

## Fast Facts

### Alopecia (Hair Loss)

- Can affect anywhere on your body, but most commonly presents on the scalp
- Numerous causes: heredity, hormonal changes (pregnancy or menopause), medical conditions (skin disorders or hair pulling disorders), certain medications or certain hairstyles
  - Impacts men, women or children
  - Can be temporary or permanent
- Hair growth cycle is disrupted or the hair follicle is damaged and scar tissue takes its place

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Suddenly or gradually</li> <li>-Receding hairline (men)</li> <li>-Broadening of part (women)</li> <li>-Small circular patches of hair loss</li> <li>-General thinning of hair</li> </ul>	<p><i>Temporary:</i> treat underlying cause and hair will return</p> <p><i>Permanent:</i> main objective is to promote hair growth, slow hair loss, do both of these or hide hair loss</p> <ul style="list-style-type: none"> <li>-Wigs, hairpieces, hats or scarves will cover up hair loss</li> <li>-Medications minoxidil (over-the-counter liquid or foam that gets rubbed in the scalp to help promote hair growth and prevent further loss and can be used by both men and women) or finasteride (a prescription pill available for men--it is extremely important that women who are pregnant should avoid touching any pills, especially if they are broken or crushed, as it can have a negative impact on the fetus) In order to maintain the benefit, you need to continue use of the product. If you stop, your hair loss will return.</li> <li>-Hair transplant surgery involves taking tiny plugs of skin, they have a few hairs in each of them, from your back or the sides of your scalp and implanting them in the bald section (painful and expensive, so it is usually reserved for the most common permanent hair loss type in which only the top of the head is affected). In some cases, you still need to take hair loss medication to help improve the results.</li> </ul>	<ul style="list-style-type: none"> <li>-Eat a well-balanced diet</li> <li>-Treat hair gently when washing or brushing (use a wide-toothed comb)</li> <li>-Don't twist, rub or pull your hair</li> <li>-Avoid tight hairstyles, such as braids, buns or ponytails, as much as possible</li> <li>-Avoid harsh treatments, like hot rollers, curling irons, flat irons, hot oil treatments or perms, on a regularly basis</li> </ul>

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