

*"It's not what they take away from you that counts - it's what you do with what you have left." Hubert Humphrey*

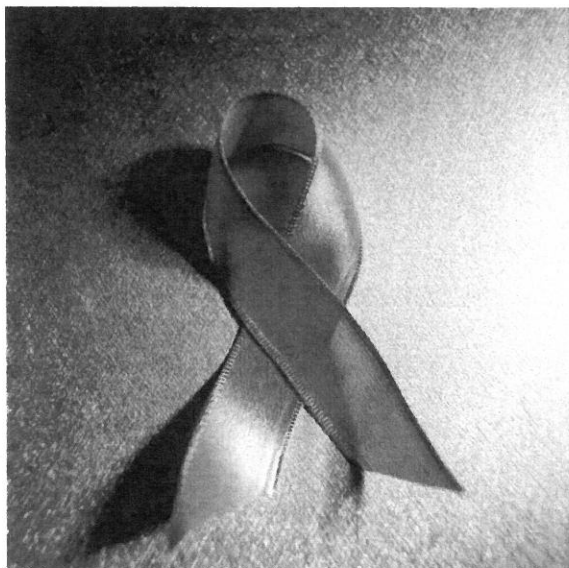
## Prior to chemotherapy ...

... it's helpful to spend some time exploring your options. Knowledge is both an empowering and highly supportive way to transition through the inevitable side effects of chemotherapy treatments.

As early as the second treatment you may begin experiencing physical changes such as matted or shedding hair, or a dry, itchy scalp. There may also be some redness and flaking.

Changes in skin tone and texture are also common, and your finger and toe nails may become dry, brittle and grow more slowly than you have been accustomed to.

Your emotional sensitivity too, may operate at a heightened state. Self-care is not optional at this point; rather it's a critical component of your continued well-being.



## Once treatment begins ...

... you will soon realize that your usual hair care routine will need to shift for awhile.

It's important to minimize stress to the hair follicles, which means that chemicals like hair dye, or thermal styling tools such as hair dryers and curling irons are to be avoided until your treatment is complete. Even elastic hair bands need to be set aside right now.

Consider shaving your head once hair loss begins. This helps control shedding and will actually look and feel healthier to you once it is done, particularly when your hair loss is at the patchy stage. Shaving actually aids your ability to affix wigs and other head wear more securely.

Once your head is shaved, be mindful that since hair also insulates your head from the elements, you will lose body heat at a faster rate. This is easily remedied by wearing a head covering whenever you go outside. Sunscreen is also recommended, but first consult your physician or oncology nurse. They will know which products are safe for you to use.

Many women respond to their hair loss by wearing hats, scarves or turbans. Then there are those who proudly wear their baldness for the entire world to see! Wigs are yet another preferred option for numerous women. If you are considering a wig or hairpiece, you can count on Bongos for hair designs that will help you feel like you again.

Go within. Listen. Your "right" choice is the one that supports your feelings of confidence and comfort.

## After treatment ...

... you will notice hair growth returning about 4 to 6 weeks after your last treatment. To help stimulate growth, nurture your scalp and hair with gentle products, massage, and minimal use of thermal styling tools.

At first both hair color and texture may appear much different than before. Yet for many women everything returns to normal within the 6 to 12 months it takes for your hair to grow back completely.

## Additional Services ...

... Your skin may react differently to cosmetics during chemotherapy treatments. Consult your physician or oncology nurse before using any cosmetics, including lotions, scents or deodorant.

Once you receive the go-ahead, we invite you to try our JANE IREDALE mineral makeup, which is recommended by plastic surgeons and dermatologists throughout the world as safe to use by chemotherapy patients. We can help you choose the perfect products to complement your individual skin requirements.

... If your nails are not cracking or broken, regular manicures and pedicures can help strengthen nails and lift your spirits. Nail polish will mask nail discoloration, lines and ridges.

... Reiki is offered at Bongos to further support your journey of well-being. Reiki is a Japanese form of stress reduction that also promotes healing by addressing the energetic level of the body.

Reiki involves the laying on of hands in a series of hand positions on or above the clothed body. It is safe to administer at any time during the chemotherapy process.