



Male Hair Loss

More than 95% of hair loss in men is male pattern baldness (MPB). MPB is characterised by hair receding from the lateral sides of the forehead and/or a thinning crown. Both become more pronounced until they eventually meet, leaving a horseshoe-shaped ring of hair around the back of the head.

The incidence of pattern baldness varies from population to population and is based on genetic background. Environmental factors do not seem to affect this type of baldness greatly. One large scale study in Maryborough, Victoria, Australia showed the prevalence of mid-frontal baldness increases with age and affects 73.5 percent of men and 57 percent of women aged 80 and over. A rough rule of thumb is that the incidence of baldness in males corresponds roughly to chronological age. For example, according to Medem Medical Library's website, MPB affects roughly 40 million men in the United States. Approximately 25 percent of men begin balding by age 30; two-thirds begin balding by age 60.

The genetics of MPB are not yet fully understood. Most likely there are multiple genes that contribute towards MPB, the most important of which appears to be the Androgen Receptor gene, located on the X chromosome (inherited from the mother). It was previously believed that baldness was inherited from the maternal grandfather. While there is some basis for this belief, it is now known that both parents contribute to their offspring's likelihood of hair loss. Most likely, inheritance involves many genes with variable penetrance.

Causes

Male pattern baldness is both genetic, and associated with the male sex hormones called androgens. Androgens have many functions, one of which is to regulate hair growth.

Each strand of your hair grows out of a little hole in your skin called a follicle. Normally, an individual strand of hair grows for two to six years, goes through a resting stage for several months, falls out, and is replaced by a new hair strand. With male pattern baldness, the hair follicle becomes smaller. It grows shorter and finer strands, and eventually stops growing hair altogether.

The condition usually starts in men aged 20 to 30 and follows a typical pattern.

First, a receding hairline develops, and gradually the hair on top of the head also begins to thin. Eventually, the two balding areas meet to form a typical U-shape around the back and sides of the head. The hair that remains is often finer and does not grow as quickly as it used to.

The common cause of male pattern baldness—heredity—is usually harmless. However, sometimes it has more serious causes, such as certain cancers, medications, thyroid conditions, and anabolic steroids. See your doctor if hair loss occurs after taking new medications or when it is accompanied by other health complaints.

Treatment

1. Consider using LLLT (low level laser therapy)

Enquire about our 6,9,12 month laser sessions to arrest your hair and make it fuller. This is the holistic natural way of replacing your locks. Ask the Client Co-ordinator Collette Shaw for more details 0113 2553014

2. Balance the pH of your hair.

Some people believe that hair cells seem to react to physical stimulation after being kept in an alkaline environment for prolonged periods. Try keeping your scalp's surface purely alkaline for one week and massaging it regularly for the following week. This can be done by checking the chemical make-up of the products you're using.

3. Use Ludwig hair shampoos and hair products.

Hair loss occurs with age – it's the nature of the human body to deteriorate as time goes on. However, the products you're using could be exacerbating the problem. For starters, avoid or reduce using artificial shampoos and gels that are full of toxic chemicals – try to use products that are all-natural.

4. Raid your kitchen.

There's a home remedy for everything nowadays, and that includes hair loss. Though there's no science to back it up, you could try one or more of the following ideas:

- Take an egg yolk or two and mix it up. Rub it on the scalp, massaging it in. Rinse with water but let the residue stay in your hair. Wash it out in the morning or when you feel the need.
- Apply a spray of a mixture of vinegar, orange juice and milk to the hair. Brush gently. Then, use a fork or prickly brush to gently scrape any dead skin from the scalp. Have a shower and wash the remaining hair.
- Use peanut butter. Spread a thin layer over the affected area and leave it for half an hour to an hour. When the time is up, wash your hair thoroughly. Repeat every other day. For better results, use all-natural peanut butter.

Techniques

1. Understand how male pattern baldness works.

This particular kind of hair loss is related to levels of free (unbound, circulating) testosterone, which gets converted into dihydrotestosterone (DHT). Some men, because of their genetics, have hair follicles that respond to DHT by shrinking. In order to combat male hair loss on a biological level, you can:

- Lower the level of free testosterone in your body (which is not the same as the level of *total* testosterone)
- Prevent free testosterone from being converted into DHT
- Try foams and lotions. Drugs tend to work by inhibiting any further hair loss, although sometimes they stimulate new hair growth. When you stop taking them, the hair loss tends to pick up wherever it left off when you started the medication.
- Minoxidil is the main foam/lotion on the market. It (marketed as Rogaine, Regaine) is applied directly on your scalp. It is approved by the FDA; it's main side effect is minor scalp irritation. **Ask Collette Shaw 0113 2553014 for further information.**

1. Keep your insulin levels in check

Excess levels of insulin circulating in your blood (hyperinsulinemia) are associated with the presence of male pattern baldness (among other unpleasantness, like nearsightedness and the formation of skin tags). Hyperinsulinemia is a common symptom of insulin resistance, which is linked with a high-carbohydrate diet, and remedied by exercise and weight loss.

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