

# Cold Cap Therapy

CANCER CARE

One of the most common and distressing side effects of chemotherapy is hair loss. Cold cap therapy aims to prevent or minimize chemotherapy-induced hair loss. It involves the use of a special set of caps, cooled to very cold temperatures and worn on the head before, during and after each chemotherapy treatment. These cold temperatures constrict the blood vessels in the scalp. This may prevent some chemotherapy drugs from reaching the hair follicles, thus preventing or reducing hair loss.

## How effective is it?

Results of cold cap therapy vary depending on the prescribed chemotherapy regimen. The goal is to preserve as much hair as possible. However, mild to moderate shedding can be expected even with optimal results.

## Things you need to know

- + Patients acquire and freeze a set of caps, which are changed at specified intervals to maintain the proper level of cold. Cold caps are generally worn an hour before chemo, during treatment and then up to 3-6 hours following chemo.
- + Cold cap costs vary depending on the prescribed chemotherapy regimen and the number of infusions the caps will be in use. It should be noted that most insurances do not cover the cost of the cold cap therapy at this time.
- + Hair should be treated as gently as possible throughout the duration of chemotherapy treatment. Blow dryers or heat of any kind (curlers, straighteners) may not be used, hair ties should be avoided, and hair should not be colored.

### THANK YOU TO OUR PROGRAM FUNDERS:



COLUMBUS AESTHETIC  
& PLASTIC SURGERY

*For the Cure*

NEED MORE  
INFO?

**For more general information about cold cap therapy, please contact Claire Houpt at Over My Head at (614) 566-4700 or [Claire@OverMyHeadBoutique.com](mailto:Claire@OverMyHeadBoutique.com) or CancerCall at (614) 566-4321 or (800) 752-9119.**

## How can I learn more about cold cap therapy?



Over My Head Boutique is located inside the Bing Cancer Center at OhioHealth Riverside Methodist Hospital and at the Dublin Cancer Center, and is an exclusive vendor of Penguin Cold Caps. It has trained and knowledgeable staff members that are able to assist patients with all of their cold capping needs.

**To learn more, please visit [OverMyHeadBoutique.com](http://OverMyHeadBoutique.com).**

## Talk to your doctor

If you are interested in using cold cap therapy during your chemotherapy treatments, talk to your medical oncologist to determine whether you would be a good candidate.

