

Hair Loss and Cancer Treatment



The information in this factsheet will help you to understand more about hair loss and cancer treatment. It gives tips on dealing with hair loss, caring for your hair and finding a hairpiece. For more information, contact the **National Cancer Helpline** on **1800 200 700** or visit **www.cancer.ie**.

What is hair loss?

In a normal scalp there are about 100,000 hairs. These are constantly growing, with old hairs falling out and being replaced by new ones. When an excessive amount of hair falls out over time, it is called alopecia.

It is normal to be upset and distressed about hair loss. But it can help to know why it happens and also to know that your hair will grow back again. In the meantime there are ways to lessen the problem for you.

What causes hair loss?

Some cancer treatments can cause hair loss. These include chemotherapy and radiotherapy.

Treatment can damage the hair follicles, causing hair to fall out and preventing new hairs from growing. Hair loss from cancer treatment is usually temporary. Once the course of treatment is over, your hair will usually grow again within a short space of time. Your doctor and nurse will tell you if you are likely to have hair loss due to treatment.

What types of cancer treatment cause hair loss?

- **Chemotherapy**

The amount of hair lost will usually depend on the type of drug or drugs used, the dose given, and your individual reaction to the drug. There are many kinds of drugs used in chemotherapy. Some of these will cause total hair loss, while others cause some hair loss. This can vary from a little thinning of your hair to greater hair loss. Other drugs cause hardly any hair loss at all. Even if it does not cause actual hair loss, chemotherapy can still damage your hair and make it brittle.

- **Radiotherapy**

Hair loss due to radiotherapy depends on which area of your body is being treated. Radiotherapy to the head often causes scalp hair loss. Depending on the dose of radiation to your head, your hair may change in colour and texture when it grows back.

- **Other treatments**

Some hormone therapies or biological therapies can cause hair thinning. Usually this is quite mild and may not even be noticeable.

Can hair loss be prevented?

In general you cannot prevent hair loss entirely. But for some patients having certain types of chemotherapy, it may be possible to reduce or delay hair loss by using a 'cold cap'. This is also known as scalp cooling. The treatment reduces blood flowing to your scalp for a short period so less of the drug reaches your scalp. While the cold cap can reduce the risk of hair loss, it does not always prevent it and it only blocks the action of certain drugs. It is also not suitable for all patients and not all hospitals offer this kind of treatment. Ask your doctor or nurse if it would be useful for you.

Hair loss from cancer treatment is usually temporary. Usually hair grows back within a few weeks of finishing treatment.

Hair care during treatment



Hints
& tips

Your scalp may feel very sensitive to washing, combing or brushing during the short time when your hair is actually falling out. Here are some tips to help:

- Brush or comb your hair gently – use a soft brush or baby brush.
- Use gentle hair products.
- Use a gentle, unperfumed moisturiser on your scalp if it becomes dry or itchy. Natural oils such as almond oil or olive oil are suitable.
- Avoid using a hair straightener, curling tongs or heated rollers.
- Pat your hair gently after washing it. If using a hairdryer, keep it on a low to moderate heat only.
- Do not perm or straighten your hair during chemotherapy.
- It is best not to colour your hair during treatment. Ask your hairdresser for more advice.

How soon will my hair fall out?

If hair loss does occur, it usually happens within a few weeks of the start of treatment. It can help to have your hair cut short before treatment or soon after it begins. The weight of long hair can pull on your scalp and may make your hair fall out faster. You may experience tingling or sensitivity of your scalp just before your hair starts to fall out. This is normal and may last a few days. When hair loss happens is usually gradual. It can fall out in clumps when shampooing or brushing. Sometimes you may find clumps of hair on your pillow or on your hairbrush. At this time, you might prefer to shave

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off your hair entirely. Most hairpiece suppliers provide this service. Underarm, body and pubic hair may be lost as well. Some drugs also cause loss of your eyelashes and eyebrows.

When will my hair grow back?

Usually hair grows back within a few weeks of finishing treatment. In some cases, it can start to regrow even before treatment has finished. After about 5 or 6 months, you should have a full covering of hair on your head. When it does grow back, hair can often be a different texture, style or colour. You may notice it is thicker and darker in colour. At first, fine downy hair appears on your scalp and then stronger hair develops. It grows at about one centimetre each month.

