

# Hair Loss

Cancer patients tend to lose hair when they receive certain chemotherapy drugs or radiation therapy. You can prepare for and cope with hair loss by following these tips.

## TRY THIS

**Protect your skin.** Use sunscreen or wear a head cover to avoid sun exposure.

**Try gentle products.** Use shampoos, hairbrushes, and pillowcases that are easy on your scalp and hair.

**Keep your hair short.** Have your hair cut short to make it look thicker.

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## CHECK THIS OUT

**Visit** the Springboard page on Hair Loss.

<https://smokefree.gov/springboard/symptoms/hairloss>

**Learn** more from the Look Good Feel Better program.

<http://goo.gl/oFzgTT>

**Get** additional resources about hair loss (alopecia) and hair loss from chemo. <http://go.usa.gov/xxAth>