

Information
for Cancer
Patients

PATIENT
ACCESS
TO LOCAL
SERVICES



Greater Glasgow
and Clyde

RENFREWSHIRE & INVERCLYDE
JANUARY 2015

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INTRODUCTION

The intention of the Cancer PALS Manual is to highlight the range of support services that may be available locally. Many of the sections have additional information relating to contact details for relevant products and services. This can be found at the back of the manual together with resources which may help ease symptoms but are not attributable to any particular topic. This list is not exhaustive.

We are delighted that the manual has been endorsed by the John Hartson Foundation (www.johnhartsonfoundation.co.uk) which was set up in February 2010 by the former professional footballer following his battle with testicular cancer which spread to his brain and lungs and left him fighting for life.

John said: "After seeing the effects having cancer had, not only on me but on my family, I wanted to give something back to the doctors and nurses and all the hospital staff who helped us through that terrible time. So many things are going on and often you don't know where to turn to for help. NHS Greater Glasgow and Clyde are to be commended for pulling together all this useful information about services which can provide help and support to people who are not only going through, or have had cancer treatment, but their families as well."

They've covered a wide range of issues that I'm sure many people struggle with during that difficult time and the easier it is to find support and advice, the better."

For further information and specific detail on any of the content, please contact:

- Peter Burns at NHS Greater Glasgow & Clyde on 0141 232 6883.

1) All prices quoted in this manual were correct at the time of production and are subject to change.

2) Greater Glasgow & Clyde have not given any recommendation to any of the products mentioned in this manual.

ANXIETY MANAGEMENT & RELAXATION THERAPIES



ANXIETY MANAGEMENT

For many, a cancer diagnosis can result in an increased level of worry, often manifested in feelings of distress, anxiety or even depression. Talking over these fears and concerns with a trained counsellor can help and the following list is representative of groups that can provide this type of support. While most counselling services provided by charities are free of charge, others may make a charge.

Cancer Support Scotland
Talking Therapies Service, Calman Centre, Gartnavel General Hospital, Glasgow. The Talking Therapies Service is for anyone affected by cancer. It provides confidential sessions on anxiety, bereavement, stress, family concerns and work-related concerns on a one-to-one basis.

Telephone: 0141 337 8199 or Freephone 0800 652 4531

E-mail: info@cancersupportscotland.org

Website: www.cancersupportscotland.org

COSCA (Counselling & Psychotherapy in Scotland)

16 Melville Terrace
Stirling, FK8 2NE
Telephone: 01786 475140
Website: www.cosca.org.uk

Glasgow SPCMH (South Primary Care Mental Health)

Holds evening classes on Stress and Wellbeing at Langside Halls and Anxiety at Pollokshaws Burgh Halls. Only certain postcodes are eligible. See websites for dates and details.
Website: www.glasgowspcmh.org.uk/about/services.php

Maggie's Glasgow

Gartnavel General Hospital
1053 Great Western Road
Glasgow, G12 0YN
Telephone: 0141 357 2269
E-mail: glasgow@maggiescentres.org
Website: www.maggiescentres.org


RENFREWSHIRE

ACUMEN

Room 2015, Mile End Mill
12 Seedhill Road
Paisley, PA1 1JS
Telephone: 0141 887 9103 Fax: 0141 887 9103
Email: enquiries@acumennetwork.org
Website: www.acumennetwork.org

Crisis Ltd

Telephone: 0141 812 8474
Website: www.crisiscounselling.co.uk



Gleniffer Outreach is an information and support centre provided by ACCORD Hospice for people affected by any life-changing illness including cancer. Patients and carers can access up-to-date information, benefits advice, patient and family support and complementary therapies (directly from ACCORD if appropriate) free of charge.

The Centre is situated within the grounds of the Royal Alexandra Hospital, Paisley (immediately on the right when entering from Corsebar Road).
Contact: Amy Crawford, Co-ordinator
Telephone: 0141 887 5968
E-mail: Amy.crawford@accord.org.uk
Bereavement Support is also available.

Macmillan Cancer Information and Support Service is available from three Renfrewshire Libraries:

Erskine Library
Bridgewater Shopping Centre
Erskine, PA8 7AA
Monday 1pm - 4pm

Ferguslie Library
Tannahill Centre
Blackstoun Road
Paisley, PA3 1NT
Wednesday 11am - 2pm

Renfrew Library
Paisley Road
Renfrew, PA1 8LJ
Tuesday 11am - 2pm, Thursday 1pm - 4pm

Nine Lives Voluntary Project

Christine Craig
Arkleston & Newmains Community Association
The Club House
Broadloan
Renfrew, PA4 0SA
Telephone: 0798 199 5729
E-mail: christinecrai50@hotmail.com

RAMH FIRST Crisis Service

The Charleston Centre
49 Neilston Road
Paisley, PA2 6LY
Telephone: 0141 848 9090 or 0500 829 093
Website: www.ramh.org

RAMH Adult Counselling Service

41 Blackstoun Road
Paisley, PA3 1LU
Telephone: 0141 847 8900 Fax: 0141 889 3673
E-mail: enquiries@ramh.org
Website: www.ramh.org

INVERCLYDE

Access at Ardgowan

2 Ardgowan Street
Greenock, PA16 8LN
Telephone: 01475 726830
E-mail: info@ardhosp.co.uk
Website: www.ardgowanhospice.org.uk

RELAXATION THERAPIES

Complementary Therapies have become increasingly popular as a means of relieving stress. The holistic approach aims to ease the emotional, mental and physical effects cancer may have on patients and their families, friends and carers.

AROMATHERAPY

Aromatherapy is the use of essential oils prepared from the flowers, fruit, seeds, leaves or bark of certain plants. Whilst there are about 400 essential oils, with some used to make perfumes or cosmetics, holistic aromatherapy relies on those particular oils thought to have healing properties. These include lavender, rosemary, eucalyptus, camomile, marjoram, jasmine, peppermint, lemon, ylang ylang and geranium. Aromatherapists believe that aromatherapy can boost wellbeing, relieve stress, and help to refresh the body, so improving physical and emotional health.

As with any therapy, patients should not use any aromatherapy without advice from a qualified aromatherapist.

How aromatherapy works

Aromatherapy is thought to work on two main theories. The first is when the active ingredient contained in the oil is directly absorbed through the skin into the bloodstream and travels to affect a specific organ or function in the body.

Many essential oils are also thought to have an anti-inflammatory effect, which may help with arthritis and muscular pain. Other oils may help relieve breathing difficulties.

The second theory relates to the sense of smell with the aroma from some oils known to stimulate (olfactory) nerve cells located high within the nose. A resulting message sent to the brain to interpret the smell can set off both an emotional and physical reaction to the body. For example, it might change your breathing rate to make you feel more calm.


Why people with cancer use aromatherapy

As with many types of complementary therapy, people with cancer use aromatherapy because it makes them feel good, and is something they can do to help themselves. There is some research evidence suggesting that aromatherapy massage can help with the following effects due to cancer or its treatment.

- Anxiety
- Pain
- Depression
- Stress
- Tiredness

Generally, aromatherapy can help to lift your mood and improve your wellbeing. Breathing in the vapours from peppermint, ginger and cardamom oils seems to reduce nausea and vomiting caused by chemotherapy and radiotherapy treatments, although these claims are not supported by any research studies.

It is very important that an aromatherapy massage is provided by a trained therapist. Essential oils are very concentrated so, when massaged into the skin, they must be diluted before use, otherwise, if used neat, they could cause irritation. Therefore, essential oils are diluted with another oil, usually vegetable oil, with this diluent called the carrier oil because it carries the oil to the skin. As some cancer treatments can make the skin



more sensitive, the aromatherapist should be advised of any medication or cancer treatments.

At the first aromatherapy massage the therapist will ask some general questions about your health, lifestyle and medical history.

The aromatherapist will select the oils felt to be the most appropriate to the symptoms and these will be mixed with the carrier oil to be gently massaged into the body. An aromatherapy massage session usually lasts between 60 to 90 minutes. Relaxing music may be played during the massage and the therapist advised at any stage should the patient feel uncomfortable or want the treatment to stop. Generally most say that having an aromatherapy massage is very relaxing and soothing.

Using aromatherapy safely

For most people, using aromatherapy is safe but care may be needed if used in cancer. Always get advice from a qualified aromatherapist who is experienced in treating people with cancer beforehand and let the cancer doctor know also.

The cost of aromatherapy treatments

A private aromatherapy massage usually costs between £20 and £60 for a 60 to 90 minute session.

BODY MASSAGE

Massage therapy is a system of treatment that works by stroking, kneading, tapping or pressing the soft tissues of the body. It aims to relax you mentally and physically and has been used for centuries. Massage may concentrate on the muscles or on the acupuncture points.

There are several types of massage:


- Swedish massage - most common type of all over body massage
- Deep tissue massage - used for long standing, deep muscular problems
- Sports massage - used before or after sport or to help heal sports injuries
- Neuromuscular massage - helps to balance the nervous system and the muscles
- Shiatsu
- Aromatherapy massage
- Reflexology - applied to points on the hands and feet with the aim of improving the health of other parts of the body

Further information on these therapies are included later in this section.

Massage techniques can range from being soft and gentle to vigorous and brisk. They may sometimes seem uncomfortable. Gentler forms of massage such as aromatherapy affect the nerve endings, possibly releasing chemicals called endorphins and reducing sensations of pain. Stronger methods, such as Swedish massage, aim to stimulate circulation and lymphatic system, relax muscles and ease knotted tissues that can cause pain and stiffness.

Why people with cancer use massage therapy

As with many types of complementary therapies, one of the main reasons that people with cancer use massage is because it helps them feel good. It is a way they feel they can help themselves.



Massage for people with cancer is promoted as a natural way to help relaxation and cope with:

- Stress
- Anxiety
- Headaches
- Pain

Generally, massage therapy can help lift mood, improve sleep and enhance overall sense of well being. Some evidence exists to help support these benefits.

What is involved in having a massage?

On the first visit for a massage, the therapist will ask some general questions about health, lifestyle and medical history. If they are concerned that massage may interfere with health or medication, they may ask to contact your GP.