How will I feel if I lose my hair?

It is natural to feel upset at the thought of losing your hair. For some people this can be one of the hardest things to cope with during treatment. You may feel that by losing your hair you are also losing your identity. Do not be afraid to talk to your cancer nurse or medical social worker about your feelings. If your hospital does not have a medical social worker, your healthcare team can still give you advice and help arrange further emotional or psychological support if needed. If you prefer, you can also speak to a nurse in confidence by calling the National Cancer Helpline on 1800 200 700. At the hospital, your nurse or a member of your healthcare team can advise you about where to go locally for your wig or hairpiece. Having a hairpiece that matches the colour, texture, style and shape of your own hair can make you feel more like yourself. There is a list of nationwide suppliers at the end of this factsheet.

- **Other people's reactions**

Who you tell about your hair loss is an individual choice. Some people tell family and close friends, while others are comfortable to tell everyone. This decision may be affected by what type of headwear you choose to wear. For example, if you choose to wear scarves instead of a wig, your hair loss will be more obvious.

People will respond to your hair loss in different ways. Sometimes their reactions can be hard to deal with. Usually most people are very supportive but sometimes there are others who can unintentionally say things that are unhelpful and even hurtful. It can help to be prepared for any kind of reaction. In fact, some people may just think you have a new hairstyle. Think about what you will say and to whom. The decision is yours but try not to withdraw from your social life and your friends because of your hair loss.

- **Preparing children**

If you have children of any age, you may wonder how and what to tell them. In general, children are less frightened when they know what is going on, even if they do not fully understand it. Despite it being difficult, talking to your children about your cancer will be helpful to all of you. It can prepare them for what to expect. It may help to explain that your hair will grow back and what you plan to wear while it is gone. Children will react differently and some may find it upsetting to see you without your hair. But talking about it openly in your home will help them feel more secure. A special booklet called 'Talking to Children about Cancer: A Guide for Parents' is available from the Irish Cancer Society. Call 1800 200 700 for a free copy or download it from www.cancer.ie

- **Changing the emphasis and creating a new look**

You can also get help and advice from the Look Good Feel Better programmes. These are run regularly in hospitals. The oncology unit can usually give you the telephone number of the contact person at your hospital. Some general advice

includes drawing attention away from your hair and towards your clothes and accessories. Wearing a brightly-coloured top or attractive jewellery, bags or shoes can help redirect the focus and boost your confidence.

Will I lose my eyebrows and eyelashes?

Hair loss can also occur in your eyebrows and eyelashes. Some people get thinning or complete loss of both. Others do not lose their eyebrows or eyelashes at all. If you do lose them, they can take between 6 months and a year to grow back. Eyelash loss can occur at any time but is more usual towards the end of treatment. Surprisingly, it can also occur after treatment has finished.

If you get thinning or hair loss of your eyebrows, you can use eyebrow products to help recreate your natural shape. There are many different products ranging from pencils to powders and also stencils that can be a useful guide. Advice is available from the cosmetic counters of department stores or more privately from your local beautician.

Losing your eyelashes can affect how you look and feel. If your eyes cannot be protected by your eyelashes, they can become sore and uncomfortable. If this happens, speak to your cancer nurse about using eyedrops. She will advise you, depending on your treatment. You can use eyeliner along the top of your eyelid to define your eye, which can work well. It is best to choose hypoallergenic eye products and have strict hygiene with the products to avoid the risk of infection.

What are wigs and hairpieces made of?

Wigs and hairpieces are made of either manmade fibres or real human hair. There are advantages and disadvantages to each type, so neither one is better than the other. It often comes down to personal preference. Fibre wigs can come in a huge variety of styles and colours and are easier to care for in general. But they may not have a 'natural' look and need to be replaced more often. Human hair looks more natural and can last longer but is more expensive. These wigs need more care than fibre wigs and must be styled after every wash.

