



302-449-2677

Hair-Loss Causes & Information

Hair-Loss in Women

Men aren't the only ones who have to worry about losing their precious locs (See this informational [Norwood Ludwig Chart](#)). While it may be more common among men, hair loss in women isn't as rare as you might think. It's estimated that hair loss affects 1 out of 5 women. Your hair says a lot about your overall health. When the body goes into crisis mode, hair growth is stunted to redirect energy to other cells throughout the body. So hair loss is oftentimes the first sign of trouble. While age is definitely a factor of hair loss, other factors, such as hormonal imbalance, emotional stress, medications and hair care products can also lead to thinning of the hair and even male pattern baldness. The best way to get to the root of the problem is to determine the underlying cause.

Hair-Loss in Men

Hair loss in men is an inherited condition, caused by a genetically determined sensitivity to the effects of dihydrotestosterone, or DHT in some areas of the scalp. DHT typically shortens the growth, or anagen, phase of the hair cycle, from a usual duration of 3–6 years to just weeks or months [Proscar Finesteride and Cancer Health](#). This occurs together with miniaturization of the follicles, and progressively produces fewer and vellus hairs. The production of DHT is regulated by an enzyme called 5-alpha reductase. Several genes are involved, accounting for differing age of onset, progression, pattern and severity of hair loss in family members. The susceptibility genes are inherited from both mother and father. At this time, genetic testing for prediction of balding is unreliable. A few women present with male pattern hair loss because they have excessive levels of androgens as well as genetic predisposition. These women tend also to suffer from acne, irregular menses and excessive facial and body hair. These symptoms are characteristic of polycystic ovarian syndrome (PCOS) although the majority of women with PCOS do not experience hair loss. Less often, may be responsible. Females that are losing their hair with age are more likely to present with, in which hormone tests are normal.

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Hair-Loss and Hormones

Your hair is actually an excellent biomarker of your overall health. There are a variety of factors linked to your [hair and hormones](#) - from illness to hormonal imbalances to poor nutrition to major stress - that can contribute to hair loss. If you're experiencing thinning hair or baldness, you need to get to the root of the problem to determine the best treatment.

The Professional term for hair loss is alopecia, and there are two main types of alopecia: telogen effluvium and alopecia areata. Telogen effluvium is more common, but less severe. This is where the hair follicles stop growing and lie dormant, only to fall out a few months later. Fortunately, hair is typically restored within 6 to 9 months. On the other hand, alopecia areata occurs when white blood cells attack hair follicles, causing the hair to thin and fall out, usually in patches. This type of hair loss may require treatment as hair may not grow back on its own.

Hormonal Imbalance and Hair-Loss

Hair-loss in women is largely attributed to hormonal imbalance, as it is in men and is one of the lesser known and less common [menopause](#) symptoms. Hair loss is not as prevalent in women because women have more estrogen than men and that in turn helps balance out the effects of androgens, namely dihydrotestosterone (DHT) ([complete information](#)), that typically lead to female hair-loss. Other hormonal imbalances such as thyroid problems and genetic hormonal responses to autoimmune conditions can also cause thinning of the hair and premature balding in women.

Emotional Stress and Hair-Loss

Although women don't have nearly as much testosterone as men, when women undergo intense stress, the adrenal glands become overworked due to an increased need for the "stress hormone" ([Mechanisms of Actions of Saw Palmetto](#)) known as Cortisol. This causes the body to produce more adrenaline and testosterone, and DHT, a stronger variant of testosterone. The increased production of these hormones can sometimes cause the hair to fall out due to the resulting hormone imbalance.

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Hair-Loss After Pregnancy

It's common for women to experience [hair loss following pregnancy](#), when her hormones are in disarray. It takes some time for hormone levels to return to a normal range, so it's perfectly common for post-partum mothers to experience thinning of the hair and even bald patches. In cases such as these, the hair loss is only temporary and treatment oftentimes isn't necessary. Following pregnancy, women can expect hair to re-grow naturally after a few months. If the hair doesn't grow back within the first year, chances are something else is going on. Read more hair-loss and pregnancy related [Q & A here](#).