Most massage sessions usually last between 30 -60 minutes but this can depend on your therapist. Your therapist might play some relaxing music during your massage. The amount of pressure your therapist applies when massaging you can vary greatly between the types of massages. It is important that you let your therapist know if you feel uncomfortable and want them to stop at any time.

Who shouldn't use massage therapy

Always talk to your doctor before using any type of massage therapy, and always make sure your massage therapist is fully qualified. This is especially important if you:

- Are having cancer treatment
- Are very weak

People with cancer should avoid very deep massage. Gentler types may be safer. Some people worry that having a massage may encourage the cancer cells to travel to other parts of the body. There is no evidence to suggest that this is true.

If undergoing radiotherapy, the patient should avoid having the treated area massaged. Never massage any area of the body where the skin is broken, bleeding or bruised.

Generally, patients should also avoid general massage therapy to the arms or legs if they are swollen because of lymphoedema. However, there is a particular type of massage used for lymphoedema called manual lymphatic drainage (MLD). This is a very specialised treatment and people who need MLD are referred to a lymphoedema specialist by their doctor or specialist nurse.

The cost of massage therapy

Private massage treatments usually cost between £20 and £60 for a 30 to 90 minute session.

Many cancer centres and hospitals in the UK now offer patients different types of massage therapy free of charge.

Finding a therapist

It's vital that the person providing the treatment is properly trained and qualified. Patients should ask the therapist the following questions:

- How many years of training they've had
- How long they've been practicing
- If they have treated cancer patients before
- Are they CHNC recognised
- If they have indemnity insurance (in case of negligence)

INDIAN HEAD MASSAGE

Indian head massage is an ancient form of therapy for releasing tension and encouraging relaxation. It involves gentle massage of the shoulders, neck, scalp and face which relieves tension and can improve circulation. Sessions can be tailored to suit the needs of each patient and can be carried out on the neck and shoulder area only, if requested. A session typically lasts 30 to 45 minutes.

SHIATSU

Shiatsu is based on traditional Japanese massage therapy. The word shiatsu literally means finger pressure and can also be called shiatsu massage or shiatsu body work. Shiatsu has become popular in the Western world over recent years. Many complementary therapy centres offer shiatsu.

The principle behind shiatsu is related to the energy flow, known as Ki or Qi (pronounced chee), through the body. According to shiatsu therapists, disruption to this energy flow can cause illness and disease. Like acupuncture, shiatsu claims to free blockages to the Ki flow and restore energy to areas where it is low. A shiatsu specialist does this by pressing on or stretching points on the body that lie along the lines of energy called meridian channels. Shiatsu practitioners believe that the therapy stimulates the circulation of the blood, helps release of toxins and tension from muscles, and stimulates the hormonal system. This is believed to help the body heal itself.

Why people with cancer use shiatsu

As with many types of complementary therapy, one of the main reasons that people with cancer use shiatsu is that it makes them feel good. Shiatsu therapists promote the therapy as a natural way to help patients relax and cope with:

ANXIETY MANAGEMENT & RELAXATION THERAPIES

- Stress
- Anxiety
- Depression
- Pain
- Nausea

Generally, therapists believe that freeing the flow of energy can help to lift mood and improve wellbeing.


Some people with cancer use shiatsu to help control symptoms and side effects such as poor appetite sleep problems, pain, and low mood. It is also said to help patients cope better with their cancer and its treatment. After a shiatsu massage people feel very relaxed and have higher energy levels.

What Shiatsu involves

On the first visit for shiatsu, the therapist will ask some general questions about health, lifestyle and medical history. They may also ask about diet, sleep patterns and how you feel emotionally.

Many therapists will begin a treatment by gently touching the abdominal area (called hara in Japanese). This helps them find out about the body's energy levels and which areas of your body need attention. If the therapist is worried that shiatsu could interfere with your health or any drugs you take, they may want to check with your GP before going ahead. In general, this rarely happens, but there may be situations where your therapist and doctor recommend that you don't use shiatsu.

A shiatsu treatment session usually lasts about an hour. The patient doesn't have to undress and usually lies down on a futon type mattress on the floor to have the treatment. But if they can't lie down, the treatment can be done sitting up. It is best to wear very loose fitting clothing like a tracksuit or



cotton baggy trousers. Therapists can apply pressure to the energy points using their fingers, thumbs, elbows, knees and sometimes even their feet.

Possible side effects of shiatsu

Generally, shiatsu is a safe therapy. After the first treatment, some mild side effects such as headache and muscle stiffness may be experienced. The patient may also feel very tired but these symptoms usually pass within a few hours. If they continue, the doctor or therapist should be contacted for advice.

The cost of shiatsu therapy

Private shiatsu treatments usually cost between £30 and £60 for a one hour treatment.

Shiatsu organisations

There are a few different shiatsu organisations. The Shiatsu Regulatory Group (SRUK) is working to develop a common set of practice and training standards. They report to the Complementary and Natural Healthcare Council (CNHC).

FACIALS

Find a spa that uses organic products. During cancer treatments some of the stronger chemical used in a spa may harm your skin. It may be appropriate to call the spa and ask about the products in use, and specify the type of products you wish used on your skin.

Tell them you have cancer. You may feel shy or self-conscious about letting your esthetician know about your treatment status but this would alert them to the unique needs of your skin, and help guide the choice of products and best kind of therapy to gain optimal benefit.

Avoid harsh treatments. Some facials involve treatments that are harsher on the skin, like microdermabrasion, chemical peels, extractions (for acne), and steams. While going through chemotherapy or radiation, as your skin may be too fragile to handle these treatments, it may be more appropriate to use a hydrating facial for dry and sensitive skin. Treatments for acne should also be modified to deal with more sensitive skin.


For most people, a facial massage is very enjoyable with a unique ability to relieve tension around the face, especially in the jaw area. The benefits are numerous, relieving stress, opening up sinuses, relieving headaches, and relaxation of the neck and shoulders.

HAND AND FOOT MASSAGE

Massage is a valuable aid in relaxation and stress reduction. Through gentle hand and foot massage nervous tension within the body can be released. A typical hand and foot massage will last 30 to 45 minutes. All oils used will be organic and carrier oils approved as being suitable for patients undergoing treatment.

HYPNOTHERAPY

Hypnotherapy uses the mind-body connection in a safe and effective way to bring about changes in a wide range of physical as well as emotional symptoms. When working with a professionally trained and skilled hypnotherapist, each patient can experience and learn new ways to alleviate stress, induce relaxation, control pain, reduce feelings of nausea, enjoy a good night's sleep and more. Hypnosis is often described as a very pleasant state of relaxation, quite similar to that of daydreaming or being absorbed in a good book or film. Each hypnotherapy session is tailored to meet the needs of the individual to bring about a greater feeling of well being. Hypnotherapy is completely natural and safe and there are no



harmful side effects. It is complementary to traditional medicine and is not an alternative. A session will last approximately 45 minutes.

REFLEXOLOGY

Reflexologists believe there are reflex areas in the feet that match every part of the body, with a map of the left side of the body on the left foot, and the right side of the body on the right foot. For example, the left big toe represents the left side of the head, and a point around the ball of the right foot represents the right lung. These maps can vary a little between different branches of reflexology.

How reflexology works

There is no scientific evidence to support the use of reflexology as a treatment for cancer. Reflexologists believe that having your feet pressed and massaged in a systematic way stimulates the corresponding organs in the body. This releases the body's natural healing powers and restores health. A reflexologist will gently press the feet to assess your state of health. Pressing these areas is thought to start the healing process, working on energy pathways similar to those used in acupuncture.

A sharp or tender feeling (or what reflexologists sometimes describe as a crunchy sensation) can indicate that an area of the body is out of balance. Therapists believe that illness occurs when energy pathways are blocked, and subsequent unblocking can restore energy and balance.

Why people with cancer use reflexology

People with cancer may try reflexology as a way to:

- Relax and cope with stress and anxiety
- Help relieve pain
- Help lift their mood and give a feeling of well being

There is some evidence that reflexology can help.

Some people think that reflexology can help to:

- Boost the immune system
- Fight off colds and bacterial infections
- Reduce sinus problems
- Reduce back problems
- Change hormonal imbalances
- Overcome infertility
- Reduce digestive problems

At the moment there is little or no scientific evidence to prove that reflexology helps any of these conditions.

Side effects of reflexology

Generally, reflexology appears to be safe and doesn't cause many side effects. Since most people feel relaxed after a treatment light headedness is sometimes reported. Other experiences may include:

- Tender feet
- Feeling emotional
- Wanting to go to the toilet (to pass urine) more often

Tell your reflexologist about any side effects that you have.

Who shouldn't use reflexology

Cancer patients need to see a reflexologist trained in treating people with cancer. This is because there are specific points on the feet that should be avoided, or where only very gentle pressure should be applied.



The cost of reflexology treatments

Private reflexology will usually cost between £25 and £50 for a 60 minute treatment. It is important to have treatments provided by a qualified therapist.

REIKI

Reiki is an ancient form of hands-on treatment originating from Japan. It focuses on balancing the body's physical, mental and emotional energy to promoting balance through deep relaxation which in turn can improve wellbeing on many levels. During a Reiki session the patient remains fully clothed and can either lie down or be seated, according to preference. A Reiki session typically lasts around 45 minutes but can be reduced to suit the patient's requirements.



CHILDREN

COMPUTER GAMES

Ben's Game

Ben Duskin, nine years old, is in remission from Leukaemia. Throughout his course of treatment, Ben played computer games and began to think about the need to have something positive to help other children battle their illnesses. Ben's wish was to design a video game that would be helpful for kids like him who have cancer, a way to fight back and relieve some of the pain and stress involved with treatment. The science for Ben's Game came largely from what Ben learned himself in the course of his treatment.

The object of the game is to destroy all mutated cells and to collect the seven shields that provide protection from common side effects of chemotherapy. The shields are guarded by a "monster": To download the game free of charge, including instructions how to play, visit the website: www.makewish.org

PUBLICATIONS

Chemotherapy, Cakes and Cancer

This is an A-Z guide to living with childhood cancer and was written by a 14 year old who was diagnosed with osteosarcoma (bone cancer) when she was 12. This can be downloaded free of charge from the Clic Sargent website: www.clicsargent.org.uk/sites/files/clicsargent/field/field_document/CCC.pdf

The Secret C: Straight Talking About Cancer

A book to help adults and children talk openly about the issues and feelings involved when someone has cancer. It can be read to the child or the pictures used for children younger than the target age group (7–10 years).

