

Using Cooling Caps and Cooling Systems for Hair Loss at BC Cancer

What are cooling caps and cooling systems?

Cooling caps and cooling systems are tightly fitted, helmet-type hats filled with gel coolant. There has been a lot of interest in the last few years about these systems to stop hair loss (alopecia) in patients getting systemic therapy treatments.

What is BC Cancer doing about cooling caps and cooling systems?

We are paying close attention to this issue. We know that hair loss has a big impact on the physical and emotional health of our patients.

We have reviewed the evidence for cooling caps and cooling systems to treat hair loss. We also looked at the safety of these cooling systems.

At this time we will not be using cooling caps or systems at any of our regional centres. This is because

- There have been patient and staff safety issues during or after using the systems.
- The cooling system equipment is large, taking up space meant for other patients and families.
- Patients using cooling systems need longer appointment times, resulting in fewer treatment spots for other patients.

If new evidence comes out about these cooling systems, we will review it.

Can I bring my own cooling cap or system to BC Cancer?

No. We cannot support patients bringing in their own equipment. Please do not do this. There will be no exceptions at any of the BC Cancer centres.

Where can I find more information about hair loss?

We know the significant effect that hair loss can have on patients. We recommend many resources to support patients with hair loss.

You can go to our [website \(www.bccancer.bc.ca\)](http://www.bccancer.bc.ca) and search hair loss.

Ask your health care team or one of our librarians for more information.