

YOUR HAIR LOSS  
DUE TO CHEMOTHERAPY  
MAY HELP SOMEONE IN NEED



AND HELPING SOMEONE ELSE  
MAY HELP YOU COPE  
WITH THE LOSS OF YOUR HAIR

YOUR HAIR LOSS DUE TO CHEMOTHERAPY  
MAY HELP SOMEONE ELSE IN NEED.

Discuss with your doctor or other health care professional whether you are likely to lose your hair as a result of your chemotherapy. If so, you may be able to donate your hair to an organization that provides a wig or hair replacement system to someone who has lost hair as a result of chemotherapy, radiation treatments, alopecia, burns, or other medical circumstances.

The anticipated trauma of hair loss is considered one of the negative aspects of many types of chemotherapy. The change in appearance can drastically undermine one's self-image and sabotage self-esteem, which is, of course, not helpful in the healing process. By donating your hair, you will be turning a negative aspect of your cancer treatment into a positive outcome... for yourself and for someone else: a child or a woman in need of assistance. Feeling good by helping someone else is the ultimate win-win situation for anyone, and is one way to counter the passive, out-of-control feeling of being treated for cancer.

The hair systems provided by **Locks of Love**, **Wigs for Kids**, and **Beautiful Lengths** are made to look just like one's own hair so that recipients can undertake usual activities and feel better about themselves. It takes many bunches of hair to make a wig, and your bunch will be in good company



Whether or not you can donate your hair, consider cutting your hair short in anticipation of your hair loss from chemotherapy. Many people find that they feel more in control by determining when and where they will lose their hair.



PHOTOS OF THE FUCHSIA FOUNDATION FOUNDER LESLIE RIES (WITH FAMILY) CUTTING HER HAIR FOR DONATION PRIOR TO RECEIVING CHEMOTHERAPY.

DONATE HAIR TO LOCKS OF LOVE, WIGS FOR KIDS, OR BEAUTIFUL LENGTHS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

ENCLOSED IS MY HAIR DONATION FOR ONE OF THESE ORGANIZATIONS

A) I am donating my hair prior to my chemotherapy: \_\_\_\_\_

B) I am donating my hair in honor of \_\_\_\_\_

C) I am donating my hair in memory of \_\_\_\_\_

*Note: If you would like a letter acknowledging receipt of your hair in this person's honor or in memory of someone, please provide the name and address to whom the letter should be sent: \_\_\_\_\_*

Please place hair in a ponytail inside a plastic bag and mail with this page to one of the following three organizations:

LOCKS OF LOVE

2925 10TH AVE NORTH, SUITE 102, LAKE WORTH, FL 33461

WIGS FOR KIDS, EXECUTIVE CLUB BUILDING

21330 CENTER RIDGE RD, SUITE 26, ROCKY RIVER, OH 44116

BEAUTIFUL LENGTHS

511 WISCONSIN AVE, NEW RICHMOND, WI 54017

## REFLECTIONS ON THE GAINS FROM MY HAIR LOSS

*By Leslie S. Ries, Breast Cancer Survivor and Founder of The Fuchsia Foundation*

One of the things that caused me great stress after I learned of my breast cancer diagnosis and had my surgery was the impending loss of my hair from chemotherapy. My red hair reflected my individuality, and at first the loss of my hair symbolized the loss of control of my body and my vulnerability.

I agonized over whether to cut my hair or wait for it to fall out on its own. A few days before my first chemo treatment, it dawned on me that there was an outside shot that I could donate my hair. I looked at the websites for *Locks of Love* and *Wigs for Kids* (*Beautiful Lengths* did not exist then) and saw the minimum requirement for hair donation was 10 inches of hair. Sitting at my desk, I got a ruler out and saw that my hair was 10 inches long in many places. I was ecstatic to be able to envision my hair being used for a child with cancer, alopecia or other long-term hair loss. My attitude instantly turned from dread of losing my hair to happiness that it would be used for a child who needed it.

My two daughters came with me to my hair salon, and we were joined by my husband and two of my best girlfriends (one of whom had just completed chemotherapy herself). Off it came, in snippets cut as close

to the scalp as possible. I had tears with the first cut and then I was fine, totally relieved to have this moment of dread behind me and at peace with the loss of the hair. We made a nice ponytail and it was ready to be mailed. My daughter Carly photographed the transformation from my old look to my new one (with a rather cute cropped cut), including a group photo of my support team.

When I think of all of the hair that is swept up and thrown away with tears from the people losing it, I know that many of those people would be so happy, as I was, to visualize that hair going to a child or a woman without hair. I could not find any organized program to encourage donation of hair by chemotherapy patients and so I decided to start my own. My husband and I formed a non-profit organization called *The Fuchsia Foundation* to develop innovative projects and products that help people undergoing treatment for cancer and their loved ones. The first large scale project of the foundation is the production and distribution of this brochure. By increasing hair donations, we are helping those who donate their hair as well as those who receive the hair. In doing so, we are offering a tremendous option to many women and children with cancer who agonize over the loss of their hair. It is truly a "win-win" situation that prevents the needless sweeping away of hair that can be used to help others. Everyone can help someone else, and feel good in doing so.



## HOW CAN I HELP?

You can donate your hair to help Wigs for Kids or Locks of Love provide hair replacement systems for children or Beautiful Lengths to make wigs for women who have lost their hair due to cancer treatments.