Author: Julie A Stokes

Publisher: Winston's Wish (2009)

ISBN - 13: 9780955953927

ISBN - 10: 0955953928

The Rainbow Feelings of Cancer

An American book with pictures drawn by a child, which could be useful as a starting point for conversations about living with a parent with cancer.

Author: Carrie Martin and Chia Martin

Publisher: Hohm Press (2001)

ISBN - 13: 9781890772161

ISBN - 10: 189077216X

The Year My Mother Was Bald

This book is Clare's journal and scrapbook about the year that her mother is diagnosed with cancer and goes through treatment. Clare tells her

CHILDREN

story, shares her feelings and describes her family's experiences from her mother's diagnosis through chemotherapy, surgery and radiotherapy. For ages 8 -13 years.

Author: Ann Speltz and Kate Sternberg

Publisher: Magination Press

ISBN - 13: 9781557988881

ISBN - 10: 1557988889

Pupils with Cancer

This is a teacher's guide, produced by The Royal Marsden Hospital, specifically aimed at teachers in secondary schools and colleges. However, many of the suggested strategies are easily adapted to the primary school context, with the intention that teachers will extract and adapt the sections they find useful. This guide is available as a downloadable PDF from:

www.royalmarsden.nhs.uk/teachersguide or from

www.schoolsnetwork.org.uk/academies

EDUCATION

Disability Rights UK

As a student with cancer you may be entitled to certain benefits.

Telephone: 0800 328 5050 (Student Helpline)

Website: www.disabilityrightsuk.org

If you return to study in higher education, you could apply for Disabled Students' Allowances (DSAs) to pay towards extra cancer-related study costs. These could include computer equipment, specialist software, note-taking support, and help with travel costs if you need to use taxis rather than public transport.

CLIC Sargent (for children with cancer)

If you have a CLIC Sargent care professional, speak to them about how to apply for DSAs, or contact them for help to find support and information.

CHILDREN'S HEADWEAR

Heads High is a Bristol based company which make and supply a bespoke wig service that is designed especially for cancer / alopecia sufferers. The unique design means that even on the hottest days you can keep cool and comfortable with no itching or slipping and includes a hat so it also provides the added protection from the sun.

Cool Comfortable Cap Liner - keep a cool head under your hats with a liner on even the hottest days. Made of super soft, cool, stretch cotton, the cap liners are designed with the seams and hair on the outside ensuring only soft cotton lies against your sensitive scalp. They are easy to care for and can last up to 6-12 months depending on how much you wear/wash them. They can be removed from the hat and then hand washed in warm water with shampoo along with the hair. Apply conditioner just to the hair then either leave to dry or you can blow dry and style them. A treatment spray can be used to maintain the hairs' silkiness and prevent any unwanted tangling. Occasional trimming of the ends is recommended to keep the hair looking in tip top condition.

Little Princess Trust

A charity which provides real hair wigs free of charge to children, both boys and girls, aged 2 to 18 years who have lost their hair as a result of cancer treatment. They also accept hair donations. There should be at least 7 - 12 inches of clean hair in good condition.

For full information, visit their website: www.littleprincesses.org.uk



EATING WELL WHEN YOU HAVE CANCER

There may be times during your cancer treatment when you are unable to eat well. Losing weight or having a reduced food intake can make it more difficult for you to cope with treatments like surgery, radiotherapy and chemotherapy.

During these times you may need to change the balance of your diet to include different foods. It may also be helpful to alter when or how often you eat to make sure you try to eat enough. These may be short-term or long-term changes depending on your treatment and health.



Are there any foods I should avoid?

When you are ill or having treatment you are more at risk of suffering from food poisoning. It is best to avoid the following foods:

- raw or lightly cooked eggs
- soft, ripened cheese (like Brie or Camembert) or blue-veined cheese (like Stilton)
- pâté

Good food hygiene is really important.

Already following a different diet?

If you are already following a diet for other health reasons please discuss this with a dietician.

When you have finished cancer treatment eating well is important to ensure your body receives all the nutrients it requires. The advice in this section is for people who have finished their cancer treatment, have a good appetite and are able to eat well.

DIET

FOODS	FUNCTION
Meat, fish, eggs, tofu, soya products, pulses (beans and lentils), Quorn, nuts.	These are a good source of protein, which is needed for the growth of body tissue, muscle strength and wound healing.
Dairy products (such as cheese, milk, yoghurt and fromage frais) and non-dairy alternatives (such as soya milk and soya yoghurt).	These contain protein, fat, vitamins and minerals. If you are losing weight choose the full-fat varieties.
Sugar, honey, syrup, treacle and sugary foods, such as chocolate, cakes and sweets.	These are good sources of energy.
Butter, margarine, oil, ghee and cream.	These are good sources of energy and contain fat-soluble vitamins.
Fruit and vegetables.	These are a good source of vitamins and minerals, but not usually of protein and energy.
Drinks.	Aim to drink eight to ten cups or glasses each day. If you have a poor appetite choose nourishing drinks rather than just tea, coffee or water.

CONVENIENCE AND FAST FOOD

Are convenience foods bad for me?

So, where time or energy is a limiting factor, convenience foods are useful. However, they can be low in fibre and vitamins and high in salt so don't rely on them all the time. Have a portion of vegetables or salad with the meal to increase the nutritional value. If you're trying to cut down on your fat intake, go for the healthy options or 'low fat' varieties.

Should I avoid take-aways and fast-food?

Take-aways and 'fast food' tend to be high in fat, so if you're trying to reduce your fat intake, limit your number of take-aways. If you know you are immunosuppressed and as such prone to infections, you may need to avoid take-aways as they may increase the risk of infection.

COFFEE AND ALCOHOL

Tolerance of coffee varies quite considerably – so it's a case of finding a level that suits you. Concerns about how coffee drinking may relate to long term health problems, such as cancer and heart disease, haven't been confirmed – so enjoy drinking coffee in moderation if you wish. You may want to try a decaffeinated variety. Other drinks such as tea, chocolate, cola and energy-boosting drinks also contain caffeine so they should be drunk in moderation.

What about alcohol - what is a sensible amount to drink?

Drinking large amounts of alcohol has been linked to certain cancers and other health problems.

If you are taking any medication, check with your doctor or pharmacist that you can drink alcohol.

SPECIAL DIETS

Is there any special diet I should follow?

In recent years, there has been a lot of interest in diet and cancer and, in particular, about ‘complementary’ and alternative diets. Some people have claimed to cure or control cancer using diet and people are often confused as to whether or not they should follow one of these.

The term ‘complementary diet’ refers to any unusual or unorthodox change to normal diet which claims to benefit people with cancer. The authors of such diets often advise that they are followed in association with accepted cancer treatments like radiotherapy and chemotherapy. The diet recommended by Penny Brohn Cancer Care (formerly The Bristol Cancer Help Centre) is an example.

Should I be on one of these diets?

There have been few clinical trials or research studies in this area. To date there is no specific scientific evidence to support claims made by complementary or alternative diets. It is unlikely that any change in diet has any great medical benefit in cancer treatment.

If you’re considering one of these diets, discuss it with your doctor or a dietician. The dietician will help you to make a choice by discussing the advantages and disadvantages of different diets.

What are the problems with them?

Many people experience eating difficulties or lose weight as a result of their cancer or their treatment. These diets are low in energy (calories) and protein and tend to be bulky and therefore very filling. They can cause weight loss and malnutrition in people who have problems eating.



There is insufficient evidence in the literature regarding the optimal components of exercise prescription for each cancer type. However, current guidelines on exercise testing and prescription have been published by the American College of Sports Medicine for patients with cancer (ACSM, 2010). These are compatible with the American Cancer Society's recommendation of 30 to 60 minutes of moderate- to vigorous-intensity physical activity at least five days per week for survivors who are otherwise healthy. To date, no formal guidelines for cancer survivors have been published in the UK. However, health-related physical activity guidelines for the general population are appropriate for most cancer survivors. For those with cancer complications or illnesses that prevent moderate-intensity exercise, avoidance of total inactivity is nonetheless advised.

Website: <http://www.bases.org.uk/exercise-and-cancer>

EXERCISE

Keeping active throughout the cancer journey can help improve physical and emotional well being.

Healthy Lifestyles Team Network

c/o West Primary School

Newton Street

Paisley, PA1 2RL

Telephone: 0141 842 3000

E-mail: spdev-els@renfrewshire.gov.uk

Chi Gung

Chi Gung is the ancient Chinese practice of aligning breath and movement, with mental and spiritual awareness.


Yoga

Yoga can be a gentle way to help you stay physically active, to maintain a healthy and active lifestyle, to help keep you calm and centred and help you reconnect with your body and celebrate life.

Consent should be gained from a consultant, GP or physiotherapist before attending a class.

PUBLICATIONS

- Move More Activity Pack is Macmillan's complete guide to becoming more active for people living with cancer. The pack includes information on physical activity and cancer, an activity diary and 'Getting Started' booklet. MAC13314.

- 
- Gardening as a Way to Keep Active, Macmillan leaflet MAC 14169.
 - Get Active, Feel Good Exercise DVD is developed specifically for people living with cancer. Contains three exercise plans to complete at home MAC14016.

FATIGUE



We don't really know why cancer causes fatigue in some people. It could be because there is cancer in the bone marrow and that slows down the production of red blood cells, causing anaemia. A cancer that affects your hormone levels could cause fatigue. People with advanced cancers seem more likely to have fatigue than people in the earlier stages.

Tumours produce substances called cytokines such as tumour necrosis factor, which cause tiredness. Some cancers also produce toxic substances that stop cells making chemicals in the body, such as potassium or calcium. These chemicals are important for keeping your muscles and heart working. If their levels are low, you may feel sleepy and tired.