Choosing a hairpiece



Finding the right wig can help you to feel more confident. Here are some tips to help:

- Bring a friend or relative with you to the wig supplier, preferably one that is interested in helping you find a hairpiece that suits you best.
- Visit a supplier before you lose your hair, even if you are not sure you will need or want a hairpiece. That way you can get as close a match to the colour and texture of your own hair. If this is not possible, bring a recent photograph of your full head of hair.
- Give yourself plenty of time to decide on a hairpiece that suits you best. If you are unsure, leave it and come back a second time.

Where can I buy a hairpiece?

There is a list of nationwide suppliers at the end of this factsheet. Choose a wig supplier that has a special fitting service and a good selection of wigs. It helps if you are given plenty of time to fit on the wigs in a private room with lots of natural light. If you are unable to visit their shop, some wig suppliers offer home and hospital fittings too. Some can arrange to cut your hair before, during or after treatment and will advise you on aftercare.

How much do hairpieces cost?

The price of wigs and hairpieces can vary a good deal from company to company. The average price of a synthetic wig is between €350 and €500. For human hair, it can vary between €600 and €1000 and even higher. When checking prices, it is always good to shop around.

Can I get financial help when buying a hairpiece?

Usually you are only entitled to free or subsidised hairpieces if you have a medical card. If you experience hardship due to your cancer diagnosis, you can apply to the Irish Cancer Society for financial aid grants. The application forms are available from the medical social worker at the hospital.

- **Medical card holders**

If you have a medical card, you will be entitled to an allowance towards the cost of your hairpiece. To claim you will need to get a letter from your cancer nurse or doctor before you buy the wig to say you need it for medical reasons. The amount you can claim will depend on the Health Service Executive (HSE) area in which you live. Your local health office or an HSE-registered wig supplier will be able to give you more information about the subsidy available and how to claim. Some wig suppliers will fill in the paperwork for you. A medical social worker can also give you more information on your entitlements.

- **No health cover**

If you do not have a medical card or private insurance, you can claim tax back on any hairpieces you buy. Because hairpieces are regarded as a medical expense, you must fill in the MED1 form when claiming. For more details, contact your local tax office (Revenue Commissioners).

- **Medical insurance**

Contact your health insurer for full details on your own medical cover. Some health insurers will cover a certain amount of the cost of a hairpiece, depending on the type of cover you have. If your insurance does not cover the cost, you can claim it back as a medical expense on the MED1 form.

If I don't want a hairpiece, what else can I wear?

There are many other types of headwear available. You can choose from scarves, bandanas, turbans and soft hats. There is also headwear for night-time

wear that can be worn for warmth and comfort in bed. Thin-quilted cotton headliners are also available. These give height and shape when worn under hats and scarves. Alternative headwear is now available at hairpiece suppliers or online that is both comfortable and attractive. Cotton headwear tends to stay on a smooth scalp much better than polyester or nylon.

If you feel that your face looks bare, there are also hair fringes, plaited braids and face-framers that can be worn with headwear to give the effect of hair beneath.

If you decide not to cover your head, make sure you apply a very high protection sunscreen at all times.

Caring for your hair when it grows back

Treat your hair gently when it grows back. Use a soft brush and baby shampoo for the first 6 months or until there is good growth. After chemotherapy or radiotherapy, your hair may take a while to get back to its normal condition. It is best to wait for at least 6 months after treatment before colouring or perming your hair. Once it is long enough and your hair and scalp are in good condition, you can tint or perm it. Do not colour your hair if your scalp is scaly, sore, irritated, or if your hair is dryer than usual or rough to the touch. Speak to your hairdresser before you colour your hair for the first time after treatment. You could ask him or her about natural products such as henna and non-chemical colours. For example, vegetable-based products may be less harsh. Test the dye on a small, hidden area of hair first to make sure it will not damage your hair.

What if my hair doesn't grow back?

A very small number of people have problems with hair regrowth after chemotherapy. If you are one of these, you could seek the advice of a trichologist. A trichologist is qualified to diagnose and treat hair and scalp disorders and diseases. A list of trichologists is provided at the end of this factsheet.

Donating hair

Sometimes the friends and relatives of those with cancer decide to donate their hair for wigs for other patients with hair loss. The following organisations can help.

Freedom Wigs

This worldwide organisation accepts hair donations for making wigs. These wigs are for children and adults suffering from long-term hair loss. The company uses only untreated hair to give a natural look. The wigs stick onto the head by suction so the wearer can enjoy sports and other activities without worrying about the wig coming off.

