

# HAIR FALL

General Cause of Hair Fall



## Reveals, How and Why Hair Falls

by Dr. Smita Kolekar

The causes depends on the following,

- Gradually or tersely fall
- Hair Thinning
- Regrow on itself
- Needs treatment to regrow
- Requires instant care to avert permanent hair loss

Hair Loss Causes:

### 1. Hereditary

Both men and women develop this type of hair loss, which is the most common cause of hair loss worldwide. In men, it's called male pattern hair loss. Women get female pattern hair loss. Regardless of whether it develops in a man or women, the medical term is androgenic alopecia. Alopecia, inherited genes that cause your hair follicles (what each hair grows out of) to shrink and eventually stop growing hair. Shrinking can begin as early as your teens, but it usually starts later in life.

## STEPS

### Recognise Your Problem

01

### Talk to Doctor

02

### Let Doctor Analyse

03

### Solution

04



*"hair that gives one a sense of security.."*

## 2. Age

With age, hair growth slows.

Eventually, hair follicles stop growing hair, which causes the hair on our scalp to thin. Hair also starts to lose its color. In woman's hairline naturally starts to recede.

Possibility of Regrowth?

Caught early, treatment helps some people regrow their hair.

## ***KNOW HAIR FALL***

*by Dr. Smita*

In women, the first noticeable sign of hereditary hair loss is usually overall thinning or a widening part. Whereas a man has hereditary hair loss, the first sign is often a receding hairline or bald spot at the top of his head.

Possibility of Regrowth?

Yes, treatment can help stop or slow hair loss. It may also help regrow hair. The earlier treatment is started, the better it works. Without treatment, you will continue to lose hair.





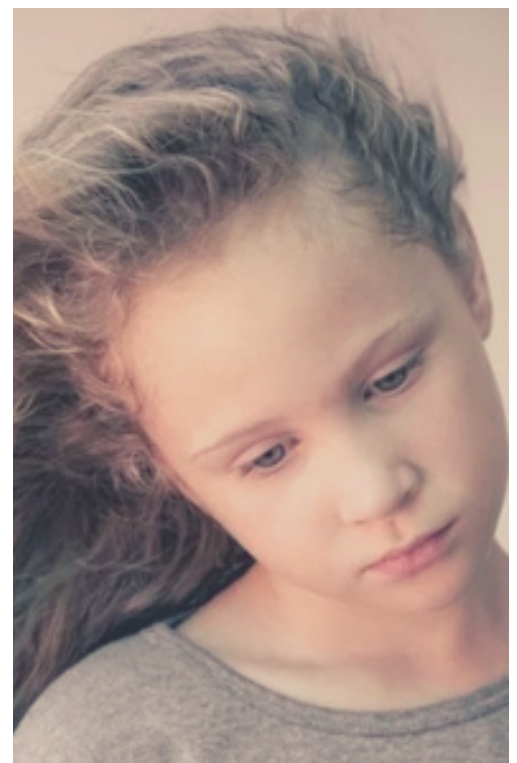
*"Life is too short to have boring hair."*

### **5. Childbirth, illness, or other stressors**

A few months after birth, recovering from an illness, or having an operation, you may notice a lot more hairs in your brush or on your pillow. This can also happen after a stressful time in your life, such as a divorce or death of a loved one.

Possibility of Regrowth?

If the stress stops, your body will readjust and the excessive shedding will stop. When the shedding stops, most people see their hair regain its normal fullness within 6 to 9 months.



## ***APPREHEND SORROW***

*by Dr. Smita*

### **3. Alopecia areata**

Alopecia areata is a disease that develops when the body's immune system attacks hair follicles (what holds the hair in place), causing hair loss that can be on your body, including your scalp, inside your nose, and in your ears. Or even eyelashes or eyebrows.

Possibility of Regrowth?

Yes. If your hair fails to grow back on its own, treatment may help stimulate regrowth.

### **4. In the treatment of Cancer**

If you receive chemotherapy or have radiation treatment to your head or neck, you may lose all (or most of) your hair within a few weeks of starting treatment.

Wearing a cooling cap before, during, and after each chemotherapy session may help prevent hair loss.

Possibility of Regrowth?

Hair usually starts to regrow within months of finishing chemotherapy or radiation treatments to the head or neck. Dermatologists can offer medication to help hair grow back more quickly.