Treating the symptoms of fatigue

Treating the causes of cancer fatigue can sometimes help to reduce tiredness. Help is also available for the symptoms of fatigue. There are some suggestions below. You may find that some of our suggestions don't work for you. It may take some trial and error to learn how to manage fatigue and know what works for you. This may take some time. The first step is to tell your doctors and nurses about your fatigue so they can find ways of helping you.

Exercising

Exercise may be the last thing you feel like doing. You may feel so tired that doing any exercise seems ridiculous. However, sometimes, the less you do, the less you feel like doing. We know that light to moderate exercise every day helps people with cancer feel better and can give them more energy. There is now a great deal of research which shows that exercise can help reduce cancer related fatigue.

Exercise can also help people in the advanced stages of cancer. You may not be able to go for a long walk but even gentle exercises in bed or standing up can help. Your hospital physiotherapist can help you plan an exercise programme that suits your needs.

Resting

If you have advanced cancer and are very tired, it is important to set yourself a few rest times throughout the day. This can be difficult to stick to and you may try to push yourself to keep going. You'll be more tired and less able to cope. You don't have to sleep during these rest times. If you are having trouble sleeping at night it may be better not to actually sleep. Just sit or lie down somewhere quiet. Pace yourself, have some 'you' time and recharge those batteries! Remember you don't have to do

everything, only the things that are important to you right now. Everything else can wait.

If you have short term fatigue, caused by treatment you may be better off taking a little exercise than resting.

Sleeping

Sleepless nights can make you feel tired, cranky and a bit dazed. If you often have trouble sleeping at night, it may help to change a few things about when and where you sleep. To make sure you sleep as well as possible:

- Try to sleep in a quiet, calm, tidy room
- Go to bed and rise at the same times each day
- Make sure the temperature is right
- Sleep with the window open if you prefer, as long as there isn't too much noise outside
- Spend time relaxing before you go to bed - have a bath, read or listen to music
- Do some light exercise each day to help tire yourself out
- Don't drink too much alcohol before bed - you may fall asleep to start with but you'll have a disturbed night
- Avoid caffeine (coffee, tea, chocolate and cola drinks) after early afternoon
- Limit daytime naps to 45 minutes so it doesn't stop you sleeping at night
- Have a light snack before you go to bed to stop hunger waking you up
- Practice relaxation before sleeping - you could imagine somewhere beautiful you'd like to be
- Listen to a relaxation tape

- When you really can't sleep, get up and watch TV, read, or listen to music until you feel sleepy.

Do let your doctor know if you often have trouble sleeping.

SLEEP DISTURBANCE

Improving your diet

Eating enough to keep up your energy levels can be hard if side effects from your treatment are making you sick or have diarrhoea. But it is important to try and eat what you can, as your diet plays an important role in controlling fatigue.

Changing your medicines

Although some medicines can cause fatigue, some can help to control the side effects of cancer treatment that cause fatigue, including:

- Drugs that stimulate your appetite - steroids or progesterone
- Painkillers
- Drugs that treat anaemia
- Sleeping tablets
- Anti depressants

Doctors have to find a balance between the positive and negative effects of these drugs.

Learning to manage fatigue

You can do many things in your everyday life that will help to save your energy. Taking short cuts on some things or getting help from other people may both help you feel less tired.

FATIGUE

You could:

- Try not to rush - plan ahead where possible and give yourself plenty of time to get to places, preferably not in the rush hour
- Put chairs around the house so that you can easily stop and rest if you need to
- Sit down to dry off after your bath, or simply put on a towelling dressing gown and let that do the work!
- Have some hand rails fitted in your bathroom
- Prepare your clothes and lay them out in one place before you dress
- Get dressed sitting down, as far as you can. Try not to bend too much - rest your foot on your knee to put socks and shoes on
- If you have children, play games that you can do sitting or lying down - reading, puzzles, board games or drawing



- Fasten your bra at the front first and then turn it to the back
- Wear loose-fitting clothes, and things with few buttons to do up
- Where possible do household tasks sitting down - peeling vegetables, ironing (or better still, buy clothes that don't need ironing!)
- Use a duster on a long stick and sit to do your dusting
- Write a shopping list and go when the shops are quiet
- Ask family and friends for help with shopping, housework or collecting the children from school
- Have plenty of nutritious snacks and drinks in, so you can have something quickly and easily whenever you feel like eating
- Don't forget to do things that you enjoy - it will take your mind off your cancer and make you feel more relaxed

Keeping a fatigue diary

Keep a record of how you are feeling, and how your energy levels change. This will help you to tell if you are more or less tired than before, and help you to identify which activities make you feel better or worse.

If you are tired and don't feel like cooking, buy readymade meals at your local shop or supermarket, but don't rely on them all the time. Please refer to the section on "Convenience & Fast Food" under the main "Diet" section.

You can also buy ready prepared vegetables or pre-grated cheese. Every bit of work done for you will save your energy.

FINANCIAL ADVICE & SUPPORT



Cancer impacts on so many more areas of life than just health. Personal finances can be hit from all angles; from losing income to increased costs like heating and travel.

Benefits Advice

Scottish online advice

Website: <https://www.gov.uk/browse/benefits>

Citizen's Advice Bureau offers free, confidential, independent advice on a variety of issues including financial, legal, housing and employment.

Website: www.cas.org.uk

Online advice guide

Website: www.adviceguide.org.uk/scotland/benefits

Glasgow Credit Unions

Credit Unions are not driven by profit but provide loans at low rates of interest and pay an annual dividend on savings. Glasgow currently has 34 local credit unions. See website for further details.

Website: www.cucity.co.uk

Grants

Some charities have hardship funds and may provide small grants to cover many needs including domestic help, bedding, heating, appliances etc.

Website: www.braintumouruk.org.uk

There are also many wish charities that provide financial help for children.

Website: www.clicsargent.co.uk

Website: www.jossparkesearchlight.org.uk

Money Advice Service

Offering lots of information, resources and calculators to help you plan, budget and save.

Website: www.moneyadviceservice.org.uk

National Debt Line

For free, confidential and independent advice on how to deal with debt problems.

Telephone: 0808 808 4000

Department for Work and Pensions

For information on benefits, financial support, jobs or pensions.

Website: www.dwp.gov.uk

Working Families

Working Families charity helps working parents/carers and their employers find a better balance between responsibilities at home and work. The free Legal Helpline gives parents/carers confidential advice on

FINANCIAL ADVICE & SUPPORT

employment rights (e.g. maternity/paternity leave), rights to time off in emergencies, parental leave and helps to negotiate flexible hours wanted. Basic advice is also offered on benefits and tax credits which working parents can claim maternity discrimination and pregnancy discrimination. Telephone: (freephone) 0300 012 0312
Website: www.workingfamilies.org.uk

INVERCLYDE

BENEFITS ADVICE

The Directory of Financial Inclusion Services in Inverclyde contains a comprehensive list of services that give free and confidential advice which includes debt/money, housing, employment, benefits/taxes, family and homelessness. The directory can be accessed online at:

Website: www.inverclyde.gov.uk

Telephone: 01475 717171

Financial Fitness (home visits possible)

29 West Stewart Street

Greenock, PA15 1SH

Telephone: 01475 729239

Inverclyde Advice First

Telephone: 01475 715299

E-mail: triage.advice@inverclyde.gov.uk

RENFREWSHIRE

The **Directory of Financial Inclusion Services** in Renfrewshire contains a comprehensive list of services that give free and confidential advice which includes debt/money, housing, employment, benefits/taxes, family and homelessness. The directory can be accessed online at:

Website: www.renfrewshire.gov.uk

Advice Works is a free confidential independent service to assist with welfare rights or issues with benefits or debts. The service can be accessed by appointment, drop-in, e-mail, and website or by telephoning the Helpline. You can also contact the Advice Works office for an appointment at any of their locations or for their home visiting service.

Healthier Wealthier Children is a targeted joint support initiative (Health and Adviceworks) for pregnant women, families with children under 5 years and up to 19 years who have additional support needs.

Monday to Thursday 8.45am - 4.45pm, and Friday, 8.45am - 3.55pm

Helpline is Monday - Friday 1.00pm - 4pm.

Advice Works
8 Collier Street
Johnstone, PA5 8AR

Advice Works hold a weekly Benefits and Money Surgery in Gleniffer Outreach Information and Support Centre, Royal Alexandra Hospital Grounds.

Alternate Mondays 9.30am - 12.30pm drop-in, no appointment necessary

Alternate Mondays 1.30pm - 4.30pm by appointment

Telephone: 0300 300 1238

E-mail: adviceworks@renfrewshire.gov.uk

Cancer Information & Support Service (CISS)

Provides a confidential support service, peer support, benefits advice, health improvement advice, sign posting to other services, advice on national health initiatives and local access to counselling and complimentary therapies.

The service is a drop-in from 1 - 4pm on Tuesday and Thursday afternoons.

c/o Renfrew Library
103 Paisley Road
Renfrew, PA4 8LH

Johnstone Credit Union Ltd

26 Church Street
Johnstone, PA5 8DU
Telephone 01505 327148
E-mail: enquiries@johnstonecu.co.uk
Website: www.johnstonecu.co.uk

Renfrewshire Citizens Advice Bureau

Services:

- Specialist money advice
- Housing advisory service
- Full holistic advice service

45 George Street
Paisley, PA1 2JY
E-mail: bureau@paisleycab.casonline.org.uk
Website: <http://www.cas.org.uk/bureaux/renfrewshire-cab-erskine-outreach>

Renfrewshire-Wide Credit Union

41 High Street

Paisley PA1 2AF

Telephone: 0141 889 7442

E-mail: info@rwcu.co.uk

Website: www.rwcu.co.uk

OTHER USEFUL INFORMATION

UTILITY BILLS

Some energy companies give a reduced tariff to cancer sufferers so it is worth checking with your energy supplier.

The Willow Foundation is a UK charity which provides positive and life-enhancing special days for seriously ill 16 to 40 year olds. The charity was founded in 1999 by Bob and Meg Wilson as a lasting memorial to their daughter Anna who died of cancer, aged 31. See website for further details and how to apply.

Website: www.willowfoundation.org.uk

Work- related trusts

Many places of employment have trust funds that cancer patients may be able to access - worth enquiring with your place of employment.

