

FROM MY HEAD TO YOURS!

- 1 A woman's hair is an important characteristic and the focus of hours of regular, careful attention. To choose to cut it all off is one thing – to lose it to chemotherapy is another.
- 2 Lise van Breda grew her hair for her wedding day, and shortly afterwards decided to cut it and donate it to the Cancer Association of South Africa (CANSA). 'It was not an act of bravery, but it was symbolic. It meant that one phase of my life was over, and marriage meant entering a new one. I also knew my hair would grow again.' 5
- 3 Lise believes in giving. 'I donate blood every month. I am a stem cell donor and on the list for bone marrow donation for leukaemia. I still need to become an organ donor. As long as I have a healthy lifestyle and can give something to someone who needs it, I will. I have good, strong hair, so why not give that?' 10
- 4 'I found instructions on the CANSA website on how to go about donating,' she says. 'I thought you could not donate your hair if you colour it, but I discovered that CANSA accepts it.' 15
- 5 Lise hopes to encourage other women to donate their hair and help others. It is easy and non-threatening, so more people should be doing it.
- 6 According to statistics, 115 000 South Africans are diagnosed with cancer yearly, with breast cancer being the leading cancer in women. 20
- 7 CANSA runs awareness and fundraising campaigns. During the annual Shavaton people can donate their hair or pay to have it sprayed. The Shavatons take place at shopping centres around the country. 'People phone us to say they are growing their hair for us,' says Lucy, head of marketing and communication at CANSA. 25
- 8 We just cut the ponytail then they go to a hairdresser for a new hairstyle. They donate their hair because they want to show support and unity with cancer patients and survivors. 'It is a powerful, fascinating gift.'
- 9 Those who cut their hair at a salon, must tie it in a ponytail that is 25 cm or longer because length is lost when making a wig. It must be sealed in a zip-lock bag and taken to a CANSA Care Centre. The hair is sent off to the wigmakers in batches of 300 g. It takes about ten ponytails to make a complete wig. 30

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DJ Losen



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