

THIS WEEK'S QUESTION

Why Does Hair Get Thinner With Age?

“ Dr. Hirsch says:

Hair thinning can happen for many reasons, including genetics, hormones, age, stress, nutrition, scalp health, and daily habits.

Not every change means something is wrong. But noticing thinning 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 Is some shedding normal?
Yes. Some daily shedding is normal, but noticeable changes deserve attention.

3 Do hormones and genetics matter?
Yes. Age, hormones, and family history can all influence hair changes over time.

2 Can stress affect shedding?
Yes. Periods of stress may influence shedding and overall hair wellness.

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.



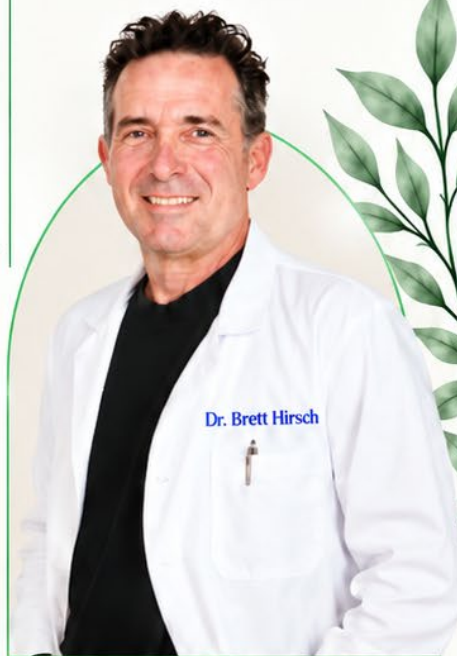
NOURISH FROM WITHIN

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 thinning isn't always caused by one single factor. It's often shaped by the everyday influences that affect hair and scalp wellness over time.

LEARN. GROW. THRIVE.



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