Contact: Audrey O'Hara, Dublin
Tel: 01 838 4640
Mobile: 087 972 7298
Email: freedomwigs@gmail.com
Website: www.freedomwigs.com

The Rapunzel Foundation

This charity was set up by Irish hairdresser Anna Furlong to give support to children and adults who experience long-term hair loss. Once Anna receives the hair donations, she sends them to Freedom Wigs. Her charity also offers funding towards the cost of a wig for those with hair-loss conditions.

Contact: Anna Furlong,
New Ross, Co Wexford
Tel: 051 421 287

Conditions for hair donation:

- Hair must be 10–12 inches long in a ponytail, from the nape of your neck.
- Hair should be in good condition, preferably one length

Hair donated to either Freedom Wigs or the Rapunzel Foundation is not used for making hair extensions.

Leinster wig suppliers

Aidan Fitzgerald

12 Main Street, Blackrock, Co Dublin
Tel: 01 288 6479 / 01 283 1124
Email: aidanfitz1@eircom.net
Website: www.aidanfitzgerald.ie

Alan and Monica Harrop

Suite 4, Fleet Chambers, 22 Fleet Street, Dublin 2
Tel: 01 671 0911
Email: harropwigs@gmail.com
Website: www.harropwigs.com

Bankz Hair and Beauty

Bank Place, Portlaoise, Co Laois
Tel: 057 862 0964
Email: bankz@eircom.net
Website: www.bankzhairgroup.ie

Evolve Ireland

Unit 1, Seatown Business Campus,
Swords, Co Dublin
Tel: 01 840 0825 / 01 840 0826
Email: info@evolveireland.com
Website: www.evolveireland.com

Foxrock Fillies

1st Floor, 7 Carysfort Avenue, Blackrock, Co. Dublin
Tel: 01 278 5015
Email: mary@hathire.ie
Website: www.foxrockfillies.ie

Hairweavon Wig Boutique

302 Rathmines Rd Lower, Dublin 6
Tel: 01 430 3978 / 087 3566505
Email: info@hairweavon.com
Website: www.hairweavon.com

Hair Club

34 Donnybrook Main Street, Dublin 4
Tel: 01 260 8874
Email: info@hairclub.ie
Website: www.Hairclub.ie

HS Wig Centre

5 Drummartin Road, Lower Kilmacud Road,
Stillorgan, Co. Dublin
Tel: 01 298 3435 / 087 2920711
Email: info@hswigscentre.ie
Website: www.hswigscentre.ie

Ischia Hair & Beauty Salon

Johnstown Centre, Navan, Co. Meath
Tel: 046 909 1791
Email: sineadatischia@gmail.com
Website: www.ischiahairandbeauty.com

Jennifer Foley

63 Clontarf Road, Dublin 3
Tel: 01 833 6942
Email: info@jenniferfoley.ie
Website: www.jenniferfoley.ie

JH Hair Care

84 Highfield Road, Rathgar, Dublin
Tel: 01 4065522
Email: wigs@jimhatton.ie
Website: www.jimhatton.ie

Karma Hair Solutions

Newtown, Kildare Town
Tel: 045 522634 / 087 4166025
Email: carmeld@live.com
Website: www.karmahairsolutions.ie

Kieran O’Gorman Hair and Beauty

Unit 6, Butterslip Lane, Kieran Street, Kilkenny
Tel: 056 776 4844
Email: info@kieranogorman.ie
Website: www.kieranogorman.ie

Maeve O’Healy-Harte

MOHH Salon, Arcadia Centre,
Athlone, Co Westmeath
Tel: 090 647 6166
Email: info@mohh.ie

Midland Wig Clinic

Arden Surgery, Arden Road, Tullamore, Co. Offaly
(directly opposite the old hospital)

Ballycumber Road, Ferbane, Co.Offaly, and a mobile
centre for 80-mile radius around Tullamore

Tel: 087 641 0156 / 0906 454 768
Email: adele@midlandwigclinic.ie
Website: www.midlandwigclinic.ie

