

## Thyroid and hair loss

If you suffer from hair loss you might want to make sure that your problem is not caused by a thyroid condition. Although the usual reasons for hair loss are genetic predetermination, hormonal changes, or certain cancer treatments, thyroid hair loss should also be considered.

There are three types of hair loss; thyroid hair loss, autoimmune alopecia, and male pattern hair loss. Thyroid hair loss can manifest in both hyperthyroidism and hypothyroidism. In those with thyroid hair loss, there will be a general thinning of the hair, without the bald patches characteristic of male pattern baldness. Symptoms of hypothyroidism include fatigue, dry skin, abnormal sensitivity to cold, constipation and depression. If you have one or more of these symptoms along with loss of hair, think about getting tested for thyroid problems. Synthroid is commonly prescribed in hypothyroidism; this medication is effective however, it can produce thyroid hair loss as a side effect for some people. Your hair loss may be due to Synthroid, so speak to your doctor about the possibility. Thyroid hair loss can also occur if you are under-treated. A Thyroid Stimulating Hormone level of around 1-2 is optimal for a large number of people who are suffering from hypothyroidism with no hair falling.

Evening primrose oil supplements are one alternative therapy that some have found to be useful in alleviating thyroid hair loss. Aromatherapy is another which is reported to be effective. Essential oils of thyme, cedar wood oil, lavender, and rosemary can be blended and applied to the scalp to help encourage hair growth.

Ayurveda medicines such as Bhingaraj oil or brahmi oil have also been used to treat hair loss due to thyroid conditions. Both these oils applied to the scalp continuously for at least 3 months are said to aid hair growth. Growth of hair will also be aided by supplementation with the ayurvedic herbs amla and ashwagandha.

The ultimate remedy for thyroid hair loss is hair transplantation. Tiny hair plugs are removed from the scalp's back or side and then implanted to bald portions of the scalp. Results can be seen after several months. This procedure is expensive and is not always covered by insurance providers, but can be worth every penny for those suffering from this discouraging condition.

Never be taken in by miracle cures, always consult a doctor or specialist. Organizations such as The British Association of Dermatologists must be consulted prior to the administration of any types of treatment.