## Experiment with wigs:

The American Cancer Society catalog contains several inexpensive wigs. Not only are the wigs cozy, but they also give you a chance to try a new look.

## Consider taking makeup lessons:

Look Good Feel Better is an American Cancer Society program that supplies free wigs and cosmetics. You may find those lessons particularly helpful if chemo knocks out your brows and lashes.

## Make shaving your head a special event:

It's dead matter anyway, and the event can be an opportunity to experience unique bonding with family and friends.

## Cold caps are an alternative to hair loss:

The tight-fitting hats filled with subzero gel constricts blood vessels in the scalp, preventing the drugs from reaching hair follicles and will retain up to 85% of hair. However, cold caps can be uncomfortable and expensive, and many insurance plans do not cover them.

These tips have been provided by the SHARE helpline volunteers and collected by SHARE helpline blogger Megan Rutherford.  
[www.sharecancersupport.org/share-new/learn/blog/hairloss](http://www.sharecancersupport.org/share-new/learn/blog/hairloss)