

## Mayo Clinic Minute

### How cold cap therapy is helping cancer patients keep their hair during chemotherapy

Video	Audio
	Losing hair is one of the most noticeable and upsetting side effects for cancer patients going through chemotherapy.
00:03:54	“Most of the side effects from chemo, now we have a lot of medication that can help alleviate most of the side effects, but hair loss is one of the most dreadful side effects of chemotherapy that there is no medication that can help prevent that.”
	But Dr. Saranya Chumsri, a medical oncologist at Mayo Clinic, says that changed recently with a treatment called cold cap therapy.
00:00:53 <b>Saranya Chumsri, M.D.</b> <b>Medical Oncology</b> <b>Mayo Clinic</b>	“Cold cap work[s] by [constricting] blood vessel[s] and it [helps] limit how much chemotherapy flow to the hair follicle. And it help[s] prevent hair loss during the chemotherapy treatment.”
	Dr. Chumsri says the cold cap is put on the patient about 30 minutes to an hour before chemotherapy begins and cooled down to 32 degrees Fahrenheit.
	The patient keeps it on through the chemotherapy treatment and another few hours after it’s finished, depending on the chemotherapy regimen.
	She says studies have shown as many as two-thirds of patients who tried cold cap therapy were able to retain at least 50 percent of their hair.
00:07:25	“Being able to retain hair during the chemotherapy, they can go on with their normal life and able to have better quality of life, better self-image during the treatment.”

For the Mayo Clinic News Network, I'm  
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