Free Transport

A free hospital evening visitor transport service is available in many areas. Please see the “Travel” section for the full details.

VAT Exemption

For full details on VAT exemption, please see the Government website.


Website: www.gov/financial-help-disabled/vat-relief

HAIR LOSS & HEAD CARE



Hair loss from cancer treatment can affect people in different ways. Some treatments cause only partial hair loss or thinning, while others cause people to lose hair from all over the body. The amount of hair loss varies from person to person, even with the same treatments.

Different types of chemotherapy drugs have varying effects but hair loss is almost always temporary and usually grows back once the treatment is finished. Hair loss due to radiotherapy may be permanent or temporary and is dependent on the dose and number of treatments received but only affects the area where the radiation treatment occurs.



Some people are more comfortable cutting their hair very short before undergoing therapy so that the hair loss is less dramatic if it occurs. Some people find it helpful to visit a wig specialist before beginning cancer treatment. This enables the specialist to match your hair colour and style easier.

Hair can be lost from the head but it can also be lost from the eyebrows, eyelashes, beard, moustache, nose, pubic area and underarms.

Hair re-growth after chemotherapy usually begins 1-3 months after treatment ends. The new hair may have a different texture, sometimes thinner, sometimes coarser and can even be of a different colour.

BEARD AND MOUSTACHE

Facial hair from the beard and moustache area may also be lost during chemotherapy. Men may wish to become clean shaven to pre-empt this. Facial hair growth normally returns 1-3 months after treatment.

EYEBROWS

With some types of chemotherapy, people might also lose their eyebrows and eyelashes. Make-up, eyebrow pencil, eyeliner or false eyelashes can help.

There are several ways to recreate the eyebrows if they have thinned or fallen out. At first glance, these steps may seem to require the skills of a makeup artist, but they will become easier in no time. Use a photo of yourself as a guide and follow the steps below.

HAIR LOSS & HEAD CARE

- Choose powder eyebrow colour or an eyebrow pencil in a shade that resembles your hair or wig colour
- Use the pencil to make a dot on the brow-bone directly above the inside corner of the eye. This is where the eyebrow should begin.
- Place another dot on the brow-bone directly above the outer edge of the iris – the coloured part of your eye. This dot marks the highest point of the arch
- Place the pencil diagonally from the bottom corner of the nose past the outside corner of the eye. Draw a small dot to define the endpoint of the eyebrow – it should be slightly higher than the inner corner
- Connect the dots with light, feathery strokes of colour in an upward motion, tapering the shape as you come to the endpoint
- Gently blend and soften with an eyebrow brush or the brush end of the pencil.

Eyebrow stencils can be purchased at various prices and brow shaping kits can be used to replace eyebrows.

- Brow Zings is available in three shades to match skin tone and the kit contains pigmented wax for shaping and a natural-shaded powder for setting. Also included are discreet tweezers, hard angle brush, blending brush and mirror.

Website: www.benefitcosmetics.co.uk

An online demonstration in use is available at:

http://www.benefitcosmetics.co.uk/medias/sys_master/8797501358110.pdf

and <http://www.youtube.com/watch?v=U41ajZWeEyE>

EYELASHES

Lipocils Eyelash Conditioning Gel by Talika promotes eyelash growth. Lipocils contain anti-aging peptides and plant extracts which are thought to help eyelashes grow quicker, thicker and longer. Available online or from:

[Space N.K.](#)

Princes Square

Buchanan Street

Glasgow. G1 3BZ

Telephone: 0141 248 7931

[Rapid Lash](#) is an eyelash renewal serum which claims to thicken and improve lash condition in 4-6 weeks. It can also be used on brows. It is available to purchase online and from larger branches of Boots.

HAIR AND SCALP CARE

During chemotherapy: Gentle hair products only are recommended for use e.g. the shampoo and conditioner by Simple are excellent products for regular hair washing. Wash using tepid rather than hot water and pat hair dry rather than towel rubbing. Avoid excessive heat from hair appliances and try not to brush or comb the hair too hard: use a soft brush suitable for a baby or a wide-toothed comb.

At night, wear a turban, hairnet or soft hat around your head- this will reduce hair tangling and collect any loose hair.

Avoid perming and permanent hair colourants during and up to six months after treatment.

HAIR LOSS & HEAD CARE

Avoid tight elastic hair bands and only plait hair gently.

Hair Loss: Use high protection factor 50+ sun cream on the scalp at all times if you decide not to cover your head.

Scalp Care: It is important to continue washing your scalp after hair loss has happened. Brush your scalp with a baby brush which helps ex-foliation & stimulates the blood flow to the follicles. Massaging olive oil into your scalp at bedtime will help to moisturise it but wear a cotton turban to prevent oil transferring to the pillows.

Hair re-growth: Initially very fine baby hair will come in. A full head shave of the baby hair is recommended to ensure even re-growth.

‘Nioxin’ is a range of hair loss products available online to encourage and strengthen hair re-growth.

Website: www.nioxin.com.

The most recent guidelines as given by nhs.uk recommend hair is not coloured till at least six months after chemotherapy is finished. As highlights do not involve scalp contact, they can be used three months after chemotherapy is completed. Natural vegetable hair dyes can be used 8-12 weeks after chemotherapy is complete.

Hair straightening is only recommended on hair that is in good condition and of suitable length.

For further information on hair after cancer treatment, see website: www.nhs.uk/ipgmedia/national/my%20new%20hair/assets/mynewhair-haircareaftercancertreatment&pages.pdf

NOSE

If hair is lost from the inside of the nasal passages, this can cause the nose to run frequently. A good supply of tissues is required till the hair grows back.

UNDERARMS

Avoid perfumed deodorants if underarm hair is lost, otherwise the skin may become irritated.

WIGS

There are two main types of wigs: synthetic and real hair. Synthetic wigs are made from man-made fibres and usually cost between £50 and £200. They last about six to nine months whereas wigs made from real hair will last three or four years but cost between £200 and £2,000.

Wigs made from real hair are not available on the NHS but everyone is entitled to a free synthetic wig.

WIG CARE

A synthetic wig can be hand washed with shampoo and conditioner designed for synthetic wigs but must be allowed to dry naturally. It should bounce back into its shape when dry and can then be brushed and styled. Do not wash too often as washing shortens the wig's lifespan.

HAIR LOSS & HEAD CARE

Human hair wigs require more frequent washing. They can be washed in warm water with appropriate shampoo and conditioner. Do not apply conditioner to the root or cup as this can loosen the knots. Blow dry and styled with straighteners or curling irons at a lower heat.

DONATING YOUR HAIR

The hair needs to be at least 10 inches long to be used in wig making and must be clean and in a pony tail when it is cut. They will explain about having the hair cut and will pay you for it: currently £3 per ounce.

Telephone: 01295 757400

Website: www.purelywigs.co.uk

Little Princess Trust

A charity which provides real hair wigs free of charge to children, both boys and girls, aged 2 to 18 years and also accepts donations of hair. (See “Children” section for full details).

WIG SUPPLIERS, WIG CUTTING AND STYLING SERVICES

LA Hair Solutions

Supplies all major brands of “ready to wear” wigs and hairpieces for men and women, available in fibre and human hair. Will cut and style to suit. A weekly visit is made to the Inverclyde Royal Hospital.

46 Gordon Street, G1 3PU

Telephone: 0141 222 2132

FURTHER RESOURCES

My new hair

An independent charity providing information, advice and support for people experiencing medical hair loss.

Website: www.mynewhair.org

Headstrong Hair Loss Advisory Service

This is a free service to help prepare you for the possibility of losing your hair due to cancer treatment. At a private appointment, a trained volunteer talks through how to look after your hair and scalp before, during and after treatment. You will also be shown how to make the most of alternatives to wigs by using scarves, hats and other headwear. It is recommended you book an appointment before you start to lose your hair so you are prepared and know what is available in advance. You can attend as many times as you wish and you are welcome to bring a companion with you. Appointments are made by contacting the Calman Centre directly at Gartnavel Hospital.

HANDBAGS & CUSHIONS



Invasive breast cancer surgery often leaves a feeling of wanting to protect the wounded side and ease pressure at vulnerable points. Products which offer post-op support, comfort and are discreet have been developed to be beneficial in bed, cushion the underarm when sleeping on ones' side, and in the car to pad between seatbelt and chest.

TenderCush - a Company based in Renfrew

Their products have been specially designed for women following breast cancer surgery and offer post-op support, comfort and discreet protection to the underarm wounds following surgery.

Examples from TenderCush
Telephone: 07980 470072
Website: www.tendercush.co.uk



Shoulder bag
£29.00



Shaped cushion
£25.00



Travel cushion
£16.00

Cami Confidential offers a range of comfort cushions. Examples are:



Cami Confidential
Comfort cushion
£20.00

Telephone: 0161 427 1881
Website: www.camiconfidential.co.uk

HEADWEAR



Head scarves can have many uses or simply be a fashionable accessory for women. Head scarves can also have a deep, personal purpose if you're experiencing hair loss due to radiotherapy or alopecia.

Bohemia Fashions Headwear
Telephone: 01582 750083
Website: www.bohemiaheadwear.co.uk



Children's Hats
from £3.00



Hair for Hats
from £13.50



Jersey Cap Bandanas
from £11.00



Winter Warmers
from £5.50

HEADWEAR

Xazha Ltd

Telephone: 01788 337687

E-mail: sales@xazha.co.uk

Website: www.xazha.co.uk



Bella Headscarves
from £15.99



SSP Baker Boy
from £9.99



Vikki Cadet Soft Hat
from £19.99



Sleep Hats
from £17.99

The company also offers corsages to match their headwear. Prices start from £3.99.

AnnaBandana has been created for women who are faced with hair loss due to cancer chemotherapy, alopecia, or any medical hair loss issues.

Telephone: 01297 553647

Website: www.annabandana.co.uk



Look Good Feel Better is an international charity providing a unique programme of free skincare and make-up workshops .The volunteers are trained beauty consultants who help make the session informative, relaxing and fun. The workshops are held weekly on a Monday at Maggie’s Centre and an appointment is necessary.
Website: www.lookgoodfeelbetter.co.uk

ACCESS at Ardgowan. Beautician appointment can be arranged.
Telephone: 01475 726830

Boots MacMillan No. 7 Advisors are a group who are trained to support and guide people living with or affected by cancer. They work in the larger Boots stores and also organise group sessions in the Beatson Hospital.

