

The purpose of this guide is to help you find information and support. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- American Cancer Society. **“TLC” – Tender Loving Care.** Catalog for wigs, hair loss products, and mastectomy products. Available online at: <http://tlcdirect.org>
- CancerCare. **Tips for Managing Hair Loss.** Available online at: http://cancercare.org/publications/74-tips_for_managing_hair_loss
- National Cancer Institute. **Managing Chemotherapy Side Effects: Hair Loss.** Available online at: <http://cancer.gov/cancertopics/coping/chemo-side-effects/hairloss.pdf>
- Shop Well with You. **The Shop Well with You: Guide to Body Image and Cancer.** Available online at: <http://shopwellwithyou.org/swy-booklet.pdf>
- University of Michigan Comprehensive Cancer Center. **TOP Solutions: Hair Loss Products and Services.** This resource guide helps patients receiving cancer treatment locate sources for hair loss products.

Books

- Gafni, Ramy. **Ramy Gafni’s Beauty Therapy: The Ultimate Guide to Looking and Feeling Great while Living with Cancer.** New York, NY: M. Evans and Co, 2005.
- Miller, Tani. **Chemo and Me: My Hair Loss Experience.** Atlanta, GA: American Cancer Society, 2009.
- Ovitz, Lori, and Joanne Kabak. **Facing the Mirror with Cancer.** 1st ed. Chicago, IL: Belle Press, 2004.

Audiovisual Materials

- American Cancer Society. **Just For You: A Step-by-Step Guide to Help You Look Good Feel Better During Cancer Treatment.** American Cancer Society, 2001. The videotape features cancer survivors and volunteers discussing appearance-related side effects of cancer treatment, as well as detailed skincare information, “how to” makeup tips, wig information, and pointers on head coverings. The companion booklet also covers nail care. To order a free copy contact the Look Good Feel Better program at 1-800-395-LOOK or access online at: <http://lookgoodfeelbetter.org/programs/beauty-guide/instructional-videos/>
- **Scarves: A Fashionable Alternative.** Phi Mu Foundation. This DVD features a breast cancer survivor, modeling and explaining how to select, tie, and wear scarves after chemotherapy induces hair loss. The topics of makeup and skin care are also covered. This DVD is available at the PERC.

Web Resources

- **Look Good Feel Better**
<http://lookgoodfeelbetter.org>
The Look Good Feel Better program helps cancer survivors deal with appearance changes. The site includes information about makeup, hair, and coping with changes. It also provides separate sections for men, teens, family members, and friends. The program finder helps users locate local Look Good Feel Better programs in the United States.
- **Physical Changes & Appearance**
<http://cancer.org>
 - Click “*Find Treatment and Support*”
 - Click “*Treatments & Side Effects*”
 - Click “*Managing Side Effects*”

The articles on this page discuss appearance changes such as weight gain and loss, swelling, skin color changes, hair loss, and prosthesis.
- **Shop Well With You**
<http://shopwellwithyou.org>
This web site offers guidance on how to use clothing and accessories to maintain a positive body-image during and after treatment. A directory of cancer-specific products such as swimsuits and head coverings help users locate web sites that offer these products.

University of Michigan Resources

- **The Wig Bank** – Maintained by the Department of Social Work, allows patients to borrow wigs free of charge to wear during cancer treatment.

When referred to the Wig Bank, patients meet with a Wig Bank volunteer for an individual consultation. Consultations can be coordinated with either inpatient or outpatient schedules. Volunteers assist patients in select a wig to wear – free of charge – throughout treatment. They also provide instructions on cleaning and caring for the wig, and can supply additional information on sources for purchasing a wig. For more information about obtaining a wig through the Wig Bank, or where to purchase a wig, call the Guest Assistance Program at (800) 888-9825.

- **University of Michigan Orthotics and Prosthetics**
Offers comprehensive orthotic and prosthetic services, including post-mastectomy products and compression garments. Call (734) 973-2400, or visit:
<http://uofmhealth.org/medical-services/orthotics-and-prosthetics>

Organizations

- **Look Good Feel Better**
<http://lookgoodfeelbetter.org>
1-800-395-LOOK

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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