

If you are receiving chemotherapy treatments and have lost your hair, here are some options on what you can wear:

1. Nothing and embrace your beauty and your bald head
2. A wig (synthetic or real hair) You may get it professionally cut to a style you choose
3. Caps and hats (there's a variety of chic styles to choose from)
4. Head wraps/ scarves (you don't need to buy very expensive ones.) Look for scarves that are on clearance at department stores.

It's difficult losing your hair but remember that you can still look beautiful and stylish.

Be your own advocate. Listen to your body and talk to your doctor about your symptoms.

Before going to your doctor's visit

- \*...make a list of any signs and symptoms you are experiencing
- \*writing it down will help u remember everything you want to discuss with your doctor.
- \*Don't be afraid to talk to your doctor.
- \*Take someone with you to your appt: It's a good idea to take someone who is supportive and attentive to help you remember what was discussed at your appt.
- \*Keep a journal with dates, results, tests, questions, and doctor's recommendations.