Hair-Loss and Thyroid Imbalance

Hair loss is a typical symptom of thyroid disorders. [Thyroid disease](#) a form of hormonal imbalance and when the thyroid gland isn't functioning properly, other hormones throughout the body are affected as a result. Thyroid-related hair loss is oftentimes preceded by changes in the hair's texture, usually becoming dry, coarse and easily tangled. Facial and body hair growth can also be stunted by a thyroid imbalance. In fact, a symptom unique to hypothyroidism (underactive thyroid gland) is thinning of the outer edge of the eyebrows.

Nutrition Deficiencies and Hair-Loss

Balanced nutrition is the key to optimal overall health. It's crucial that we're getting enough of the essential vitamins, minerals and nutrients that our bodies need to ensure that the body's organs, tissues and cells are functioning the way they should. Protein, iron, zinc and biotin deficiencies have all been linked to hair loss in men. In addition to deficiencies, having too much of certain nutrients, such as vitamin A or carotenes can also cause premature male pattern baldness. The importance of a [healthy hair diet](#) and balanced [amino acids](#) cannot be expressed enough.

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Hair-Loss Due to Medication

Hair loss is a common [side effect for a variety of medications](#). Blood-thinning medications (anticoagulants), antidepressants, beta blockers, NSAIDs and vitamin A-based drugs (retinoids) have all been linked thinning of the hair or baldness. Chemotherapy is also known for causing hair loss - oftentimes the loss of body and facial as well. However, as with chemotherapy, the hair follicles will re-grow once you've stopped using whatever medication was causing the hair loss. Read more hair-loss and medication related [Q & A here](#).

Hair-Loss and The Pill

A [variety of medications can result in hair loss](#) in women. Perhaps the most common is birth control. Currently the millions of women use the pill each year, making it the most popular form of birth control to date. According to the American Hair Loss Association (AHLA), it's recommended that women should consider using a low-androgen index birth control pill to avoid the effects of DHT, especially women with a predisposition to hair loss. The AHLA adds that women should exercise caution with any hormonal medication or therapy, as they can all trigger hair loss. Read more hair-loss and birth control use related [Q & A here](#).

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Extreme Hair Care and Hair-Loss

Let's face it: women take pride in their hair. They clean it, color it, cut it, style it, wear it up, down and off to the side. While it may look good now, women should consider the potential damage they're doing to their hair. In addition to brushing, blow-drying and styling, women also use a variety of aerosol sprays, styling gels, chemical straighteners and dyes that not only damage the hair follicles ([Sodium Lauryl Sulfate](#)), but also cause irritation of the scalp. If you're experiencing hair loss as result of extreme hair care, your first order of business is to ditch the products that are damaging your hair. If hair growth is not restored within a few months, treatment may be necessary, along with keeping the scalp clean ([Seborrheic Dermatitis Treatment](#)). With Hair-Loss that has gone untreated for an extended period of time, keep in mind that it may take some time to achieve results as it took some time for the fallout; therefore, the treatment may need time to regrow. Support from your family and patience is essential in allowing the treatment to work. To end on a good note, please refer to these [Prevention Tips](#), for helpful information. This [Viviscal Study Summary](#) shows additional information on hair re-growth options, however, it is limited in terms of efficacy. Read more hair-loss related [Q & A here](#).

Laser Treatment (LLLT)

In conjunction with essential nutrients, along with the proper topical treatments, [laser treatment](#) is also an essential component to ensure hair re-growth. Our hair loss treatment programs have been proven successful for men and women with the following hair loss conditions:

- Male Pattern Baldness
- Female Pattern Baldness
- Thinning Hair
- Broken & Damaged Hair
- Alopecia Areata
- Traction Alopecia
- Hair Strengthening
- Chemo Recovery
- More