



## ALOPECIES

Le Tableau 18 donne un classement des différents agents cytotoxiques utilisés en oncologie thoracique en fonction du risque d'alopecie (67).

Type d'alopecie	Agent
Habituelle	Adriamycine
	Etoposide
	Topotécan
	Docétaxel
	Paclitaxel
	Ifosfamide
	Vinorébine
Occasionnelle	5-FU
	Gemcitabine
	Pemetrexed
	Erlotinib Gefitinib
Rare	Carboplatine
	Cisplatine

**Tableau 18 – Risque d'alopecie en fonction des différents agents utilisés en oncologie thoracique**

- Bien que n'ayant pas directement démontré la preuve de leur efficacité, **certains conseils** peuvent s'avérer utiles (68) pour ménager les cheveux :
  - Se laver les cheveux la veille de la séance puis ne plus les laver pendant 3 à 8 jours.
  - Ne pas se laver les cheveux trop fréquemment.
  - Utiliser peu de shampoing ; utiliser un shampoing doux ; éviter les shampoings pour bébé qui graissent les cheveux.
  - Utiliser une brosse douce.
  - Eviter la chaleur du séchoir, des bigoudis chauffant, des fers et ne pas faire de brushing ; éviter teinture, balayage et permanentes ; éviter les nattages et défrisage.
- Le **casque réfrigérant** n'a jamais été testé de manière comparative avec les protocoles de chimiothérapies d'oncologie thoracique. L'analyse intermédiaire d'une étude randomisée chez des femmes atteintes d'un cancer du sein localisé a démontré l'intérêt d'un casque réfrigéré sur la chute des cheveux après 4 cycles de chimiothérapie à base d'anthracyclines ou de taxanes. Le refroidissement a permis une préservation des cheveux chez 48/95 femmes (50.5% ; IC95%, 40.7%-60.4%) vs 0/47 femmes du bras contrôle (0% ; IC95%, 0%-7.6%) (69). Cela confirme les résultats d'une méta-analyse de 2015 montrant un bénéfice en terme de prévention de la chute de cheveux (OR = 0.38 [IC95% 0.32-0.45]) (70).
- Le **minoxidil en topique local** pourrait être une option dans la prévention de l'alopecie et/ou pour favoriser la repousse capillaire après chimiothérapie alopeciante. Cette indication est toutefois hors AMM (70).
- En cas d'alopecie, il existe également plusieurs **accessoires** :
  - Les couvre chefs : foulard, chapeau,
  - Les prothèses capillaires peuvent être remboursées par l'assurance maladie (sur prescription médicale),
  - Le maquillage.



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## DECLARATION DES LIENS D'INTERETS

Les personnes ci-dessous ont déclaré des liens d'intérêt en oncologie thoracique pour des participations à des congrès, séminaires ou formations ; des bourses ou autre financement ; des rémunérations personnelles ; des intéressements ; ou tout autre lien pertinent dans les 3 dernières années :

ARPIN D : Takeda, Roche  
 AUDIGIER-VALETTE C : Roche, Abbvie, BMS, MSD, Takeda, Boehringer, AstraZeneca, Pfizer, Novartis, Fabre, Amgen, Lilly  
 AVRILLON V : BMS, Abbvie.  
 BARANZELLI A. : Roche, Takeda, BMS, MSD  
 BAUD M. : Boehringer  
 BAYCE BLEUEZ S. : Roche, BMS, AMGEN  
 BERARD H : Roche, Pfizer, Boehringer  
 BERNARDI M. : BMS, Sandoz, Roche  
 BOMBARON P : Roche, AstraZeneca, BMS, Boehringer.  
 COURAUD S. : AstraZeneca, Boehringer Ingelheim, Lilly, Merck, MSD, Novartis, Pfizer, Roche, Sysmex Innostics, Chugai, Laidet.  
 DELCLAUX B : BMS, Boehringer, AstraZeneca, Novartis, Roche.  
 DEMIR S : Pfizer, BMS  
 FALCHERO L. : Roche, Boehringer, AstraZeneca, BMS, Pfizer, Amgen.  
 FOUCHER P : AstraZeneca, Roche, BMS, MSD, Chugai, Vifor, IFCT, PFIZER  
 FOURNEL P. : Lilly, Amgen, BMS, MSD, Roche, Pfizer, Astellas, Boehringer, AstraZeneca, Takeda, Novartis, PFO  
 GERINIERE L : Lilly  
 GIAJ LEVRA M. : MSD, BMS, Roche, AstraZeneca, Novartis, Pfizer, Boehringer  
 GONZALEZ G. : Roche, Novartis, Pharmadom  
 GOUNANT V : Takeda, Lilly, Roche, AstraZeneca, BMS, Boehringer, Pfizer, Novartis.  
 GROUET A. : Boehringer, Novartis  
 HAMMOU Y : Chiesi, ISIS, Elia  
 JACOULET P : Boehringer  
 JANICOT H. Boehringer  
 LARIVE S. : TEVA Santé, Pfizer, Boehringer, BMS, MSD, AstraZeneca.  
 LE TREUT J. : AstraZeneca, Boehringer, Roche, BMS, MSD  
 LOCATELLI SANCHEZ M. : Boehringer, BMS, AstraZeneca, LFB  
 LUCIANI S : Pfizer  
 MARTIN E. : Astra Zeneca  
 MASTROIANNI B : Amgen  
 MERLE P : MSD, AstraZeneca, BMS, Pfizer  
 MORO-SIBILOT D : Roche, Pfizer, Lilly, Boehringer, MSD, BMS, Takeda, AstraZeneca, Novartis, Amgen, Abbvie  
 NAKAD A : BMS  
 ODIER L. : Lilly, Amgen, Pfizer  
 PAULUS V : MSD, Roche  
 PEROL M. : Roche, AstraZeneca, Boehringer, Lilly, Takeda, BMS, MSD, Pfizer, Novartis, Chugai  
 PERROT E. : AstraZeneca  
 PINSOLLE J. : Takeda, MSD, Roche, Pfizer, Agiradom.  
 RANCHON F : CELGENE, JAZZPHORNA  
 SAKHRI L : Pfizer, BMS.  
 SOUQUET P.-J. : Amgen, AstraZeneca, BI, CHUGAI, P FABRE, LILLY, MSD, BMS, Pfizer, Novartis, Sandoz, Roche, Takeda, Bayer, Merrimack, Merck, Astellas,  
 TAVIOT B : Chiesi  
 TISSOT C : Amgen, Sandoz, BMS  
 WATKIN E. : MSD, AstraZeneca, Boehringer, Pfizer, Roche, BMS  
 ZALCMAN G. : Roche, AstraZeneca, BMS, Pfizer, Novartis, Abbvie, MSD, Boehringer, GSK, Inventiva

Les autres participants et membres des groupes de travail n'ont déclaré aucun lien d'intérêt en oncologie thoracique. Aucun participant ou membre d'un groupe de travail n'a rapporté de lien d'intérêt avec l'industrie du tabac.



Soins de support et nutrition

## MENTIONS LEGALES

La réunion de mise à jour des référentiels (édition 2019) a été organisée par l'Association de Recherche d'Information Scientifique et Thérapeutique en Oncologie Thoracique (ARISTOT).

Les partenaires institutionnels 2019 d'ARISTOT sont : **Amgen, Astra Zeneca, Boehringer Ingelheim, Chugai, Pfizer, Roche.**

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