

Tried and tested, here and abroad.

Used in Europe for over 30 years, this method is now available in the United States and Canada.

- ✓ The Canadian Cancer Society recognizes the use of cold caps, as do several recognized Quebec organizations.
- ✓ In 2010, the Centre hospitalier universitaire de Sherbrooke published a report concluding that the technique was effective, safe and recommended for use.

85%

Overall satisfaction rate among over 50,000 Penguin Cold Caps users.

100%

Likelihood of hair loss if cold caps are not used in situations involving chemotherapy-induced alopecia.



After

6 months after the last treatment



Before

Right before the first chemotherapy treatment



During

2 weeks after the first chemo (AC+Taxol)



After 4 treatments



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You CAN keep
your hair **during**
chemotherapy!

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The cold cap method consists of wearing scalp-cooling caps **before, during and after chemotherapy treatments**. The cap is based on the simple, well-known principle of **vasoconstriction**. Cooling the scalp causes blood vessels to contract, which reduces blood flow to the follicles and limits the amount of chemotherapeutic agents that can reach them. The result is reduced hair loss.

The use of cold caps empowers people **to regain their power to take action** in a situation that is often uncontrollable. **Keeping one's hair** boosts self-esteem, which can **lead to improved well-being and quality of life** during treatment, while maintaining a sense of normalcy and avoiding stigmatization.

It helps to avoid the constant reminder of the illness. This solution **minimizes the emotional stress** associated with hair loss, which can improve overall well-being and reinforce a commitment to treatment. It also helps avoid permanent alopecia occasionally induced by certain types of chemotherapy.

Cold Cap



To determine if this method is right for you, consider the following:

- ✓ There are 2 types of scalp cooling systems: manual systems, which are suitable for all medical establishments and can be used anywhere, and fixed systems, where refrigerant liquid circulates in the cap via a conduit attached to a portable electronic device. The latter are available in certain hospitals only. For manual systems, a set of several Crylon gel helmets (usually 3) is alternated to maintain the desired temperature. Patients typically rent the caps on their own.
- ✓ The Quebec healthcare system does not yet cover the use of cold caps, although some insurance companies do provide partial coverage for their use when prescribed by a physician. Patients must make their own arrangements to rent and/or purchase the necessary equipment. Some hospitals, through their foundations, offer free cold caps for patient use.
- ✓ Having someone with you to change the caps is not essential but is highly recommended.
- ✓ For best results, specific hair care is essential before, during and after chemotherapy.

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Garde tes cheveux is a registered, independent charitable organization whose mission is **to inform and assist chemotherapy patients** who want to **keep their hair during treatments**.


Garde tes cheveux also provides **training and information to clinicians** throughout Quebec.

Questions?

Consult the **Resources** section of our website, including FAQs and videos.

Join the **Communauté Garde tes cheveux** discussion group on Facebook.



Learn more 

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