



## Child Hair Loss

Hair loss in children is a more prevalent occurrence than most people imagine. Currently children's hair loss is responsible for approximately 3% of all paediatric office visits in this country.

Hair loss (alopecia) is a scary and frustrating symptom for parents, especially since you don't really expect kids to lose their hair.

Unfortunately, hair loss is a common symptom, even in kids. In many cases, the hair loss is temporary though, and the child's hair does grow back.

### Hair Loss

One of the classic causes of hair loss in children that many people think about is hair loss associated with childhood cancer. Although this can definitely cause hair loss, it is usually the cancer treatments, such as chemotherapy or radiation (anagen effluvium), that causes the hair loss and not the cancer itself.

### Telogen Effluvium

**Telogen effluvium** is another classic cause of hair loss in children, but this condition is often poorly understood by parents. Children with telogen effluvium have often had a recent illness, typically with a high fever, surgery, sudden weight loss, or even an emotional stress, and then suddenly lose a lot of hair about six weeks to three months later.

### Tinea Capitis

Ringworm of the scalp (tinea capitis) is one of the more common causes of hair loss, but is often easy to recognise because of the associated scalp findings, including a red circular lesion, hair loss, and a scaly border that may be itchy. Scalp ringworm signs and symptoms can be more subtle though, with no scaling or itching, and broken hairs instead of hair loss (black dot tinea capitis).

## Bacterial Infections

**Bacterial infection** causes some hair loss that appears similar to tinea capitis with scaling. But instead of being caused by ringworm, it is often caused by the *staph aureaus* bacteria.

## Traction Alopecia

**Traction alopecia** is common in children who wear tight braids or ponytails and newborns and infants who lose hair on the back of their head from rubbing it against their cot/bed.

## Hair pulling

**Hair pulling** or stroking can be a habit for infants and toddlers, just like thumb sucking, sucking on a dummy, or cuddling a blanket. It usually stops when kids are around two or three years old, just like thumb sucking, although some continue pulling until they are three to five years old. Although you can ignore this habit, since it does sometimes cause some hair loss, you could keep your child's hair cut short or try to move her to one of those other habits if it bothers you.

## Trichotillomania

**Trichotillomania** is thought to be related to obsessive-compulsive disorder and is defined as a child or teen who compulsively pulls out her hair, feels tension before pulling or when trying to resist pulling, and feels pleasure, gratification, or relief when pulling her hair out. These children have noticeable hair loss and often need treatment from a child psychiatrist and/or child psychologist who specialises in trichotillomania.

## Help for Hair Loss in Children

The best step for your child to prevent his/her hair loss is to visit the Yorkshire Hair Replacement Clinic. A hair Consultant is likely able to diagnose and treat causes of hair loss.

*Sean Jordan Baruch*

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Book a FREE consultation with at the Yorkshire Hair Replacement Clinic:

**Call 0113 2553014 and speak to client Co-ordinator Collette Shaw**

**[www.yorkshirehairreplacementclinic.co.uk](http://www.yorkshirehairreplacementclinic.co.uk)**

