

# How Do I Look?

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This Pathfinder may be useful in finding information about your appearance during and after cancer treatment.

## Resources

### Books

**Pretty Sick: The Beauty Guide for Women with Cancer** by Caitlin M. Kiernan and Jamie Lee Reardin. Grand Central Life & Style (2017)

**Facing The Mirror With Cancer: A Guide To Using Makeup To Make A Difference** by Lori M. Ovitz. Belle Press (2004)

**Ramy Gafni's Beauty Therapy: The Ultimate Guide to Looking and Feeling Great While Living with Cancer** by Ramy Gafni. M. Evans & Company (2005)

**Crazy Sexy Cancer Tips** by Kris Carr. Skirt! Publishers (2007)

**Everything Changes: The Insider's Guide to Cancer in Your 20's and 30's** by Kairol Rosenthal. Wiley (2009)

### Websites

“TLC” – American Cancer Society. Go to [tlcdirect.org](http://tlcdirect.org) to see their selection of hats, scarves, wigs, and other beauty products for women. Request a paper copy of their catalog from UH Seidman Cancer Center Health Librarian at [CancerINFO@UHHospitals.org](mailto:CancerINFO@UHHospitals.org)

**Look Good – Feel Better.** This website is devoted to improving the self-esteem and quality of life for people undergoing treatment for cancer. It offers guidance and programs for men and women, as well as teens. Go to [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org)

**American Society for Clinical Oncology.** This site offers a wealth of information about any aspect of cancer. Type “self-image” in the search box. Choose a topic from the list of links. Go to [cancer.net](http://cancer.net).

### UH Seidman Cancer Center

**Le Salon.** If you have hair loss due to cancer treatments, you can come to the wig salon at the University Hospitals Seidman Cancer Center main campus for a free wig, style, and wig care kit. Call **216-844-9447** to make an appointment.

This Pathfinder is a suggested list of books and websites and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.