

## *Cancer patients program*

Our "Look Good ..... Feel Better" program is a special program offered by the company to cancer patients . Their hair and scalp is systematically checked by a volunteer Dermatologist at the company premises ,and recommendations given in order to re-gain hair growth on scalp and eyebrows as fast as possible and as natural as possible . The feed back is more than great from most of the patients who already feel good about themselves.

Special seminars are arranged for the community and public to promote the awareness about chemical dyes and cosmetics that can do harm more than be of any benefit.

If you are a new cancer patient and feel the blues because of your hair loss .... do not hesitate to call or just drop by anytime during working hours. Call to take an appointment with our volunteer dermatologist on Sundays .

## *Hair loss caused by chemotherapeutic agents*

With cancer patients, hair loss, or alopecia, varies from slight thinning to complete loss of hair. The loss of hair may include scalp, facial, axillaries, pubic and body hair. Radiation therapy may cause hair loss in the area that is treated. Loss of hair occurs over a period of days or weeks. When the hair does grow back, frequently there is a change in the color or texture. Regrowth usually occurs in six to eight weeks after completion of therapy. Not all chemotherapy or radiation will cause hair loss.

According to the Journal of the American Academy of Dermatology, sudden diffuse hair loss is first noticed within 7-10 days of initiation of chemotherapeutic treatment. The hair loss becomes

most prominent 1-2 months after the inception of therapy . Although hair loss is often severe , 10% of the hair follicles is usually in the resting phase at the time of drug administration resulting in incomplete hair loss. Eventually with repeat exposures or with long-term therapy, total hair loss may ensue. In addition other areas of the body may be affected ,such as the eyebrows, beard ,axillary, and pubic areas ,depending on the percentage of hairs in the anagen phase in these areas. Hair loss caused by chemotherapy is almost always reversible with regrowth ,occurring once the administration of the toxic agents has ceased. However , there have been reports of permanent hair loss after treatment.

### *Chemotherapeutic agents causing alopecia*

<i>Aminocamptothecin</i>	<i>Idarubicin</i>
<i>amsacrine</i>	<i>Ifosfamide</i>
<i>Bleomycin</i>	<i>Irinotecan</i>
<i>Carmustine</i>	<i>Mechlorethamine</i>
<i>Chlorambucil</i>	<i>Methotrexate</i>
<i>Cyclophosphamide</i>	<i>Mitoxantrone</i>
<i>Cytarabine</i>	<i>Mitomycin</i>
<i>Dacarbazine</i>	<i>Paclitaxel</i>
<i>Dactinomycin</i>	<i>Teniposide</i>
<i>Daunorubicin</i>	<i>Thiotepa</i>
<i>Doxorubicin</i>	<i>Topotecan</i>
<i>Epirubicin</i>	<i>Vinblastine</i>

*Fluorouracil*

*Hydroxyurea*

*Vincristine*

*Vindesine*

*Vinorelbine*

*The severity of hair loss is related to the specific drug, the dosage, the duration of therapy, the serum half-life, and the duration of drug infusion. It becomes more severe with combination chemotherapy regimens*

To this date, according to the journal of the American Academy of Dermatology, NO drug have proven effective in preventing chemotherapy-induced hair loss or alopecia.

**For Full information about our unique  
Hair  
Mask Go back to the MASK page**

**TO COMBAT THE EFFECTS OF CHEMOTHERAPY  
TREATMENT ON HAIR FALL BY CHOOSING TO USE  
"JOYERIA" HAIR MASK..... DO THE FOLLOWING**

1. If you have already taken a cycle or two and your hair has totally fallen off, use the mask on daily basis for at least half an hour. Keep your head well covered by a shower cap first and then a woolen one on top so as there is no chance of air to get through. The mask tend to suck out the heat of the scalp, so you will most probably feel the herbal paste gets very hot to the touch of your hand. But you will not be uncomfotable at all. Actually you will feel quite relaxed.

2. It is best to use this mask prior to chemotherapy

treatment by 2-3 days . It should be applied for 3 hours per day. We strongly recommend that you apply it when you are taking your session, so that the mask combat the medicine toxicity.

