

Your Hair Thinning Awareness Score™: ____

Here's your Hair Thinning Awareness Results™ to save for future reference.

♥ HAIR THINNING AWARENESS RESULTS™

Your score is a snapshot of how aware you are of everyday factors that may relate to hair thinning, shedding, scalp health, supportive habits, and when changes may deserve professional attention. Find your score range below to learn more about your results and identify one area you may want to strengthen over the next 30 days.

🌟 30–36 | THRIVING

You have a strong foundation of awareness around hair thinning, supportive habits, and changes that may be worth monitoring.

Your answers suggest that you pay attention to changes in density, shedding, scalp comfort, family history, nutrition, recovery, styling habits, and other factors that may influence overall hair wellness.

Try This: Choose one area to build on this month. Continue tracking changes over time, support your hair with consistent nutrition and recovery habits, or become more intentional about scalp and styling care.

🌱 23–29 | BUILDING STRONG HABITS

You already have good awareness of many factors related to hair thinning and hair wellness, with opportunities to become even more consistent.

Your answers suggest that you notice many important changes and habits, although some areas may receive more attention than others.

Try This: Choose one area to focus on more closely. Pay attention to changes in shedding or density, learn more about your family history, improve a supportive nutrition or recovery habit, or become more consistent with gentle hair care.

♥ 15–22 | GROWING YOUR HABITS

You have a foundation of awareness to build on, and small changes may help you better understand what is happening with your hair over time.

Your answers suggest that some hair-supportive habits and warning signs are familiar to you, while others may not yet be part of your regular awareness.

Try This: Start with one simple habit. Notice changes in shedding or fullness, pay attention to scalp comfort, improve protein or hydration consistency, or reduce excessive heat and pulling during styling.

0-14 | A GREAT PLACE TO START

Your score is a starting point—not a judgment.

Hair thinning can be influenced by many factors, and becoming more aware of changes in your hair, scalp, lifestyle, and overall health can be a helpful first step.

Try This: Choose one area to begin noticing. Pay attention to changes in shedding, density, scalp comfort, or styling habits, and consider seeking professional guidance if you notice sudden, significant, patchy, or persistent changes.

TAKE IT AGAIN IN 30 DAYS

Awareness can grow as you begin paying closer attention to changes in your hair, scalp, habits, and overall wellness. Come back in 30 days, take the DHmeds Hair Thinning Assessment™ again, and compare your new Hair Thinning Awareness Score™ with the score you received today.

You may notice patterns or changes that were easier to miss before.

KEEP EXPLORING

Visit the DHmeds HAIR Learning Center™ for Hair Thinning resources, assessments, Featured Articles™, Dr. Hirsch Explains™, Healthy Aging Hacks™, FAQs, infographics, weekly recaps, and more.

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Keep learning. Keep growing. Keep living well™.

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