**Pink Ribbon Wigs & Hair Solutions
at Reputations Hair Design**

33 Johnstown Road, Dún Laoghaire, Co Dublin
Tel: Eric, Sharon or Ann at 01 236 9857
Email: info@pinkribbonwigs.ie
Website: www.pinkribbonwigs.ie

Roche’s Hair Solutions Ltd

153 Lower Kimmage Road, Dublin 6W
Tel: 01 492 6829
Email: info@roches.ie
Website: www.roches.ie

Roche’s wig fittings also at:
ARC Cancer Support Centre,
South Circular Road, Dublin 8 (Weds)
Tel: 01 707 8880

and ARC Cancer Support Centre,
Eccles Street, Dublin 7 (Friday)
Tel: 01 830 7333

Sak’s Wig Boutique

15 Sackville Place, Dublin 1 (Beside Clery’s)
Tel: Anne O’Reilly 01 8786 344 / 087 6496 716
Email: annereilly01@hotmail.com

Snips

113 Middle Abbey Street, Dublin 1
(beside Arnotts Dept Store)
Tel: 01 873 3443 / 01 873 3251
Email: info@snipswigs.ie
Website: www.snipswigs.ie

Velvet Wig and Hairpiece Specialists

32 Lower Ormond Quay, Dublin 1
Tel: 01 878 8940 / 01 878 8667

Versacchi

175 Lower Kimmage Road, Dublin 6W
Tel: 01 490 0570
Website: www.hairloss.ie

Volumize Ireland

9 Greenmount House, Harold’s Cross Road,
Dublin 6W

Tel: 01 453 2459 / 087 799 6226

Email: info@volumize.ie

Website: www.volumize.ie

Walk with Joy

Lily Leavy, Hair Flair, Market Square,
Tullamore, Co. Offaly

Tel: 057 93 51748 / 087 623 2718 / 057 93 22743

Email: walkwithjoy@hotmail.com

Wigs at Anna Furlong Hairdressing Salon

53 South Street, New Ross, Wexford

Tel: 051 421 287 / 051 420 508

Email: annafurlonghairsalon@eircom.net

Wigs by Rapunzel's

Carrick Street, Kells, Co Meath

(Tues, Thurs, Fri: 10am to 5pm)

Gary Kelly Cancer Support Centre,
Drogheda, Co Louth (Mon: 10am-2pm)