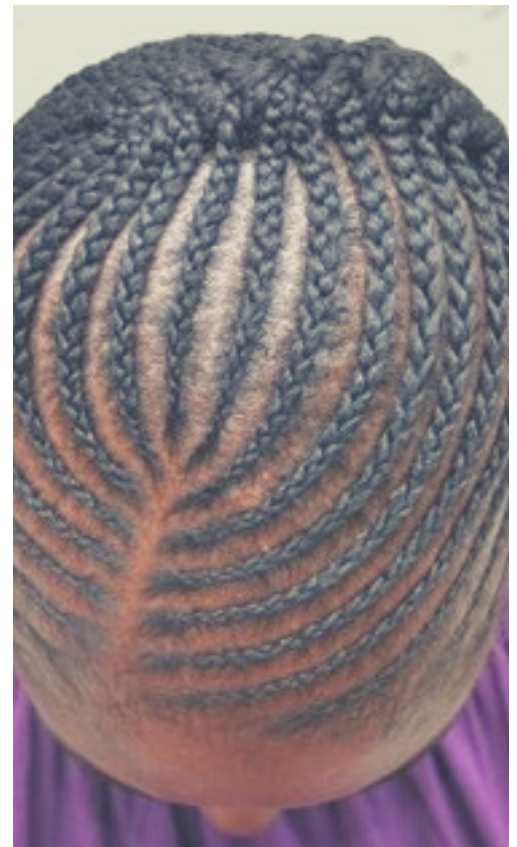


## *"Greater Bonding between Hair & Personality."*

It leads to cysts on a woman's ovaries, along with other signs and symptoms, which can include hair loss. Stopping some types of birth control pills can cause a temporary hormonal imbalance. Women who develop a hormonal imbalance can develop thinning hair (or hair loss) on their scalp.

Possibility of Regrowth?

Treatment may help.



## *HAIR INSIGHT*

by Dr. Smita

### **6. Hair care**

If you color, perm, or relax your hair, you could be damaging your hair. Over time, this damage can lead to hair loss.

Possibility of Regrowth?

You can change how you care for your hair, which can prevent hair loss. Once you damage a hair follicle, hair cannot grow from that follicle. Having many damaged hair follicles creates permanent bald spots.

### **7. Hairstyle pulls on your scalp**

If you often wear your hair tightly pulled back, the continual pulling can lead to permanent hair loss. The medical name for this condition is traction alopecia.

Possibility of Regrowth?

No. You can prevent hair loss by making some changes.

Hairstyle pulls on your scalp

If you often wear your hair tightly pulled back, the continual pulling can lead to permanent hair loss.

### **8. Hormonal imbalance**

A common cause of this imbalance is polycystic ovary syndrome (PCOS).



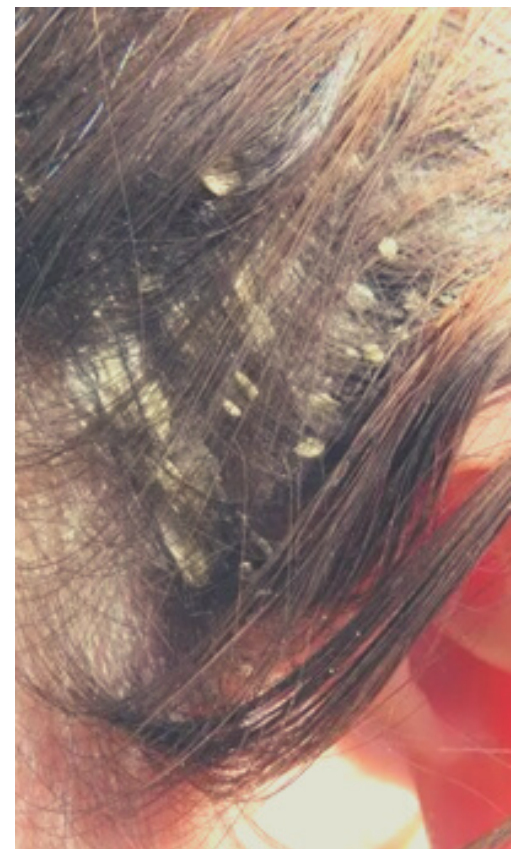
*"Gorgeous Hair is the best Revenge."*

Possibility of Regrowth?

Hair tends to regrow once the scalp psoriasis clears, but this takes time. By following these dermatologists' tips, you may be able to prevent hair loss.

#### **12. Pulling your hair**

Some people pull on their hair, often to relieve stress. They may be unaware that they're pulling their hair. The medical term for this is trichotillomania.



## ***HAIR AWARENESS***

*by Dr. Smita*

### **9. Scalp infection**

A scalp infection can lead to scaly and sometimes inflamed areas on your scalp. You may see what look like small black dots on your scalp. These are actually stubs of hair. Some people develop a bald spot.

