

# PAXMAN SCALP COOLING

INTRODUCTION



Caution: Federal law (USA)  
restricts this device to sale by or  
on the order of a Physician.

PAXMAN<sup>®</sup>

CHANGING THE FACE OF CANCER





## LET'S START AT **THE BEGINNING**

**We know that the prospect of losing your hair can be one of the scariest parts of facing chemotherapy.**

**Scalp cooling can help to retain your hair.**

Knowing if cold capping is right for you is a decision only you can make, and it isn't necessarily an easy one. This booklet will lay out everything you will need to know to be able to make an informed choice, and guide you through from the beginning to the end of the process.

During a time when it can feel like everything is out of your control, scalp cooling can help to keep you feeling more like you. This is about being an individual, not a patient.

## What is scalp cooling?

It is a simple treatment that can help to prevent hair loss caused by chemotherapy (chemotherapy-induced alopecia). Not all chemo drugs cause hair loss, but for those that do, scalp cooling is the only effective solution to this problem.

## How does scalp cooling work?

Scalp cooling works in two ways. Most simply, by cooling the scalp, the blood flow to this area reduces to around 40%, meaning that less blood containing the chemotherapy drugs reaches the hair follicles. The cooling also causes the cells in the hair follicles to become dormant, meaning that they no longer rapidly divide, therefore any chemo drugs that do reach the follicles bypass the cells. The scalp reduces in temperature to between 68 and 72 degrees Fahrenheit. The result is minimized hair loss, and protection for the hair follicles. You must cold cap at every chemotherapy session to see the benefits of hair retention and the protection of follicles.

## How does the Paxman system cool my scalp?

When you use the Paxman Scalp Cooling System, you will wear a cap which comes in two parts – the inner silicone cap and an outer cap cover. This cap attaches to the system which cycles coolant through the inner silicone cap. The coolant constantly cycles during your treatment, extracting heat from your scalp, and returning to the system to be re-cooled. The cap cover ensures a consistent all over fit and contact with the cap.

Scalp cooling is clinically proven to be the only way to combat chemotherapy-induced alopecia. Paxman have helped hundreds and thousands of men and women across the globe to retain their hair during chemo over the last few decades. We can help you too. It is really important to know however that scalp cooling isn't for everyone. This brochure should help you to make an informed decision.



Watch our 'How it Works' video visit...

[coldcap.com/what-to-expect](http://coldcap.com/what-to-expect)

## Who can use the Paxman system?

Scalp cooling can be used by people with solid cancer tumors receiving alopecia inducing chemotherapy drugs.

## Is there anyone who can't use the Paxman system?

Scalp cooling is contraindicated in pediatric patients and patients with the following:

- Cancers of the head and neck
- Cold sensitivity, cold agglutinin disease, cryoglobulinemia, cryofibrinogenemia, cold migraine, cold urticaria and post-traumatic cold dystrophy
- Hematological malignancies (leukemia, non-Hodgkin and other generalized lymphoma)
- Skin cancers including melanoma, squamous cell carcinoma and Merkel cell carcinoma
- Small cell carcinoma of the lung

For more information on contraindications, please visit [www.coldcap.com/data-and-reference](http://www.coldcap.com/data-and-reference)

## Are there side effects that I need to be aware of?

Known side effects include chills, dizziness, headache, nausea, paresthesia (an abnormal sensation such as tingling, pins and needles or prickling of the skin), sinus pain and skin ulceration. All of these effects are temporary or transient in duration and are recognized as presenting low risk of harm.



## How effective is scalp cooling?

Scalp cooling results can vary a lot and is dependent on multiple factors including chemotherapy regimen, dose, duration of drug infusion, cap fit and chemotherapy drug metabolism. Everyone responds differently to scalp cooling, even when two people with the same diagnosis are treated with the same drug regimen they are likely to see different hair retention.

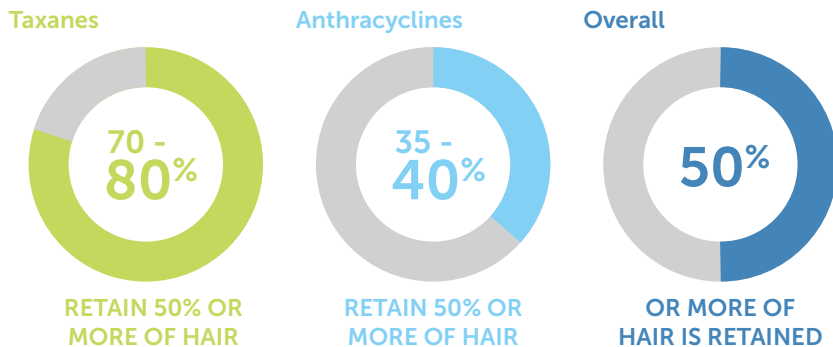
It is therefore so important to go in to the chemotherapy and scalp cooling process with a positive outlook. Everyone's view of a successful outcome will be different, but by scalp cooling you are giving yourself the best possible chance of retaining your hair and moving on from your chemotherapy looking as much like you as possible.

## How much hair should I realistically expect to retain?

Be realistic, but also be positive – most drug regimens administered without scalp cooling would result in total hair loss. If you are expecting to have the same head of hair on the day you finish as the day you started, then you will be disappointed.

There are no hard or fast rules about hair retention, but currently our data looks like this - for taxanes, we see 70-80% of people retaining 50% of their hair. For anthracyclines we see 35-40% of people retaining 50% of their hair. Across the boards there is a 50% chance of retaining 50% of your hair. Some people will retain more, some will retain less.

