

# Mount Sinai South Nassau offers cold cap therapy to combat hair loss for breast cancer patients

By Mount Sinai South Nassau

A breast cancer diagnosis that comes with a chemotherapy regimen is certain to produce a myriad of concerns and questions. “Will I lose my hair?” is often chief among them.

Hair loss is one of the most psychologically distressing adverse effects of chemotherapy for patients. Minimizing hair loss helps patients improve their quality of life and self-esteem in an otherwise overwhelming experience in undergoing chemotherapy.

To reduce hair loss during chemotherapy and alleviate the negative influence it can have on patients’ emotions and outlook, Mount Sinai South Nassau Breast Health Services is now offering the DigniCap System to provide scalp cooling therapy to eligible patients.

“We want to treat the whole patient, and offering this service is

part of our commitment to provide our patients with comprehensive and compassionate care,” said Dhvani Thakker, MD, Director of Women’s Medical Oncology at Mount Sinai South Nassau. “It is our hope that scalp cooling therapy will instill our patients with encouragement and an optimistic outlook during their treatment journey.”

Scalp cooling therapy is FDA approved to reduce hair loss from certain chemotherapy treatments. It is initiated prior to the start of each chemotherapy session. The system’s silicone cooling cap, supported by an insulating outer rubber cap, is placed snugly on the patient’s head. Flexible lightweight tubing connects the cooling cap to a control unit that circulates chilled liquid through the tubing to the silicone cap, delivering consistent, controlled cooling to all areas of the scalp. The cooling ther-

apy decreases blood flow through the scalp, limiting the amount of chemotherapy that reaches the hair follicles, reducing the risk of chemotherapy-induced hair loss. Studies have shown that Scalp Cooling system can prevent hair loss in 66.3% of patients with breast cancer receiving chemotherapy and is well tolerated by most patients.

At Mount Sinai South Nassau, no patient will be denied scalp cooling therapy due to cost concerns. As a result of the generosity of donors, including a portion of the money raised by the hospital’s 2023 annual golf outing, funds have been set aside to cover costs that are not covered by health insurance. Breast cancer patients and survivors also can turn to Mount Sinai South Nassau’s long-time partner, Hewlett House, located at 86 East Rockaway Road, for comprehensive breast cancer



*Mount Sinai South Nassau’s first patient to undergo cold cap therapy.*

patient education, community-based peer support and networking with cancer survivors and doctors — as well as help with hair loss in the form of wigs and extensions.

**For more information about Mount Sinai South Nassau Breast Health Services or to schedule an appointment, call 1-877-South Nassau.**