

What is Trichotillomania?

A condition that causes people to purposely rip their hair out, this deeply debilitating condition is not only extremely painful to live but its deeply debilitating for both the sufferer and those who watch them suffer. It can cause people to pull out hair on their head, their eyebrows, eyelashes and various other locations.

A deep impulse disorder, it's a condition that literally cannot be stopped through willpower alone. The relief that is felt from pulling out the hair is extreme and therefore is something that most sufferers will succumb to.

The Cause of Trichotillomania

The cause itself is not yet known, although various theories do exist. Some view it as a very obscure addiction whilst others see it as a symptom of a wider mental health issue, whilst some academics view it as a form of self-harm. The best thing to do, really, is to go and see a specialist as they can help you find a solution to fixing this horrible issue and rid you of its symptoms.

The Symptoms of Trichotillomania

As mentioned above, the main problem that most people will feel when they deal with this is an intense urge to rip their hair out, literally. Once they do pull the hair out they can feel much better about themselves in general. It can be the go-to response when someone is stressed or when they are involved in a deeply emotional event.

However, most sufferers from Trichotillomania will just do the act without even realizing it. Naturally, this starts to create deep parts of your hair missing and create ever-growing bald patches. This will also lead to a deep development of feelings of guilt and anxiety, making the sufferer feel deeply ashamed about their condition.

It can cause feelings of self-consciousness as well as make it necessary to cover up the damage done, causing feelings of inadequacy and low self-esteem. The symptoms caused can sometimes be a reflection of a deeper emotional battle, but talking to an expert about this is far more useful than coming to conclusions without clinical agreement.

Dealing with Trichotillomania

Managing the condition itself is almost impossible without treatment. Whilst some medications can be used to help treat it in the same way that someone with depression may have to receive medical treatment, many other people won't be comfortable going down this route.

There is no “fix-all” medication for the problem, and most people will have to go through psychotherapy and emotional support to rid of themselves of the problem. To fix the damage done to hair, then only one solution exists.

What Can You Do?

The main option that you have is to come for proper, long-term and permanent hair treatment. At Yorkshire Hair Replacement Clinic Ltd, you can get the help that you need in putting all of this in place and making your life ten times easier moving forward! Come and visit us for more information on how our treatments for Trichotillomania can be of assistance to you today.