

Patient Information

AGE: 37

DX: Triple positive breast cancer

REGIMEN: TCHP every 3 weeks x 6 cycles

HAIR TYPE: Long, dense, curly African hair

WHY SCALP COOLING: I chose scalp cooling because, while I knew I might still lose my hair, I believed it gave me a better chance at reducing the risk of it not growing back. With thick, curly African hair, I had low expectations, but the thought of losing it was devastating, and I wanted to try everything I could.

Patient Experience

"It was not nearly as bad as I expected. First, I want to say that the experience of scalp cooling itself is pretty tolerable. It's an uncomfortable thirty minutes, but I promise, it passes! You can also take Tylenol beforehand to help a little. Once the thirty minutes are over, your whole head becomes numb, and it doesn't really feel cold anymore. Now, the process of scalp cooling would have been so much harder if it weren't for the incredible team at Cooler Heads. They didn't just hold my hand, they were there for me anytime I had questions, both during the cooling sessions and afterward as things came up. They patiently helped us through each and every step... truly, through every single session."

BEFORE CHEMO



DURING CHEMO



DURING CHEMO



AFTER CHEMO

