



A DEGREE OF CONTROL

A GUIDE TO
SCALP COOLING

PAXMAN^o

Hello. We're Paxman
and we have helped
tens of thousands of
people like you to
keep their hair during
chemotherapy.
You're in safe hands.

*Am I going to lose my hair?
It's the first question that
people generally ask when
they initially discover they
need chemotherapy.*

As a family business borne out of our chairman's wife losing her hair whilst receiving chemotherapy for breast cancer, Paxman know first-hand that this is often devastating.

We also know that many patients rank hair loss as their most feared and experienced side effect of chemotherapy treatment. The psychological effect is high and can have a dramatic impact on self-esteem – but there is an alternative.

Scalp cooling can be used to combat chemotherapy-induced alopecia and has a hugely positive impact on the confidence, strength and hope of the people who choose to use it.

Patient care is at the heart of everything we do and it's our goal to ensure that everyone, no matter where in the world, has the opportunity to keep their hair during chemotherapy.

**It's time for you to take back
some control.**

We 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 and 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 and encourage a positive attitude towards treatment.

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.

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 and tolerable option over other scalp cooling methods due to its excellent heat extraction technology.

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.

How long does it take?

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

For more detail visit
paxmanscalpcooling.com

Will scalp cooling work for me?


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 and 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 and 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 and 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 persevere 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.





What can I expect from using the Paxman system?

Tolerance of the cold feeling experienced whilst having scalp cooling treatment varies widely from one patient to the next. It is very important to remember that the often intense feeling of discomfort or pain that is felt in the first 10-15 minutes of the treatment is transient and will go away as you acclimatise to the cold.

Deep breathing can really help at the initial stages of scalp cooling. The benefits can include immediate relaxation as well as an improved ability to handle stress and to regulate emotions. Please persevere with this and ensure that you dress warmly in layers - even in warm weather.

A degree of control.

14 things you should know about your scalp cooling treatment.

Prior and During Treatment

1. Be proactive. If you feel the cap isn't tight enough on your scalp, please notify someone.
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, curling, straightening, etc.
10. Brush hair gently and 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:
 - Complaints 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 scalp cooling)
 - Complaints of uncomfortable sensations.



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 and 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 straighteners!
- 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 it helps to brush out with a wide tooth comb whilst in the shower, with a lot of conditioner in your hair. It also helps to hold the hair above the tangles so that it does not stress the hair roots.

Whilst using scalp cooling it is not advised to go to the 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 hairdressing 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.



A DEGREE OF **CONFIDENCE**...

"My family and friends hadn't really heard of the Paxman system but were obviously very supportive and also very surprised by the results. Apart from being a massive confidence boost, I think one of the main benefits is the fact that people in the outside world didn't necessarily have to know what I was going through. Scarves and wigs can be quite noticeable and people pick up on it, but if you keep your own hair, it gives you much more privacy."

Adele, 36
Probation Service Officer



To watch Adele's story, visit
paxmanscalpcooling.com

A DEGREE OF **PRIVACY**...

"Working in a beauty therapy environment, obviously everybody is looking at you. You might choose to tell some people but you don't always want everyone to know what you're going through. It's a very personal thing. I'm so glad I could keep my hair and look the same to everybody – nobody knew I was having chemotherapy unless I chose to tell them."

Becky, 37
Beauty Therapist



To watch Becky's story, visit
paxmanscalpcooling.com



Share your experience.

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



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



@scalpcooling

Our Twitter feed keeps you up-to-date with news and information relating to our worldwide research into scalp cooling.

Your checklist.

Things to take with you to the hospital:



Warm clothing



Hat/head covering



Conditioner*



Wide tooth comb*



Fabric elasticated headband



Pain relief

*Your hospital may provide these but you can take your own.

Keep a note of your cap sizes by circling them below:

Inner silicone cap size:



Outer cap cover size:





Paxman Coolers Ltd. Huddersfield, HD8 OLE, UK
Tel: +44 (0)1484 349444 Fax: +44 (0)1484 346456

paxmanscalpcooling.com
hello@paxmanscalpcooling.com

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