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Hair dye poses a serious risk to our health
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[Hair Dye Increases Risk of Leukemia](#)

A recent study confirmed that regular exposure to hair dyes increases the risk of developing certain types of cancer by 60%

The price of vanity in the modern, ever-changing era in which we live may be even higher than we can imagine. A study published a short while ago warns men and women that using hair dye more than nine times a year increases by 60% the risk of developing chronic lymphocytic leukaemia, which is a form of cancer of the blood cells. The same study claims that women who dye their hair in darker shades of black, brown and red are 50 per cent more likely to develop a different type of blood cancer, namely follicular lymphoma. The theory is that dark shades pose more risk to our health because they come with an increased chemical input. So, what are we to do? Should we take this study seriously and stop dyeing our hair?

The difference between permanent and non-permanent dyes, such as tints and wash-out colors, is that permanent dyes penetrate into the hair shaft, while the other category of dyes simply coat the hair and gradually fade away. The bad news is that permanent dyes make for over 80 per cent of the market, while non-permanent dyes account for the rest. Another concern was connected with the residual chemicals that make their way into the water supply when we wash our hair, and which are thought to increase the risk of bladder cancer. A study conducted at Queen's University in Belfast discovered that "dangerous elements in the dyes aren't effectively neutralized by water treatment plants - meaning everyone is effectively at risk", the Daily Mail newspaper points out.

Dr Chris Flower, director of the Cosmetic Toiletry and Perfumery Association in the UK, offers an explanation. "When you color your hair, around 90 per cent of the dye sticks to your head. It's inevitable that some of the dye will be absorbed by the skin. These compounds are then broken down in the body and passed out through the urine". However, specialists advise women not to panic, assuring us that things are much better now than they used to be 20 years ago, when hair dyes used to contain much more dangerous chemicals, that have been banned from the market in the meantime. If that comes as little comfort for you, another option is to give up coloring your hair altogether and opt for highlights or lowlights, which are much safer, as the doctors explain .