Overview

Hair is a deeply personal part of each person's identity and culture. The role of hair is much more than functional, it is tied to both well being and quality of life. It is normal to feel upset when hair loss occurs. It helps to know that hair can grow back and there are steps you can take to promote this growth.

Fractionated radiosurgery may result in the loss of hair. The loss of hair depends on the dose of radiation the scalp receives during treatment. It can be difficult to predict which patients may lose their hair and which ones will not. Hair loss, when it occurs, typically begins one to three weeks after short-course radiosurgery becoming more noticeable one to two months after starting therapy. Your scalp may be more tender than usual and be more sensitive when washed, combed, or brushed.

Included is some information on the life cycle of hair along with non-prescribed and prescribed interventions to help promote hair growth. As always, it is recommended that you talk with your provider and discuss any supplementation with them to ensure there are no drug interactions.

Promoting Hair Growth

Non-Prescribed Interventions

- Wash hair with mild shampoo and conditioner
- Vitamin B including biotin and niacin, typical dose is 5,000 mcg-10,000 mcg daily
- Vitamin C, 75 mg daily
- Vitamin E, no more than 1,500 iu daily
- Grape seed oil, applied topically
- Rosemary oil, applied topically
- Sage essential oil, applied topically
- Stinging Nettle, 300 mg daily
- Hibiscus Rosasinensis, applied topically
- Zinc, 8 mg daily - not to be taken during treatment
- Green tea, 300 mg - 700 mg daily
- Ginkgo Biloba, 40 mg - 80 mg daily
- Primrose oil, 500 mg daily
- Salmon oil/fatty fish
- Amino acids (L-cysteine and L-methionine)

Prescribed Interventions

- Minoxidil (may be topical or oral)
- Finasteride

Life Cycle of Hair

Hair grows in cycles. Depending on what cycle the hair is in when it falls out, it may take some time for new hair to grow back.

Anagen
Hair grows thick

Catagen
Hair roots start degenerating

Telogen
Growth stops completely

Early Anagen
Old hair falls out and new hair grows