3. The oils will also help in this program. Your hair will start growing in 1-2 weeks time as most patients have reported.

If you keep up this program, you will have all your hair in super condition by the end of your cycles without ever falling again from the subsequent chemo sessions.

4. The mask helps to a great extent lifting the pain and awkward sensations (Dysesthesia) felt by almost all the patients in the head area. This sensation will be felt all over the body parts ..... but never on the head area if you keep using the mask as prescribed.

It has been proved that the rate of hair growth in patients using this mask is extremely high and rapid compared to those who did not use it. The mask works according to the theory of Evidence Based Medicine. We have no explanation for its unique effect on the scalp, hair and pain except that it is the miracles of herbs.

(For more information on what to use during chemotherapy treatment time, go to the problem/solution page)

## Important Information every cancer patient and their close family members must know

### Psychological effect

Although Hair loss is not life threatening , many patients describe it as the most traumatic side effect of chemotherapy , as well as a constant reminder of the cancer and its treatment. Patients experiencing hair loss encounter shedding of hair , obstacles to routine hair grooming and difficulty in maintaining body heat, particularly at night because hair protects the surface of the skin and conserves body heat, as well as scalp sensitivity and tenderness. Hair loss can also evoke feelings of low self-esteem and fear of how an altered appearance will be perceived by others.

### Understanding the Causes of Hair Loss During Chemotherapy

Many Chemotherapy agents are designed to kill fast growing cells , which means that they attack healthy growing cells as well as cancer cells . Because cells that contribute to the formation of hair shafts , follicles and nails are fast growing , Unfortunately , while chemotherapy drugs preferentially destroy cancer cells , the drugs also can destroy those cells responsible for normal growth of hair and nails. When hair is toxicated and damaged by the drug (dystrophic hair), the hair bulb shrinks and hair falls out spontaneously during combing , or breaks at the bulb. Almost always the hair follicle damage is immediate. Cancer patients sometimes shed the hair and nails during treatment.

### Understanding the cause of losing hair on other parts of body

Chemotherapy drugs are poisonous to the cells of the hair root responsible for hair shaft formation . People can lose hair from anywhere on the body – the head, eyebrows , eyelashes , and facial and pubic hair.

### Expected time to lose hair after taking chemotherapy

Loss usually occurs one to three weeks into treatment , depending on the specific drugs being given. Once it starts to fall out, hair may simply become thinner or it may fall out altogether Usually , the hair is lost rapidly in large quantities during treatment, usually in a matter of 1-3 weeks time after the first dose.

### Feelings of discomfort reported by most patients

During the period of time you lose hair, the scalp may be tender or sensitive. Some people report having a tingling feeling of the scalp during hair loss.

### Expected time of hair re-growth

( This only applies to patients NOT using the "Joyeria" Herbal Hair Mask)

Normally, adequate hair growth may take six months to one year.

Returning hair (new hair) may be different from the hair that was lost. Due to the absence or alteration of pigment , the hair may grow back white, gray, or a different color. Eventually , as the pigment cells return to normal , the original color should return.

It is common for the new hair returning to be finer in texture initially, but like color , it should return to its original thickness . It is sometimes difficult to be patient, but as the body is returning to normal and getting over the significant insult, time is a necessary ingredient.

Hair starts to grow back about six weeks after completion of chemotherapy.

### Normal rate of hair growth

Scalp hair usually grows about a half inch each month. Meaning the normal rate of hair growth is approx. 0.3 mm per day.

### Effect of radiation on hair loss

Radiation therapy affects hair only in the area where the radiation has been administered. With radiation therapy, hair loss may or may not be permanent and is dose and site dependent. Unlike chemotherapy, the effects of radiation do not travel throughout the body. Unless the scalp is directly exposed to radiation, no hair loss should be experienced.

### Caring for your Skin & Nails during chemotherapy

#### Dry, Itchy Skin

Chemotherapy drugs and radiation can cause dry skin and sun sensitivity because the drugs interfere with oil and sweat glands. To help prevent dry, itchy skin, use Aloe-Vera extract, its healing and a natural cleanser. Aloe Vera hydrates the skin and nourishes skin tissues. It is a biological stimulant of dermal cells. You can use it instead of water on your face and body. Use it on wounds, bruises and inflamed skin to cool it down and heal it.