Possibility of Regrowth?

Yes, treatment can get rid of the infection. Once the infection clears, hair tends to grow.

### **10. Medication**

A possible side effect of some medications is hair loss. If you think a medication is causing your hair loss, ask the doctor who prescribed it if hair loss is a possible side effect. It's essential that you do not stop taking the medication before talking with your doctor. Abruptly stopping some medications can cause serious health problems.

Possibility of Regrowth?

Yes.

### **11. Scalp psoriasis**

Many people who have plaque psoriasis develop psoriasis on their scalp at some point. This can lead to hair loss.



*"Good Hair is the gateway to Good fashion."*

### 15. Thyroid disease

If you have a problem with your thyroid, you may see thinning hair. Some people notice that their hair comes out in clumps when they brush it.

Possibility of Regrowth?

Yes, treating the thyroid disease can reverse the hair loss.

## RECOGNISING HAIR

by Dr. Smita

Possibility of Regrowth?

If you haven't destroyed the hair follicles, yes. For your hair to regrow, you have to stop pulling it.

### 13. Scarring alopecia

This condition develops when inflammation destroys hair follicles. Once destroyed, a hair follicle cannot grow hair. Diverse conditions can cause this. The medical name for this group of conditions is cicatricial alopecia.

Possibility of Regrowth?

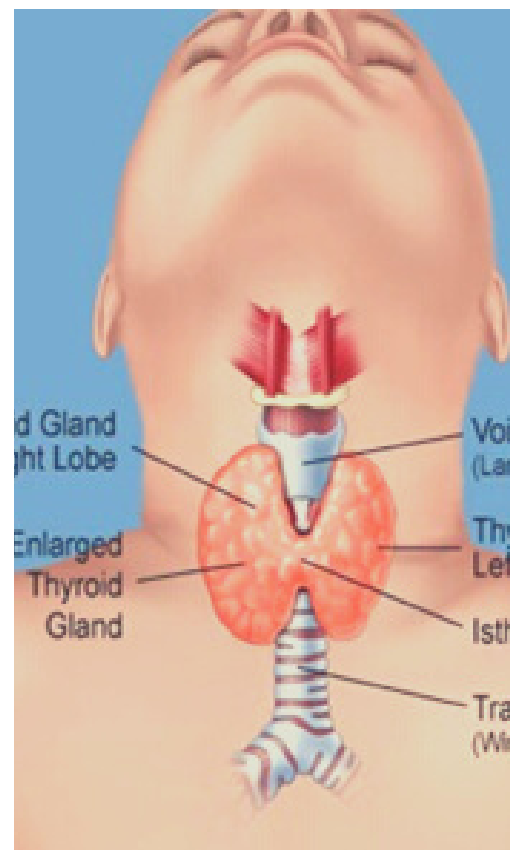
Once a hair follicle is destroyed, it cannot regrow a hair. Catching this condition early can prevent further hair loss.

### 14. Sexually transmitted infection

Left untreated, a sexually transmitted infection (STI) can lead to hair loss. Syphilis is such an STI. Left untreated, syphilis can cause patchy hair loss on the scalp, eyebrows, beard, and elsewhere. Other STIs can also cause hair loss.

Possibility of Regrowth?

After treating the STI, hair often starts to regrow.







## *"Shake dreams from your hair."*

Possibility of Regrowth?

Yes, hair tends to regrow when you are no longer exposed to the poison.

All the hair problems can be treated successfully. The only thing that is important is to find the accurate cause of your hair loss. For the right diagnosis visit Dr. Smita at Slim & Shine Clinic.

[www.slimandshineclinic.com](http://www.slimandshineclinic.com)

Ref: [www.aad.org](http://www.aad.org)



## *YOU AND YOUR HAIR*

by Dr. Smita

### **16. Too little biotin, iron, protein, or zinc**

If you're not getting enough of one or more of these, you can have noticeable hair loss.

Possibility of Regrowth?

Yes. When your body gets enough of the missing nutrients, hair can regrow.

### **17. Friction**

People can develop hair loss where boots, socks, or tight clothing frequently rubs against their skin. The medical term for this is frictional alopecia.

Possibility of Regrowth?

Hair tends to regrow on its own when the rubbing stops.

### **18. Poison**

Being slowly poisoned can lead to hair loss. Poisons that can cause hair loss include arsenic, thallium, mercury, and lithium. If you ingest a large amount of warfarin, which is found in rat poisons, it can also cause hair loss. Taking large amounts of vitamin A or selenium is also toxic and can cause hair loss.