We would always recommend giving the cold cap a try – you have a lot of hair to lose and potentially a lot to retain, and you will never need to wonder 'what if'.



## Does scalp cooling help with regrowth?

Yes! Clinical data has shown that those who scalp cool will see hair regrowth that is faster, stronger and healthier than those that didn't scalp cool. As a result, we would always recommend that people continue to scalp cool even if they do lose a lot of hair, as it will give you a significant head start on regrowth.

## Does scalp cooling protect your follicles?

Yes! Studies have shown that using scalp cooling can help to prevent persistent alopecia that can be seen in up to 10% of patients who receive docetaxel. We would always recommend scalp cooling for anyone receiving docetaxel, not only to retain their hair, but to provide protection of the follicles.

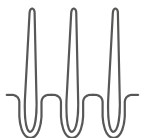


To see more clinical data on scalp cooling visit...  
[paxmanscalpcooling.com/practice/clinical-efficacy](https://paxmanscalpcooling.com/practice/clinical-efficacy)

## Is scalp cooling painful?





For the majority of people, the first 15 mins can be an intense experience and is often described as feeling like a tight 'ice cream' headache. Once you get through that first 15 mins your body will acclimatize and it will turn in to more of a numb feeling, with many people saying they just don't feel the cold anymore. Like going in to a cold pool, at first it is really cold, but you soon get used to the temperature.

Less than 3% of people find the treatment so intolerable that they discontinue use of the system. Some people have even asked if the system is working properly as it was nowhere near as cold as they thought it would be.



## How much will scalp cooling cost?

There is no charge for the personal cap kit and you purchase credits to cover each treatment cycle, which is loaded on to a pay-for-use token. Pricing is capped at \$2400 – this is the most you will pay no matter how many cycles of treatment you receive. *Please see below for cycle costs.*

<b>Personal Cap Kit</b>	<b>No Charge</b>	
<b>Treatment 1-4</b>	<b>\$350</b> Per treatment	
<b>Treatment 5-6</b>	<b>\$200</b> Per treatment	
<b>Treatment 7-12</b>	<b>\$100</b> Per treatment	
<b>Pricing per patient is capped at:</b>	<b>\$2400</b>	

## Is scalp cooling covered by insurers?

Insurance coverage for scalp cooling is not yet standard in the United States. We do however recommend that all patients submit a claim to their insurance companies as many have reported having received reimbursement. You can find guidance on our website to help make submitting your claim as easy as possible.

## What about other payment options?

There are options for those who are unable to afford scalp cooling. Whether it is a GoFundMe page or support from a foundation or charity, there are ways in which the out of pocket costs can be covered.

You can find more information in our Foundations & Financial Support leaflet - ask your clinical team for one or access on our website:

[coldcap.com/i-want-to-scalp-cool/financialsupport](http://coldcap.com/i-want-to-scalp-cool/financialsupport)



## The cap and the system

If you decide that scalp cooling is the right choice for you, your clinician will size you for your cap. Your physician will then fill out an enrollment form which you will sign and the form will be submitted to the Paxman Hub.

You will receive a phone call, usually within 24 to 48 hours to complete your payment, and there will be another call to confirm your shipping address. If we are unable to contact you by phone (please be aware it may be from an unlisted/unregistered number) there may be a delay in scheduling delivery.



You can find more information on the Hub here...

[coldcap.com/i-want-to-scalp-cool/paxmanhub](http://coldcap.com/i-want-to-scalp-cool/paxmanhub)

Please feel free to call the **Paxman Hub on 844 572 9626** to confirm receipt of complete and accurate Enrollment Form once it has been faxed, or to make payment.

**Your personal Cap Kit will be delivered to your home. The Kit includes everything you will need for your scalp cooling treatment:**

- **The cap and cap cover**
- **Treatment and hair care pack** - containing a towel, mirror, spray bottle, headband, shampoo and conditioner and cleaning wipes for your cap. This pack contains everything you will need for the treatment day itself to prep your hair, and to look after your hair in between treatments.
- **Literature** - please read this carefully and in full. The included literature will instruct you on all you need to know to prepare for your treatment. It is really important that you have watched our tutorial videos ([watch here](#)) and practice preparing your hair and putting on your cap so that you are all ready for your first treatment.



# GETTING IN TOUCH

If you have any questions at all, please don't hesitate to get in touch. We are here to support you through the scalp cooling process beginning to end.



Your first port of call should be our website: [coldcap.com](https://coldcap.com)  
It has a wealth of information, FAQs, support and guidance.

Alternatively, you can give us a call or send an email. To ensure you can speak to the appropriate person, please choose from the below options:

### Patient support enquiries

[patient@PaxmanUSA.com](mailto:patient@PaxmanUSA.com)  
Paxman HQ 888 572 9626

### Payment and Cap Kit shipment scheduling

[hcp@PaxmanUSA.com](mailto:hcp@PaxmanUSA.com)  
844 572 9626

### Facebook Group

[facebook.com/groups/PaxmanScalpCooling](https://facebook.com/groups/PaxmanScalpCooling)



*There's a community of people who are going through the same things as you are on our Facebook Group.*



If you are looking for help and support from people who are or have been through cold capping, you may find our Facebook Group useful. It's a private, international community with a really positive outlook, who can give you advice and guidance on what scalp cooling was like for them.

**[facebook.com/groups/PaxmanScalpCooling](https://facebook.com/groups/PaxmanScalpCooling)**





A DEGREE OF  
**CONTROL**



[coldcap.com](http://coldcap.com)

[facebook.com/groups/PaxmanScalpCooling](https://facebook.com/groups/PaxmanScalpCooling)

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