



## Female Hair Loss

### When losing hair becomes a problem

Everyone loses hair. It happens during your morning shower, while you're blowdrying or when you give it a quick brush—and that's normal. "On average, we lose fifty to a hundred hairs a day,"

But hair loss may be a sign of a more serious medical condition that needs an evaluation by a hair loss Consultant and possible treatment.

Here are top 5 causes of hair loss and how to deal with them:

#### 1. Telogen effluvium

**Telogen effluvium** is a phenomenon that occurs after pregnancy, major surgery, drastic weight loss, or extreme stress, in which you shed large amounts of hair every day, usually when shampooing, styling, or brushing.

**The symptoms:**Women with telogen effluvium typically notice hair loss 6 weeks to 3 months after a stressful event. At its peak, you may lose handfuls of hair.

**Solution:**In some cases, such as pregnancy or major surgery, you may have to bide your time until the hair loss slows. If medication is the culprit, talk to your doctor about lowering your dosage or switching drugs.

#### 2. Hereditary hair loss

**Hair loss** that is genetic is known as androgenetic alopecia and, it is the most common cause of hair loss. The gene can be inherited from either your mother's or father's side of the family, though you're more likely to have it if both of your parents had hair loss.

**The symptoms:**Women with this trait tend to develop thinning at the hairline behind the fringe. The condition develops slowly and may start as early as your 20s. You may be vulnerable if your mother also has this pattern of thinning. In some cases, the hair loss may be diffuse, meaning it's spread across the entire scalp.

**Solution:** Slow the hair loss by enquiring about LLLT (low level laser therapy) at our clinic and spending 30 minutes with a qualified consultant to determine if you are a ideal candidate.

### 3. Hypothyroidism

When your body produces too little thyroid hormone, the hormone responsible for metabolism, heart rate, and mood, you are said to have **hypothyroidism**, or an underactive thyroid. Thyroid hormone is responsible for everything from your basal metabolic rate—the rate at which your body uses oxygen and energy to function—to the growth of your hair, skin, and nails. But when you don't have the right amount, you may notice changes in bodily functions.

**The symptoms:** Hypothyroidism (too little hormone) may cause a host of symptoms, including unexplained weight gain, fatigue, constipation, depression, and difficulty concentrating. Hair, nails, and skin may become more brittle and break more easily. It's more common in women, especially over the age of 50,

**Solution:** Your doctor may prescribe a thyroid hormone medication to restore levels to normal.

### 4. Lupus

**Lupus** is a chronic autoimmune disease in which the body's own immune system attacks healthy tissues. The condition affects about 1.5 million people and tends to strike women during their childbearing years.

**The symptoms:** Lupus often causes extreme fatigue, headaches, oral ulcers, and painful, swollen joints. Many people develop a butterfly-shaped rash across the bridge of the nose and become more sensitive to the sun. Other symptoms include fever; swelling in the feet and hands and around the eyes; chest pain; and anemia.

**Solution:** See a rheumatologist if your hair loss is accompanied by joint pain, fatigue, and other symptoms of lupus, which is treated with oral medications such as prednisone. If you also have a rash on the scalp, you need to see a dermatologist, who is likely to prescribe a topical cream.

### 5. Excessive styling

Too much shampooing, styling, and dyeing can harm your tresses. Heat and chemicals weaken the hair, causing it to break and fall out. Often, it's a combination of treatments—keratin, colouring, and blow-drying, for instance—that does the damage.

**The symptoms:** If the fallout is occurring from external damage caused by styling, it will simply break, and you won't see those club-shaped telogen bulbs at the ends.

**Solution:** Avoid using appliances that overheat your hair. Set your hair dryer on cool and low settings, and minimise your use of straightening irons. Don't dye your hair more than one or two shades its normal colour: The more severe the color change, the more chemicals you require, which can make hair break. If you use hair gel or hair spray, don't wait for it to dry before you comb through it,

because the hair will harden and be more likely to break. I hope you enjoyed my research and look forward to meeting you in the near future.

Book a FREE consultation and microscopic scalp analysis with a consultant at the Yorkshire Hair Replacement Clinic.

**Call our client Co-ordinator Collette Shaw 0113 2553014 today.**

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

*Sean-Jordan Baruch*