

# HAIR LOSS AWARENESS MONTH



## Is hair loss normal?<sup>1</sup>

It is normal to shed 50-100 strands of hairs every day. But, if you are losing hairs more than the normal then you may be suffering from hair loss (also called as alopecia).

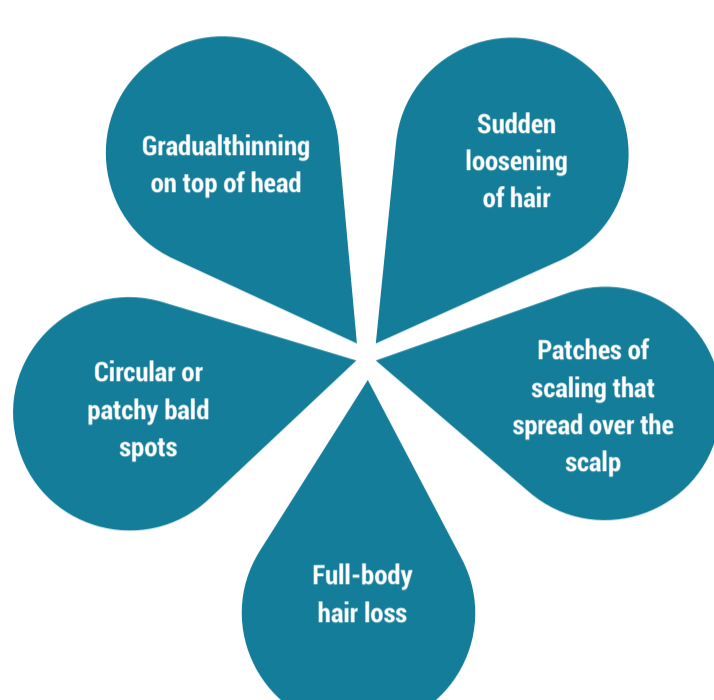


## Who are affected with hair loss?<sup>2</sup>

Anyone can get affected with hair loss. It affects men and women of all ages.

## What are the symptoms of hair loss<sup>1</sup>

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## What are the different types of hair loss?<sup>3</sup>

<b>Involitional alopecia</b> A natural condition in which the hair gradually thins with age.	<b>Androgenic alopecia</b> A genetic condition that can affect both, men (Male pattern baldness) and women (Female pattern baldness).	<b>Alopecia areata</b> It starts suddenly and causes patchy hair loss in children and young adults.	<b>Alopecia universalis</b> It causes all body hairs to fall out, including the eyebrows, eyelashes and pubic hair.
<b>Telogen effluvium</b> A temporary period of hair loss that occurs because of changes in the hair growth cycle.	<b>Scarring alopecia</b> It is a permanent hair loss that results due to inflammatory skin conditions and other skin disorders.		

## What causes hair loss?<sup>3,4</sup>

Hormone imbalance	Genes	Stress	Child birth	Drugs (Cancer treatment)
Illness/ medical conditions	Scalp psoriasis	Deficiency of Vitamin B, iron, protein or zinc	Hair treatment/ products	

## When to see a doctor?<sup>1</sup>

Visit your doctor if:

- You are distressed by persistent hair loss in you or your child and want to pursue treatment.
- You are experiencing a receding hairline (frontal fibrosing alopecia).
- You notice sudden or patchy hair loss or more than usual hair loss when combing or washing your hair or your child's hair.

## Is there any treatment for hair loss?<sup>2,5,6</sup>

There are few medications (such as Minoxidil and Finasteride) that may help slow or reduce hair loss and stimulate partial regrowth. Doctor may also suggest some treatments, such as:

Hair transplantation	Laser therapy
Microneedling	Platelet Rich Plasma (PRP) therapy

## Tips to manage hair loss

### Practice good hair hygiene

- Use conditioner after every shampoo<sup>7</sup>
- Concentrate on cleaning scalp<sup>7</sup>
- Wash oily hair more frequently<sup>7</sup>
- Use a gentle shampoo<sup>8</sup>
- Wrap your hair in a microfiber towel to help it dry more quickly<sup>8</sup>

### Practice good hair care

- Protect hair from sunlight and other sources of ultraviolet light<sup>1</sup>
- Limit the use of hair styling products (like hair color, dyes, bleaching, hot rollers)<sup>3</sup>
- Avoid hot-oil treatments<sup>1</sup>
- Brush or comb your hair gently<sup>1</sup>
- Avoid brushing wet hairs<sup>9</sup>
- Avoid tight hairstyles, such as braids, buns or ponytails<sup>8</sup>
- Avoid hair pulling<sup>8</sup>

## Maintain healthy lifestyle

Eat healthy food rich in iron, protein and biotin <sup>8,10</sup>	Keep yourself hydrated <sup>10</sup>
Stop smoking <sup>8</sup>	Ask your doctor about medications and supplements causing hair loss <sup>1</sup>
Reduce your stress by practicing meditation and yoga <sup>10</sup>	Make an appointment to visit dermatologist <sup>8</sup>

Reference:  
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