MAKE-UP

Patients can receive support on a variety of aspects including make-up, skin and hair.

Concealer

Choose a stick or creamy formula to avoid drying your skin.

Foundation

Foundation is the best way to create a healthy, even skin tone - particularly if you feel pale or sallow. A tinted moisturiser is a good alternative if you don't normally wear foundation. A light liquid foundation blends more easily over delicate skin than ultra-matte versions.

Blusher

Nothing looks more vibrant than a seemingly natural glow. Blusher is one of the easiest ways to start looking healthier – and it takes moments to achieve. Find a powder blush in a shade that complements your skin tone: subtle rose for light skin, rose/subtle plum for medium skin, or deep rose/plum/bronze for dark skin.

Eyebrows - see “Head Loss & Head Care”

Eye Shadow

Highlighting your eyes with eye-shadow and liner will brighten, define, and emphasise the area – and take the focus away from any changes in your skin tone.

Consider using complementary jewel tones to add warmth and vibrancy.

Do not tattoo permanent eyeliner during your treatment – it may increase your risk of infection.

Mascara

Mascara is an excellent boost for thinning lashes. Avoid waterproof mascara and one full of fibres as it can cause clogging on thin lashes.

Lipstick

A touch of lipstick completes any look and is an ideal way to add colour if you aren't feeling up to applying your normal makeup routine. Choose a creamy lipstick that won't dry your lips – look for one that has moisturising benefits.

Add a lip conditioner or lip balm to your regimen to treat dryness and flakiness.

CARING FOR PRODUCTS

Keep your cosmetics as free from bacteria as possible; it will help you avoid infection while you're being treated.

Wash your hands before applying any products.

Test new products on your hands or wrists first.



Wash

Wash with a water-based liquid face cleanser or gentle soap. Use warm (not hot) water to open pores and protect surface capillaries. Don't rub with gusto or use a granular scrub before shaving; this can cause razor-burn.

Shave

During treatment, when you are at risk of bleeding and infection, your doctor may suggest that you switch to an electric razor to prevent potential cuts. Avoid alcohol, menthol or strong fragrance. If you feel you must use a manual razor (discuss with your doctor first): keep it sharp, always rinse after use, and shake off excess water without wiping. Soften hair follicles with shave gel, leaving it on your face for about one minute before the first stroke.

Smooth

To reduce stinging, let skin rest a bit from shaving before applying other products. To smooth and relieve dry, flaky skin, dampen a cotton ball with alcohol-free toner and gently swab over your face. Next, apply a pea-size amount of light moisturizer to the cheeks, forehead and chin – or just on dry patches – and rub in softly. If blemishes are an issue, avoid products with harsh disinfecting ingredients and consult your doctor or pharmacist for advice.

Protect

Sunscreen use should be discussed with your doctor or pharmacist. Sunscreen and other products should not be used on radiation treatment areas. Chemotherapy can cause sun exposure-related skin reactions. Sunburn often occurs on ears, lips, back of neck, and arms. A spray-on sunscreen makes it easier to reach a thinning hairline. Moisturising sunscreens help if skin is dry. Doctors warn against tanning during treatment so ask your doctor if you can use a men's self-tanning cream or bronzer instead.

Concealer

Using concealer to hide facial discolorations and dark circles under the eyes is generally a foreign concept to most men, although you'd be surprised how often it's done. Hyper pigmentation (dark spots) and sallowness, both of which can be side-effects of treatment, can be covered using a concealer or "tint". Find a concealer that precisely matches your skin tone, dot on any dark spots, blot excess, and blend edges until hidden. Alternatively, select a moisturizer with a tint and smooth on just as you would any face lotion.

NAIL CARE (FINGERS & TOES)



Drugs affect people in different ways and depending on the dose, combination of drugs and personal reaction you may or may not experience some of these side effects. Nail problems are not totally preventable, however, when treatment stops your skin and nails will start growing again. Fingernails grow three times faster than toenails.

During chemotherapy nails may change colour, become brittle and yellow, crack easily and fall off. This is because chemotherapy is very drying to your tissues. Dark or light lines may develop as may a concave spoon-like shape and infections under your nails are possible.



Some chemotherapy drugs that can cause nail disorders are:

Taxanes (Taxol, Taxotere, Docetaxel)

Doxorubicin (Adriamycin)

5-fluorouracil (5Fu)

Bleomycin

Self Care

Throughout treatment keep nails trimmed and short and if using nail polish use a clear polish with a top-coat. Avoid using coloured polish especially dark colours and artificial nails so medical staff can see if there is a sign of inflammation, pain or infection. Wear gloves to protect hands and nails when washing dishes or gardening etc. Unsightly stains or brown spots may appear on top of the nails, don't try to file those streaks because the nails may become further damaged.

Manicure Tips

During treatment avoid false nails or acrylics and take your own tools if having a professional manicure. This will cut down on the risk of infection.

Less toxic brands of brightly coloured water based nail polishes are available to be used after treatment is finished. Formaldehyde is a human carcinogen and is found in some nail products such as nail polish and hardener. It is also an irritant to the eyes, nose and throat, and can lead to skin irritation and dermatitis. Quick drying nail varnish should be avoided because it can make your nails even drier.

SKIN



Skin problems are most likely to occur with chemotherapy drugs or biological therapy drugs.

Your skin may become dry, discoloured, possibly darker and patchy, sensitive to sunlight, red and itchy all over your body. Previously treated radiotherapy areas may become sore, red hot, dry and itchy. Palmer-Plantar syndrome is a condition which affects the palms of hands and soles of feet. It can cause redness and peeling on the palms and soles which may cause tingling, numbness, pain and dryness. Tell your doctor if you are affected. It may help to keep your hands and feet cool, avoid hot water and tight fitting socks or gloves.

Hints and Tips

- Check with your doctor or pharmacist what precautions you need to take to protect your skin
- Report any rashes or itching
- Chlorinated water may worsen rashes so avoid swimming if you have a rash
- Dry or itchy skin may be relieved by un-perfumed moisturiser cream
- Don't use cream on any areas being treated with radiotherapy without speaking to the doctor or pharmacist
- Wear a high factor sun block especially on the head if you have hair loss

Skin Care

- Cleanse and Moisturise
- Take extra care to be gentle while washing or following a daily skincare routine
- Cleanse morning and evening with lukewarm water to remove make up
- Use mild alcohol free toner to refresh skin using upward movements
- Choose a rich moisturiser cream with added SPF 15 rather than a lotion, which is suitable for your skin type and special needs. This helps skin maintain an optimum balance and reduce dryness
- Use eye cream around the orbital bone not close to eye as may cause puffiness
- During radiotherapy do not use moisturising oils on your skin before a treatment

SKIN CARE DURING TREATMENT

Chemotherapy skincare

Do not stay in the sun for more than a few minutes and wear sunblock unless told otherwise by a doctor or pharmacist.

Radiation skincare

Leave skin markings as they fade away.

Wash treated area with warm water and pat dry.

Ask the doctor or pharmacist before applying sunscreen, cream, lotion, perfumes and deodorants to the affected area.

Ask a doctor or pharmacist before using concealer or tanning creams to the affected area.

Hand Care

Use a good hydrating hand and nail cream with shea butter or manuka honey.

Shea butter Hand Cream (L'Occitane en Provence): £19.00

Honey, almond extracts and coconut oil are blended with shea butter to produce a hand cream which penetrates quickly to protect, nourish and moisturise.

Udderly Smooth

Provides a range of products for skin problems.

Website: www.udderlysmooth.co.uk



LYMPHOEDEMA

Compression garments are important in controlling lymphoedema. Sleeves and stockings are used for swollen arm and legs. They work by compressing the swollen tissues and stop fluid from collecting. The garment is measured and fitted by a lymphoedema specialist. Products are available in different grades of pressure but also come in varying skin tones, and hypo-allergenic types.

Inverclyde

Specialist Lymphoedema Practitioner, Elizabeth Jennings, Ardgowan Hospice.

Telephone: 01475 726830

SLEEVES

Chic Compressions

They offer stylish medically designed compression garments for both upper and lower limbs which can be coloured, patterned and even bejewelled. They aim to be a useful source of advice and offer various products made by leading manufacturers for Breast Cancer, Lymphoedema and Lipoedema patients.

COMPRESSION SLEEVES

- These products incorporate moisture-wicking technology, designed to pull sweat away from the body, cooling the arm as it is fast drying
- Also incorporates a fabric finishing process which adds unscented Aloe Vera moisturising micro-encapsules for added softness and skin protection
- All garments are knitted with a 360° stretch, which allows the garments to stretch as the arm bends and flexes. Prevents binding at the elbow
- Has a fine knit construction producing a smooth surface, lightweight, and replicating a ‘second skin’
- All garments are available in Compression Class II (20-30mmHg) and Compression Class III (30-40mmHg).

MEDIVEN STOCKINGS

- Available in a range of designs in 10 different colours



Spirituality is defined as a relationship with God. It is a combination of God's gracious invitation which appeals to something deep within ourselves and our response to that invitation. Spirituality has the potential to energise us even when we are physically or mentally ill. It has the capacity to draw power out of us and to bring substance and direction into our lives to complete us as a person who is unconditionally loved by God. The short reflection below, may give strength and focus for cancer patients, their families and friends.

*Never think hard about the past, it brings tears
Don't think about the future, it brings fears
Live each moment with a smile, it brings cheers.*

Hospitals and hospices throughout Greater Glasgow and Clyde all have spiritual care services for in-patients.

SPIRITUALITY

Many churches seek to serve their community and would welcome anyone asking spiritual questions, seeking hope and consolation or in need of prayer.

Crossreach, locally available at the Tom Allan Counselling Centre, was previously known as the Church of Scotland Board of Social Responsibility. Counselling is offered to anyone regardless of his or her ability to pay.