The company staff always recommends to patients **to keep away from any form of chemical ingredients** at this crucial time.

- Refrain completely from creams, Vaseline, shampoos, conditioners, moisturizers, hair sprays and anything that is not allowed to be eaten or drunk because they contain harmful chemical ingredients. How would a hand cream taste like? We found that this is the best way to think about anything before touching your body with it. What ever touches your skin goes into your body and into your blood stream. You can drink a cup of Aloe Vera safely, but you can not drink a cup of shampoo! .

- Overzealous cleansing can strip away the remaining natural oils of skin. Rinsing your face with water and then rubbing a cube of frozen Aloe Vera is usually quite enough.

### Skin Moisturizers

To moisturize your skin, use natural oils instead of creams, Oils such as olive oil, almond oil, castor oil and the list is long, are good for your skin and will not harm your body when traveling down your blood stream.

### Protecting your skin from harmful Ultra Violet sun rays

The only thing we allow in cream form is sunscreen. Try our SPF-30 sunscreen cream with aloe Vera.. It is light and nourishing to the skin. No harsh chemical ingredients are used in its formulation. It is also great for toddlers.

### Change in Skin Color (Pigmentation)

**Chemotherapy** will alter the color of your skin and nails. Make sure you apply sunscreen cream before going out in the sun. Even your nails will benefit from

**Radiation** causes your body to make more melanin; this is why your skin may become darker in the treated areas only. Rubbing Aloe Vera extract as often as possible on the affected areas will help re-generate the skin cells safely. Patients undergoing chemotherapy have reported a great deal of improvement in reducing the pigmented areas of skin when following this advice.

### Radiation Dermatitis

A condition of the radiation –exposed skin. The skin can become red, itchy and uncomfortable. The affected area can also become dry and flaky. Radiation treatment affects only the skin that is irradiated or close to the point of irradiation. Its most common effect is brief, intense sunburn-like reaction that causes blistering. The treated skin some times thins and loses elasticity and skin may become lighter or darker. Patients using Aloe Vera extract



reported quick healing from much of these symptoms.

The severity of this case depends on the kind of radiation beam, the part of body that is being radiated and the dose and duration of treatment.

- Refrain from using perfumes, deodorants or any other cosmetics near the affected areas.
- Do not apply cold or hot packs on the affected areas.

#### Useful Tips

- Do not use deodorants with aluminum salts.
- Do not use Arabic / Indian hair removing methods also known as (Sheera or Halawa) nor use the waxing method. The pores of skin will be open and thus becomes a good media of collecting bacteria and germs.

#### Caring for your nails during chemotherapy

Chemotherapy can cause your nails to become brittle and grow slower than usual or become very soft and develop horizontal grooves. It is common to see a white or dark ridge in the nail after several weeks of chemotherapy.

- Clip your nails short and protect them from added stress. Do not cut your cuticles
- Do not use artificial nails; they could possibly cause a hard to treat fungal infection.
- Do not use alcohol-based polish or polish remover, it will only make your nails more dry and brittle because they contain harsh chemical agents.
- Rub your nails in Aloe Vera extract as often as possible. Soak them in natural oil, like almond oil, hazelnut oil or castor oil.
- Rubber gloves should be used when doing household chores. It will protect you from the harsh chemicals in all sorts of

detergents to cause skin blisters and add to its soreness. Will also protect your hands from drinking these chemicals and transferring it to the rest of your body ,

IN GENERAL, DURING CHEMOTHERAPY AND RADIATION TREATMENT, SKIN WILL BECOME MORE SENSITIVE TO ALLERGENS OR IRRITANTS. THE SKIN IS MORE SUSCEPTIBLE TO CHRONIC IRRITATION AND BREAKDOWN. SO CANCER PATIENTS ARE ADVISED NOT TO SHARE ANY OF THEIR HYGIENE PRODUCTS WITH ANYONE ELSE.