

Dealing with Hair Loss from Cancer Treatment with Audio Descriptive Transcript

Audio Descriptive Text

- Linda, a simulated character, sitting down in her yard discussing her experience as a triple-negative breast cancer.
- Graphic on top left that says hair loss within 2 to 4 weeks with a silhouette of a woman with hair.
- Photograph of Linda's friends shaving Linda's hair.

Video Summary

Listen to how Linda deals with her experience of hair loss from chemotherapy treatment. For more information and to access the simulation, visit <https://www.cdc.gov/cancer/breast/triple-negative.htm>.

Audio Script

[Linda] So yeah, it's gonna happen. You're gonna lose some or all of your hair within about two to four weeks of starting chemo. That's the bad news.

The good news is, you know about it now and you can go ahead and plan the best way you want to handle it. Like, for me, I knew if I was in the shower and one of those clumps of hair came out, I knew I'd lose it. So I decided to go ahead and shave it all off. If I had to say goodbye to my hair, it was gonna be me who decided when and how. Not the cancer or the chemo.

So a few of my friends threw a little hair shaving party for me. We got together one afternoon and, they took turns buzzing away. I can't tell you how good it felt to have them there just talking, laughing, listening to music. It made it somehow, so much easier.

Now keep in mind, this was five years ago. Things move fast and they might have new treatments that help with hair loss. So just ask your doctor if that's a big concern for you.