Website: www.crossreach.org.uk

Dove is a charitable organisation providing face-to-face counselling based on guidance from the Bible. There may be a waiting list for appointments.

Website: www.dovechristiancounselling.com

Wynd Centre Counselling Service

The Wynd is an outreach arm of Oakshaw Trinity Church in Paisley which offers a range of community services including a private, donation based counselling service. All counsellors although voluntary, are trained.

Website: www.thewynd.org.uk



TRANSPORT

Free Hospital Evening Visitor Transport Service

Visiting loved ones in hospital can be difficult, particularly for older people, people living with a disability or those on low income. The Hospital Evening Visitor Transport Service has been set up to provide transport for people visiting patients in hospital. The service will pick you up from home, take you to the hospital and take you home again later.

Who can use it? - The service is available to anyone who lives within Glasgow City, Cambuslang/Rutherglen, East Dunbartonshire or Renfrewshire. Priority will always be given to visitors wishing to travel to their nearest hospital, to older people (over 60), individuals registered

TRAVEL

disabled or those on a low income. Provided you are visiting your local hospital you can book transport up to one week in advance.

To book transport to your nearest hospital, contact the booking hotline: 0845 128 4027. Lines are open 1 - 4pm (Monday-Thursday) and 1 - 3.30pm (Friday). For transport to destinations other than your nearest hospital please call the booking hotline after 3pm.

Inverclyde

A Patient Transport Service provided by Ardgowan Hospice may benefit people who have to attend hospital and have no access to private transport. Contact Transport Co-ordinator 01475 726830

THE NATIONAL KEY SCHEME (NKS)

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

Opening doors to independent living – the Radar NKS key - £4.50, including postage & packing.

Website: www.radarkeys.org

Order the Regional Key Scheme Guide to find out the location of the 9,000 accessible toilets across the UK fitted with the NKS lock. This valuable resource is the only guide of its kind and really does open doors to independent living.

Go mobile with Disability Rights Radar NKS key smartphone App - Instantly locate your nearest toilet facility and get directions by road, bus or foot. iPhone app £4.99. Available from the App Store.

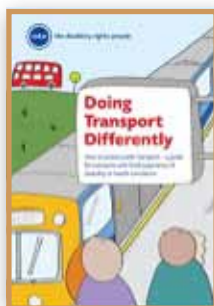
HOLIDAYS AND LEISURE GUIDES

RADAR's guide to holidays in the British Isles has been issued for over 30 years. The latest edition includes detailed information on around 1500 places to stay in all parts of the United Kingdom. £12.99.



Doing Sports Differently

A guide to exercise and fitness for people living with disability or health conditions from £3.99.



Doing Transport Differently

A guide for everyone with lived experience of disability or health conditions' has information and travellers' tales to inspire people to use all types of public transport: £3.99.

HOLIDAYS FOR CANCER SUFFERERS

The Disabled Holiday directory is a travel agency that specifically arranges holidays for cancer patients and can search for suitable accommodation that caters for all your needs. They can also help on any worries or concerns you may have regarding the information and questions below.

Issues to consider

Whether you are thinking of going away in the UK or abroad, you need to talk to your cancer doctor as a first priority to check you are fit to travel. What you then need to do will depend on where you want to go and how well you are. You should allow plenty of time to make any special arrangements.

Be realistic - places you have been before may not be suitable now. Think about what you need and make sure your destination is suitable. For example, if you tire easily and can't walk long distances, check that the facilities you need are close to where you are staying.

Travelling and your physical needs

How your physical needs affect your trip will depend on when and where you want to go, as well as on the type of cancer and treatment you've had. Your needs may be different if you go away before, rather than during or after, your treatment.

You may need to consider:

- Feeling tired after a course of treatment
- Being at more risk of getting an infection
- Being more sensitive to the sun, from either radiotherapy or some cancer drugs
- Feeling sick

- Having diarrhoea
- Coping with physical changes, for example after surgery.

None of these possible problems should stop you going away. In fact a break may help you to recover and feel that you are getting back to normal. But it is worth thinking about where it is best to go and what you will need while you are away.

Before you decide when and where to go, think about:

- When you finish treatment - is this the best time to go or would you enjoy it more if you left it a month or so?
- Whether to holiday in the UK or abroad?
- Whether you need privacy after coping with a physical change?
- What the climate will be like?
- Whether you need a place to stay that has wheelchair access?

Vaccinations

To visit some countries you will need vaccinations before you leave. If you are having certain cancer drugs or have a weakened immune system, you may not be able to have certain vaccinations. Check with your doctor or pharmacist before you have any.

Flying

Your cancer or treatment may affect your journey planning - for example, your risk of infection, or whether you are more prone to blood clots.

Travel tips

Tips to help you plan a safe and pleasant journey. Some things to consider:

- Plan ahead
- Check with your doctor that you are fit to travel
- Get travel insurance - take your policy with you

TRAVEL

- Get a European Health Insurance Card (EHIC) if you are travelling in Europe
- Take your passport and any other proof of identity that you need.
- Sort out any necessary equipment, such as oxygen
- Sort out travel needs - for example, help getting on and off trains, or early boarding on flights
- Check any restrictions on the drugs you can take in or out of the country you are visiting
- Make sure you have enough of your medicines to last the holiday, plus a few days extra
- If you are taking strong painkillers, check whether you need a licence to take them abroad
- Carry your medicines in your hand luggage
- Get a doctor's letter with details of your cancer, your treatment, and a list of your medicines
- Protect yourself from the sun
- Take insect repellent and a basic first aid kit.

The Disabled Holiday directory can give you help on any worries you may have. Please call them for a friendly chat on 0800 993 0796.

INSURANCE

Insure Cancer is an insurance company that specialises in providing cover for people with cancer, or who have had cancer treatment.

Website: www.insurecancer.com



Breast Cancer Care

This website contains considerable practical information.

Website: www.breastcancercare.org.uk

A collection of mastectomy bras should offer the best range for your lingerie wardrobe, whether you have had a full, partial mastectomy or reconstructive surgery, or no surgery at all. The selection contains non-wired, front fastening, sport and t-shirt bras and many more styles. Most bras contain cup linings or pockets to contain the breast prosthesis and have been selected especially to provide excellent fit, comfort and support.

Mastectomy products including bras and swimwear are exempt from VAT and a VAT concession form should be completed. Forms are usually available from the product supplier and can be requested when purchasing.

UNDERWEAR & SWIMWEAR

For further information on VAT exemption, please refer to the section on “Other Useful Information” under the main section, “Financial Advice & Support”.

Several specialist websites provide a selection of all post mastectomy lingerie with matching briefs and swimwear. They also contain a range of tops and nightwear. Accessories such as comfy shoulder straps, hook bra extenders, nipple cover ups and camisole bra inserts are also available.

Woman Zone Distribution Ltd

Specialist in post mastectomy lingerie.

Bras: £15.00 - £40.00

Telephone: 01925 768992

Website: www.woman-zone.co.uk

Nicola Jane

Specialist in mastectomy lingerie.

Bras: £20.00

Telephone: 0845 2657595

Website: www.nicolajane.com

Eloise Lingerie

Specialist in mastectomy lingerie.

Bras: £26.00

Telephone: 0845 2255080

Website: www.eloise.co.uk

Amoena

Specialist in mastectomy lingerie.

Bras: £30.00

Telephone: 0845 0724023

Website: www.amoena.co.uk

Cami Confidential

This is a lightweight stretch lace top in double fabric that fits over a bra. It is different to other tops because of the cut. It is designed to hug the chest and will not fall away when bending forward. It is available in 14 colours.
Website: www.camiconfidential.co.uk

HIGH STREET

Marks and Spencer

Braehead, Argyle Street and Sauchiehall Street all stock a range of mastectomy bras and swimwear. These include a range which may be suitable for a pocket.

Bras: £16.00 - £30.00

Swimwear: £30.00 - £35.00

Website: www.marksandspencer.com

Asda

Bras: £ 6.00

Swimwear: £12.00

Website: www.directasda.com

INVERCLYDE

Straps of Gourock

Featuring a wide range of mastectomy bras at cost price with a sew in service available.

Amoena bras: £20 - £22

Serita bras: £18 - £19

Swimwear and leisurewear available to order.

UNDERWEAR & SWIMWEAR

Suzanne Mark (Proprietor)
61 Kempock Street
Gourock, PA19 1NF
Telephone: 01475 630660
E-mail: info@straps-of-gourock.com
Website: www.straps-of-gourock.com

Inverclyde Royal Hospital

Macmillan Breast Care Nurse - Senga McNeill
Telephone: 01475 505 064

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES



BACP (British Association for Counselling & Psychotherapy) provides a range of talking therapies to help bring about effective change or enhance wellbeing.

BACP House
15 St. John's Business Par
Lutterworth, LE17 4HB
Telephone: 01455 883300
www.bacp.co.uk

Cancer Support Scotland provides emotional and practical support to anyone affected by cancer. Issues covered include anxiety, bereavement, family concerns, living with secondary cancer, stress, work-related concerns.

Telephone: 0141 337 8199 or Freephone 0800 652 4531
E-mail: info@cancersupportscotland.org
www.cancersupportscotland.org

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

COSCA (Counselling & Psychotherapy in Scotland) is a voluntary organisation which provides a list of individual counsellors and psychotherapists who have met COSCA's registration standards.

16 Melville Terrace
Stirling, FK8 2NE
Telephone: 01786 475140
www.cosca.org.uk

Crisis Ltd

Providing counselling and support.

Riverside House
Old Ferry Road
Erskine, PA8 6AX
Telephone: 0141 812 8474
E-mail: info@crisiscounselling.co.uk
www.crisiscounselling.co.uk

Cruse Bereavement Care Scotland offers support to anyone affected by bereavement.

1st floor, Central Chamber
11 Bothwell Street
Glasgow, G2 6LY
Telephone: 0845 600 2227
www.crusescotland.org.uk

In The Moment Centre for Movement and Wellbeing

One to one yoga sessions cost on average £40.00 for 75 minutes.

