

THIS WEEK'S QUESTION

Why Does Hair Change As We Age?

“ Dr. Hirsch says:

Hair changes over time for many reasons. Genetics, hormones, scalp health, nutrition, stress, recovery, and daily habits can all play a role in how hair looks, feels, and grows.

Not every change means something is wrong. But paying attention early can help you better understand what may be influencing your hair and what supportive next steps may be worth considering.

The goal is not perfect hair. It's greater awareness. Small supportive habits can add up over time.

MORE COMMON QUESTIONS

1

Does scalp health matter?



Yes. A healthy scalp supports a healthier environment for hair.

2

Can stress affect shedding?



It can. Periods of stress may influence shedding and overall hair wellness.

3

Do hormones and genetics matter?



Yes. Age, hormones, and family history can all influence hair changes over time.

4

When should I pay attention?



Notice sudden, significant, or ongoing changes in your hair or scalp.



SUPPORT THE SCALP

A healthy scalp helps create a better environment for healthy hair.



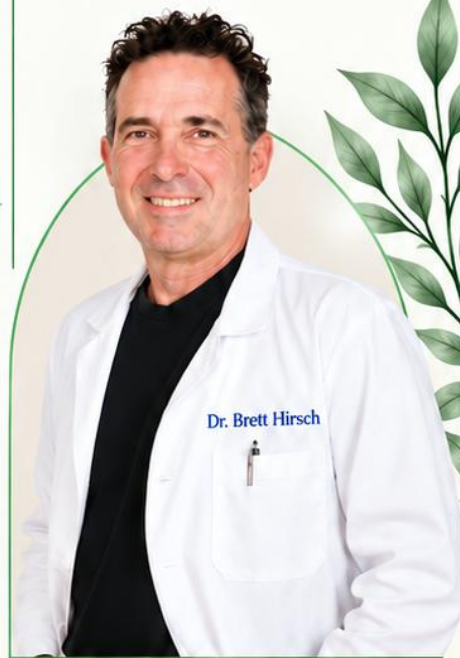
NOURISH FROM WITHIN

Protein, iron, zinc, hydration, and balanced nutrition may support hair wellness.



REDUCE STRESS

Stress, poor recovery, and disrupted routines may influence shedding and overall hair wellness.



Dr. Brett S. Hirsch, D.O.

PHYSICIAN-GUIDED WELLNESS

Hair wellness isn't defined by one product or one quick fix. It's shaped by the everyday factors that support healthy hair and scalp wellness over time.

LEARN. GROW. THRIVE.



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