## WHAT ARE THE REQUIREMENTS FOR HAIR DONATION?

*Note: Each organization has its own requirements for hair donations. Contact the organization of your choice to verify its criteria before mailing in hair.*

1. Hair must be clean and dry. Hair that has been cut and saved is suitable for donation.
2. Minimum length for a hair donation is 8-12 inches; each organization has different specifications. Check with an organization before sending your hair to them.
3. If you are going to lose your hair to chemotherapy, many people have found that the best way to take control of the process, rather than to wait for it to fall out when and where it chooses, is to have a short haircut just prior to or just after beginning chemotherapy. This is also the best way to preserve hair for donation. If you have very long hair that makes a ponytail of 8-12 inches, you can merely pull your hair into a ponytail and have it cut at that point. However, you may find that you have the minimum length of 8-12 inches of hair (or even more) if you cut your hair in sections, close to the scalp.

You can get a great cropped style, preserve your hair for donation, and take control of the hair loss process—all in one step.

4. Hair may be cut at your local salon. Donations should be braided or tied in ponytails and secured with rubber bands or elastics, wrapped in tissue paper, and then sealed in a mailing envelope.
5. *Hair donations should be mailed to one of the following, which should be contacted prior to mailing for more details regarding its hair donation program:*

### LOCKS OF LOVE

2925 10TH AVE NORTH, SUITE 102, LAKE WORTH, FL 33461  
888 896 1588 | LOCKSOFLOVE.ORG

### WIGS FOR KIDS

#### EXECUTIVE CLUB BUILDING

21330 CENTER RIDGE RD, SUITE 26, ROCKY RIVER, OH 44116  
440 333 4433 | WIGSFORKIDS.ORG

### BEAUTIFUL LENGTHS

511 WISCONSIN AVE, NEW RICHMOND, WI 54017  
BEAUTIFULLENGTHS.COM

*Note: Locks of Love, Wigs for Kids, and Beautiful Lengths are not affiliated in any way with one another or with The Fuchsia Foundation. Locks of Love, Wigs for Kids, and The Fuchsia Foundation, are all 501(c)(3) non-profit organizations, and financial contributions to them (as well as to the Women's Cancer Fund and the Entertainment Industry Foundation, partners of Pantene in Beautiful Lengths) are deductible in accordance with IRS regulations. Donations of hair are not tax-deductible.*



#### LEARN MORE ABOUT THESE ORGANIZATIONS

*Wigs for Kids is a non-profit organization which provides complimentary hair replacement systems to children (18 years and younger) who have experienced hair loss due to chemotherapy, alopecia, burns or other medical circumstances.*

*Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children suffering from any type of hair loss; however, they primarily provide hair pieces for children who have lost their hair as a result of alopecia. Locks of Love is neither associated with nor an affiliate of any for-profit hair replacement business. Furthermore, none of its employees or members of the Board of Directors is associated with any company in the hair replacement or hair care industries.*

*Beautiful Lengths is a partnership of Pantene®, HAIRUWEAR®, and two non-profit organizations: Women's Cancer Research Fund and Entertainment Industry Foundation. Beautiful Lengths provides wigs made of donated hair to women who have lost their hair due to cancer treatment.*

*The Fuchsia Foundation, which produced this brochure, offers products and programs to support people undergoing treatment for breast cancer and their loved ones. We provide greeting cards for people to send to thank those who have been supportive during treatment, thereby promoting communication with important contacts and boosting self-esteem. We also make grants to other non-profit organizations for projects that do not duplicate services already offered by other cancer support organizations. For example, a recent grant provided financial assistance for the purchase of prescription drugs for people undergoing treatment who were without adequate insurance coverage or with no coverage and could not afford drugs that would make their treatment less difficult to experience.*

#### ENCLOSED IS MY DONATION TO THE FUCHSIA FOUNDATION:

☐ \$1,000 | ☐ \$500 | ☐ \$250 | ☐ \$100 | ☐ \$50  
Other: \$ \_\_\_\_\_

A) I am a cancer patient or cancer survivor: \_\_\_\_\_  
\_\_\_\_\_

B) I am making this donation in honor of: \_\_\_\_\_  
\_\_\_\_\_

C) I am making this donation in memory of: \_\_\_\_\_  
\_\_\_\_\_

*Note: If you would like a letter acknowledging receipt of your financial contribution to The Fuchsia Foundation in this person's honor, please provide the name and address to whom the letter should be sent:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Please send all donations to the Fuchsia Foundation. Please include a check or credit card information with your reply card.*

☐ Visa | ☐ Mastercard | ☐ AmExpress | ☐ Discover  
Card No: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Signature: \_\_\_\_\_

#### THE FUCHSIA FOUNDATION

TWO EAST READ STREET, BALTIMORE, MARYLAND 21202

For further information about The Fuchsia Foundation, go to  
THINKBRIGHTER.ORG or call 410 653 8417



A RECIPIENT OF A HAIR REPLACEMENT SYSTEM MADE WITH DONATED HAIR

Turn a negative experience into a positive, life-affirming memory for yourself and others: donate your hair, if you can. If you are unable to donate your hair, you can still help people undergoing treatment for cancer and their loved ones by making a tax-deductible donation to **The Fuchsia Foundation**. To learn more about **The Fuchsia Foundation**, please contact:

**THE FUCHSIA FOUNDATION**

TWO EAST READ STREET

C/O BALTIMORE COMMUNITY FOUNDATION

BALTIMORE, MARYLAND 21202

Phone 410 653 8417

email [LESLIE@THINKBRIGHTER.ORG](mailto:LESLIE@THINKBRIGHTER.ORG)

web [THINKBRIGHTER.ORG](http://THINKBRIGHTER.ORG)

  
FUCHSIA  
foundation