72 Berkeley Street
Glasgow, G3 7DS
Telephone: 07768 865004
www.inthemomentcentre.co.uk

Shiatsu Society (UK)

PO Box 4580

Rugby

Warwickshire, CV21 9EL

Telephone: 01788 547900

E-mail: admin@shiatsusociety.org

www.shiatsusociety.org

The Reflexology Forum

Dalton House

60 Windsor Avenue

London, SW19 2RR

Telephone: 0800 037 0130

E-mail: renee.tanner@intfedreflexologists.org

www.reflexologyforum.org.uk

Wynd Centre Counselling Service

Oakshaw Trinity Church

6 School Wynd

Paisley, PA1 2DB

Telephone: 0141 887 4647

www.thewynd.org.uk

CCLASP (Children with Cancer & Leukaemia Advice and Support for Parents)

Based in Edinburgh, the charity supports families affected by cancer and leukaemia in Scotland.

Telephone: 0131 467 7421

www.cclasp.co.uk

Clic Sargent

5th Floor, Mercantile Chambers

53 Bothwell Street

Glasgow, G2 6TS

Telephone: 0141 572 5700

www.clicsargent.org.uk

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

Teenage Cancer Trust is a charity devoted to improving the lives of teenagers and young adults with cancer.

93 Newman Street
London, W1T 3EZ
Telephone: 020 7612 0370
www.teenagecancertrust.org

Move More

This is a free physical activity programme for 12 weeks in 8 sites across Glasgow.

Telephone: 0141 287 0241
www.glasgowlife.org.uk

Cherrie Centre

Keep Fit Class for those with a disability.

3-5 Birch Place
Renfrew, PA4 8FD
Telephone: 0141 886 6388
(Mondays 10.00 - 12 noon)

Chi Gung

Glasgow Libraries - Classes available in Pollok, Parkhead and the Mitchell libraries.

Telephone: 0141 287 4350

Combat Cancer

This is a weekly support group and exercise class held in Elderslie.
Mondays 1.30 - 3.00pm.

Elderslie Community Hall
Byres Road
Elderslie, PA5 9AQ

Inverclyde Globetrotters

The group meet every Tuesday at the Waterfront Leisure Centre in Greenock. Walkers are all referred through the Live Active scheme following treatment in hospital or via the GP practice. The walks are 30 - 60 minute walks, flat surface with pace to suit the individuals. They are led by trained walk leaders.

Inverclyde Royal Hospital

Breast cancer patients who have completed their treatment may be eligible to receive a 10 week exercise programme with a trained Physiotherapist.

Larkfield Road
Greenock, PA16 0XN
Telephone: 01475 633777

Live Active

Referred by GP for 12 months exercise class.

Greenock Sports Centre
Nelson Street
Greenock, PA15 1QH

Paisley Wynd Centre

Exercise classes for people who have experienced cancer are held
Wednesdays 3.00 - 4.30pm
Thursdays 6.00 - 7.30pm
Classes consist of 15 minutes welcome, followed by 45 minutes of exercise and relaxation plus 30 minutes refreshments.

6 School Wynd
Paisley, PA1 2DB
Telephone: 0141 887 4647

Tea Dances

Tea dances are held every two months at Port Glasgow or Greenock town hall. Tickets £2.00 and purchased at Your Voice, 12 Clyde Square, Greenock.

Telephone: 01475 728628
www.yourvoice.org.uk

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

WalkMORE

A programme of short sociable walks throughout Glasgow.

Telephone: 01259 222334

www.pathsforall.org.uk

Hair Technology Ltd

Provides a human hair replacement system. This is an expensive alternative to a wig.

79 West Regent Street

Glasgow, G2 2AW

Telephone: 0141 331 2688

www.hairtechnology.co.uk

Headwear 4 Hairloss

Telephone: 01945 587584

www.headwear4hairloss.co.uk

Judy Plum Wigs

Provides a wide selection of products, make custom wigs and also offer Gents Hair Systems.

14 Mitchell Lane (5th floor)

Glasgow, G1 3NU

Telephone: 0141 248 6619

www.judyplumwigs.co.uk

Suburban Turban


Telephone: 01306 640123

www.suburbanturban.co.uk

AnnaBandana has been created for women who are faced with hair loss due to cancer chemotherapy, alopecia, or any medical hair loss issues.

Telephone: 01297 553747

www.annabandana.co.uk



Bohemia Fashions Headwear Sells a wide range of headscarves, bandanas, head tie scarves, hats and specialist padded front fitted head scarves designed to cover hair loss. Delivery is free in the UK on orders over £50.

Opening Hours: Mon - Thu 9:00am - 5:00pm and Fri 9:00am - 3:00pm

Telephone: 01582 750083,

E-mail: info@bohemiaheadwear.co.uk

www.bohemiaheadwear.co.uk

Necessity Headwear

Telephone: 01438 311322

www.necessityheadwear.com

Parruche

Wig supplier – wig fitting and cutting service by appointment.

41 Virginia Street

Merchant City

Glasgow, G1 1TS

Telephone: 0141 552 2270

www.parruche.co.uk

Trendco has a range of wigs and hair pieces.

Telephone: 01273 774977

www.trendco.co.uk

Wigs4u

Telephone: 01945 587584

www.wigs4u.co.uk

Xazha Ltd has a range of headwear and accessories. This is a web based business only.

8 Lyndhurst Road

Hillmorton

Rugby, CV21 4HL

Telephone: 01788 337687

E-mail: sales@xazha.co.uk

www.xazha.co.uk

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

Orchid Cancer Appeal

Focuses entirely on male cancers.

www.orchid-cancer.org.uk

Nicola Jane

Specialist in mastectomy swimwear.

Telephone: 0845 2657595

www.nicolajane.com

Eloise Lingerie

Specialist in mastectomy swimwear.

Telephone: 0845 2255080

www.eloise.co.uk

Woman Zone Distribution Ltd

Swimwear: £60.00 - £80.00.

Telephone: 01925 768992

www.woman-zone.co.uk

Breast Cancer Care is for anyone affected by breast cancer.

Younger Women's Forums also available: made up of two days of support and information for women aged up to 45 years who have been diagnosed with breast cancer in the past three years.

Telephone: (freephone) 0808 800 6000

Text Relay: 18001. Interpreters are available in any language

www.breastcancercare.org.uk

Cancer Black Care offers information and support for people from ethnic communities.

79 Acton Lane

London, NW10 8UT

Telephone: 020 8961 4151 (Monday to Friday 9.30am - 4.30pm)

www.cancerblackcare.org.uk

Chic Compressions

Provides a range of compression garments that help with lymphoedema.

Telephone: 01992 611873

www.chic-compressions.com

Chillow

The Chillow is a 2cm thick cooling pad which you slip under your pillow slip for cooling soothing relief at night.

Telephone: 01494 882224

www.chillow.co.uk

Cool Head and Mattress Pads

These are available as a pack of pillow pads which are designed to lie between the pillow case and pillow to keep the head cool. They can also be used as a mattress pad between the mattress and the base sheet to cool the body.

Cool Head Pillow Packs (pack of 2) - £9.99

Cool Bed Mattress Pad - £39.99

Telephone: 0844 4824400

www.coopersofstortford.co.uk

Cooling Pyjamas

Some chemotherapy treatments can cause night sweats and therefore difficulty sleeping. Pyjamas made from a variety of moisture wicking fabrics allow you to keep cool when sleeping.

www.cool-jams.com

www.cloudninepyjamas.com

www.lavendertouch.co.uk

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

Heads Up is a patient support group for head and neck cancer patients and their families. The Group meets each Thursday (10am - 12noon) at:

Cancer Support Scotland
75 Shelley Road
Glasgow, G12 0ZE.
Telephone: 0800 652 4531
E-mail: info@cancersupportscotland.org
Freephone: 0808 808 0800 (Monday to Friday 9am - 9pm)
www.cancersupportscotland.org

Maggie's Glasgow
Gartnavel General Hospital
1053 Great Western Road
Glasgow, G12 0YN
Telephone: 0141 357 2269
E-mail: glasgow@maggiescentres.org
www.maggiescentres.org


Macmillan Cancer Support
Telephone: 0808 8080000 (Monday to Friday 9am - 8pm)
www.macmillan.org.uk

Marie Curie Hospice
133 Balornock Road
Glasgow, G21 3US
Telephone: 0141 557 7400
www.mariecurie.org.uk

USEFUL WEBSITES

Nine Lives Voluntary Project

Nine Lives offers group programmes designed and dedicated to helping patients and their families cope with the physical and emotional effects of cancer and its treatment.



Christine Craig
Arkleston & Newmains Community Association
The Club House, Broadloan
Renfrew, PA4 0SA
Telephone: 0798 199 5729
E-mail: christinecrai50@hotmail.com

Riprap is developed especially for teenagers who have a parent with cancer.
www.riprap.org.uk

Hats for Heads specialises in comfortable headwear for men and women who have lost hair through illness.
www.hats4heads.co.uk

Heads High
Offers a full range of bespoke wigs and stylish hats.
www.heads-high.com

4 My Heads
www.4myhead.com

Butter London give information on a range of nail products.
www.butterlondon.com

Jessica Nails
Nail polish: £9.75.
www.jessica-nails.co.uk

Mosaic Life provides products for skin and nail care.
www.mosaiclife.co.uk

Crossreach provides spiritual and practical help.
www.crossreach.org.uk

Dove Christian Counselling provides face to face counselling based on Biblical principles.
www.dovechristiancounselling.com

USEFUL ADDRESSES, PHONE NUMBERS & WEBSITES

Cancer Help

Contains patient information on all types of cancer and has a cancer research clinical trials database.

www.cancerhelp.org.uk

Carers Trust

A charity providing help, information and support to those caring for family or friends.

www.carersuk.org

ACCESS at Ardgowan Hospice is an information and support service open to people and their families living with cancer.

2 Ardgowan Street

Greenock, PA16 8LN

Telephone: 01475 726830

E-mail: info@ardhosp.co.uk

www.ardgowanhospice.org.uk

Carers Centre

Inverclyde Carers Centre helps support carers by providing services designed specifically to help them in their caring role.

Inverclyde Carers Centre

68-70 Cathcart Street

Greenock, PA15 1DD

Telephone: 01475 735180

www.inverclydecarerscentre.org.uk



NHS

Greater Glasgow
and Clyde