Tel: 046 929 3822 / 087 203 6607

Email: annemanuel@eircom.net

Website: www.wigsbyrapunzels.ie

The Wig Clinic

Miriam Moylette, 4 Garden Vale,
Athlone, Co Westmeath

Tel: 090 649 1716 / 086 838 5097

Website: www.thewigclinic.ie

Wigwam

Lynda Murphy, Oaklands Drive,
Sandymount, Dublin 4

Tel: 01 478 1290

Email: lynda_wigwam@hotmail.com

Website: www.wigwam.ie

Wigworld

Joyce O'Carroll 6 Esker Walk,
Ardkeen Village, Waterford

Tel: 087 688 9332

Email: joyce@wigworld.ie

Website: www.wigworld.ie

Connacht wig suppliers

Gruawig: Wig Sales and After Care

Louise Killeen, 23 Cashel Park, Castlebar, Co Mayo

Tel: 087 225 0704

Email: loulourovers@yahoo.co.uk

HnBC Hair Clinic

Thomas Street, Castlebar, Co. Mayo

Tel: 094 902 6753 / 087 288 2698

Email: info@hnbc.ie

Website: www.hnbc.ie

Marion Dineen's Hair Studio

Unit 3, West Gardens, 20-21 High Street, Co Sligo

Tel: 071 914 2266

Email: mariandineenhairstudio@gmail.com

Website: www.mariandineenhairstudio.com

The Wig Clinic

Miriam Moylette, Regional Medical Centre,
34 Newcastle Road, Galway

Tel: 091 583 638 / 086 838 5097

Website: www.thewigclinic.ie

Wigs at Bellissimo

Galway Retail Park, Headford Road, Galway

Tel: 091 568 555

Website: www.bellissimo.ie

Wigs at Naturelle's Hair Studio

1 Hyde Bridge, Co Sligo

Tel: 071 914 3030

Munster wig suppliers

Bellissimo

Mount Kenneth Dock Road, Limerick
Tel: 061 317 541
Website: www.bellissimo.ie

Changes Hair & Beauty Salon

97 Church Street, Listowel, Co Kerry
Tel: 068 23662

Cork Hair, Wig & Scalp Clinic

129 Oliver Plunkett Street, Cork
Tel: 021 427 5027 / 086 843 6264
Email: kay129@live.ie
Website: www.hairclinic.ie

Hair Retain

8 South Mall, Cork
Tel: 021 427 6474 / 086 220 2407

16 Davis Street, Limerick

Tel: 061 416 222
Mobile: 086 220 2407

Email: info@hairretain.com
Website: www.hairretain.com

Marbles Hair and Beauty Salon

35 Cruises Street, Limerick
Tel: 061 410 955

Origin Wig Clinic

Drawbridge Street, Cork
Tel: 021 427 0155
Email: info@originhairdesign.ie
Website: www.originhairdesign.ie

Tranquility Hair Speciality Clinic

Rochestown Road, Cork
Tel: 021 436 2253
Email: info@hairsclpclinic.com
Website: www.hairsclpclinic.com

Versacchi

6 South Ring Business Park, Kinsale Road, Cork
Tel: 021 462 7400
Website: www.hairloss.ie

Wigs at Adoré

129-130 Oliver Plunkett Street, Cork
Tel: 021 427 0031
Email: info@adore.ie
Website: www.adore.ie

Wig Clinic – Cork

133 Barrack Street, Cork
11 Deal Yard Lane, Mallow, Cork
Boots Pharmacy, Wilton Shopping Centre, Cork
Boots Pharmacy, Mitchelstown Shopping Centre,
Mitchelstown, Co Cork

Wig Clinic – Limerick

Boots Pharmacy, Childers Retail Park, Limerick

Wig Clinic – Kerry

Boots Pharmacy, Killarney, Co Kerry
Recovery Haven, Tralee, Co Kerry

Wig Clinic – Waterford

Boots Pharmacy, Baron Strand St., Waterford
Medical Centre in Williamstown Centre, Waterford
(opposite the Solas Centre)

For appointment at any of the clinics,
call 021 431 8468 / 086 062 1249.

Email: info@wigclinic.com
Website: www.wigclinic.com

Wigs Medical

Bernie Murray, Viewmount House, Dunmore Road,
Waterford (opp. Waterford Regional Hospital)
Tel: 051 879 651 / 086 389 7739
Email: bernie@wigsmedical.com
Website: www.wigsmedical.com

Wigworld

Joyce O'Carroll, 6 Esker Walk,
Ardkeen Village, Waterford
Tel: 087 6889332
E-mail: joyce@wigworld.ie
Website: www.wigworld.ie

Wigs4you at Roots Hair Design

Abbey Street Carpark, Ennis, Co Clare
Tel: 065 684 3333 / 086 061 0450
Email: info@wigs4you.ie
Website: www.wigs4you.ie

Ulster wig suppliers

Donegal Hair Loss and Wig Department

Patrick Gildea Hairdressing, Houston House,
Main Street, Letterkenny, Co Donegal
Tel: 086 236 6004
Email: info@patrickgildea.ie
Website: www.patrickgildea.ie

Galerus Wigs at Oliveen's Salon

Oliveen Kelly, 24 High Street, Draperstown,
Northern Ireland, BT45 7AA
Tel: 048 796 28325 / 0044 777 584 6325

Hair Affair

86 Duke Street, Waterside, Derry
Tel: 028 7134 3636
Website: www.hairaffairni.com

Hair Affair

Macmillan Support and Information Centre, Belfast
City Hospital, 77/81 Lisburn Road, Belfast BT9 7AB
Tel: 0044 28 90638979 / 0044 7729355068
Website: wigsandhairpieces.co.uk

Mobile wig suppliers

Wigs and Things

Mobile wigs and beauty

Offering a specialist wig fitting service for those experiencing hair loss in the comfort and privacy of their own home, plus a specialized make up service concentrating on adding definition to the eyes and eyebrows. Medical card prescriptions accepted. Dublin based but will travel nationwide.

Mobile: Karen 087 133 0992, Anne 086 847 7173
Email: info@wigsandthings.ie
Website: www.wigsandthings.ie

Wig trimming/styling and beauty services

Amanda Moran

Hairdressing and Beauty Boutique

Church Hill Road, Enniskerry, Co. Wicklow
Tel: 01 286 6022 / 086 037 3746
Email: amandamoran5@yahoo.com

Mail order suppliers of alternative headwear (bandanas, turbans, scarves)

AnnaBandana

Tel: 0044 121 357 3654 / 0044 7951 371 061
Website: www.annabandana.co.uk

Bohemia Fashions Headwear

Tel: 0044 1582 750 083
Email: sales@bohemia-fashions.co.uk
Website: www.bohemia-fashions.co.uk

Feelgood Scarves

Catherine O'Sullivan, 11 Hawthorn Manor,
Newtown Park, Blackrock, Co Dublin
Tel: 086 021 2686
Email: info@feelgoodscarves.com
Website: www.feelgoodscarves.com

Ursula's Headwear

37 Beech Park, Athlone, Co Westmeath
Tel: 090 647 5462 / 086 389 9026
Email: hanleyursula@eircom.net
Website: www.headwear.ie

Trichologists in Ireland registered with the Institute of Trichologists (UK)

A trichologist specialises in hair and scalp problems.

Dublin and Galway:

Deborah Whelan, MIT 1st Floor,
37 Eyre Street, Galway

Free consultations for chemotherapy patients.

Tel: 091 565 148 or text 087 053 5046

Email: enquiries@trichologist.ie

Website: www.trichologist.ie

Dublin:

Eoin Wright, MIT

Foundation Hair

18 Upper Stephen's Street, Dublin 8

Tel: 01 478 1222 / 478 1223

Website: www.foundationhair.com

Cork:

Kevin Ryan, NT Dip., AIT

Kevin Ryan Hairdressing and Trichology

Curraheen Road, Bishopstown, Co. Cork

Tel: 021 434 4644 / 087 226 5625

Kildare:

Gerrard Hynes, MIT

Runs satellite clinics on the east coast.

Tel: 086 199 9087

Email: gph@indigo.ie

Meath:

Liam Byrne, MIT

Robert Byrne Hairdressing

5 Belfry View, Church Hill,

Navan, Co Meath

Tel: 046 902 1176

Health insurers

Aviva Health

PO Box 764, Togher, Cork

CallSave: 1850 717 717

Email: info@avivahealth.ie

Website: www.avivahealth.ie

Laya Healthcare

Eastgate Business Park, Little Island, Co. Cork

Tel: 021 202 2991

LoCall: 1890 700 890

Email: info@layahealthcare.ie

Website: www.layahealthcare.ie

VHI Healthcare

IDA Business Park, Purcellsinch, Dublin Road,

Kilkenny

CallSave: 1850 44 44 44

Email: info@vhi.ie

Website: www.vhi.ie

Useful organisations and websites

Dept of Social Protection – Information Service

LoCall: 1890 66 22 44

Email: info@welfare.ie

Website: www.welfare.ie

Heath Service Executive (HSE)

National information line: 1850 241 850

Email: info@hse.ie

Website: www.hse.ie

Look Good Feel Better

43/45 Northumberland Road, Dublin 4

Tel: 1800 200 700

An international programme that gives practical advice to men and women dealing with the side-effects of cancer treatment, like hair loss.

Daffodil Centres

The Irish Cancer Society's Daffodil Centres provide cancer information, support and advice in local hospitals. Daffodil Centres aim to provide a wide range of information locally to anyone affected by or concerned about cancer.

For details of your nearest Daffodil Centre call the National Cancer Helpline on 1800 200 700 or visit www.cancer.ie.



For more information on hair loss and cancer treatment or for confidential advice from our cancer nurse specialists, call the **National Cancer Helpline** on **Freefone**

1800 200 700

(Monday–Thursday, 9am–7pm,
Friday 9am–5pm) or email
helpline@irishcancer.ie



MEMBER

Irish Cancer Society
43/45 Northumberland Road, Dublin 4

T: 01 231 0500

F: 01 231 0555

E: helpline@irishcancer.ie

W: www.cancer.ie



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