

JULY 2021

Hair Loss in Women of Color | TOOLKIT

Virginia Dermatology
Society



TOOLKIT for Dermatologists

Workup and Evaluation Of Different Types of Alopecia:

- [An Approach to Patients with Alopecia](#), 2021
- [Common causes of hair loss - clinical manifestations, trichoscopy and therapy](#), 2021
- [Comprehensive Clinical Guidance to Address Hair Loss in Women](#), 2021
- [Hair Loss in Skin of Color Patients](#), 2019
- [Clinical recognition and management of alopecia in women of color](#), 2019
- [Current and emerging treatment strategies for hair loss in women of color](#), 2019
- [Alopecia and techniques in hair restoration: an overview for the cosmetic surgeon](#), 2019
- [What's New in Hair Loss](#), 2019
- [A Practical Approach to the Diagnosis and Management of Hair Loss in Children and Adolescents](#), 2017
- [Hair Loss: Common Causes and Treatment](#), 2017
- [Updates in the understanding and treatments of skin & hair disorders in women of color](#), 2017
- [Evaluation and Management of the Hair Loss Patient in the Primary Care Setting](#), 2015
- [Evaluation and diagnosis of the hair loss patient: part I. History and clinical examination](#), 2014
- [Evaluation and diagnosis of the hair loss patient: part II. Trichoscopic and laboratory evaluations](#), 2014
- [A practical, algorithmic approach to diagnosing hair shaft disorders](#), 2011

Alopecia Areata

- [Treatments for alopecia areata: A systematic review and network meta-analysis](#), 2021
- [Systemic treatments for alopecia areata: A systematic review](#), 2019
- [Alopecia areata: An appraisal of new treatment approaches and overview of current therapies](#), 2018
- [Alopecia areata: Disease characteristics, clinical evaluation, and new perspectives on pathogenesis](#), 2018
- [Alopecia Areata: a Comprehensive Review of Pathogenesis and Management](#), 2018
- [Emerging Unconventional Therapies for Alopecia Areata](#), 2018
- [Management of alopecia areata: Updates and algorithmic approach](#), 2017

Central Centrifugal Cicatricial Alopecia

- [Central Centrifugal Cicatricial Alopecia](#), StatPearls, 2021
- [Central Centrifugal Cicatricial Alopecia](#), 2020
- [The Use of Natural Ingredients in the Treatment of Alopecias with an Emphasis on Central Centrifugal Cicatricial Alopecia: A Systematic Review](#), 2020
- [A proposed mechanism for central centrifugal cicatricial alopecia](#), 2020
- [Central Centrifugal Cicatricial Alopecia: New Insights and a Call for Action](#), 2017
- [Central centrifugal cicatricial alopecia: what has been achieved, current clues for future research](#), 2014
- [Central centrifugal cicatricial alopecia-an approach to diagnosis and management](#), 2011
- [Central hair loss in African American women: incidence and potential risk factors](#), 2011

Frontal Fibrosing Alopecia

- [Effectiveness of dutasteride in a large series of patients with frontal fibrosing alopecia in real clinical practice](#), 2020
- [Medical therapy for frontal fibrosing alopecia: A review and clinical approach](#), 2019
- [Frontal Fibrosing Alopecia: An Update on Pathogenesis, Diagnosis, and Treatment](#), 2019
- [Frontal fibrosing alopecia: efficacy of treatment modalities](#), 2019
- [An update of the pathogenesis of frontal fibrosing alopecia: What does the current evidence tell us?](#), 2019
- [Frontal fibrosing alopecia - review of recent case reports and case series in PubMed](#), 2018
- [Frontal Fibrosing Alopecia: Update and Review of Challenges and Successes](#), 2018

Androgenetic (male and female pattern) Alopecia

- [Platelet-rich plasma has a place in the treatment of androgenetic alopecia](#), 2021
- [Oral minoxidil treatment for hair loss: A review of efficacy and safety](#), 2021
- [Female Androgenetic Alopecia: An Update on Diagnosis and Management](#), 2020
- [Autologous platelet-rich plasma therapy for pattern hair loss: A systematic review](#), 2020
- [The effectiveness of combination therapies for androgenetic alopecia: A systematic review and meta-analysis](#), 2020
- [Efficacy of Off-Label Topical Treatments for the Management of Androgenetic Alopecia: A Review](#), 2019
- [Interventions for female pattern hair loss](#), 2016
- [The female pattern hair loss: review of etiopathogenesis and diagnosis](#), 2014

Traction alopecia

- [The art of prevention: It's too tight—Loosen up and let your hair down](#), 2021
- [Nocturnal Traction: Techniques Used for Hair Style Maintenance while Sleeping May Be a Risk Factor for Traction Alopecia](#), 2021
- [Management of Traction Alopecia: Our Experience and a Brief Review of Current Literature Recommendations](#), 2021
- [Traction Alopecia-StatPearl](#), 2020
- [Intralesional Triamcinolone Acetonide in the Treatment of Traction Alopecia](#), 2020
- [Evaluating The Effect of Minoxidil in Treatment of Traction Alopecia](#), 2020
- [Traction alopecia: the root of the problem](#), 2018
- [Traction alopecia: A neglected entity in 2017](#), 2017
- [All hairstyles are not created equal: What the dermatologist needs to know about black hairstyling practices and the risk of traction alopecia \(TA\)](#), 2016

Hairstyling Definitions that Every Dermatologist Should Know

- [A Primer to Natural Hair Care Practices in Black Patients](#), 2015
- [Contemporary African-American Hair Care Practices](#), 2015
- [Hair Care Practices in African American Women](#), 2003

PATIENT Resources

Skin of Color Society (SoCS) Patient Resources

[Hair and Scalp Disorders for Patients of Color](#)

[Dermatology Patient Education](#)

[Hair Loss In Women of Color: Central Centrifugal Cicatricial Alopecia](#)

American Academy of Dermatology (AAD) Patient Resources

[Hair loss: Who gets and causes](#)

[How to prevent hair damage from a weave or extensions](#)

[African American hair: Tips for everyday care, processing, and styling](#)

[Hairstyles that pull can lead to hair loss](#)

[Hair loss: Tips for managing](#)

Other

[Hair care practices and their association with scalp and hair disorders in African American girls](#)

[Hair Loss Organizations](#)

Patient coping strategies + support groups/societies (in addition to AAD/SoCS above)

[Hair Loss in Black Women: Tips from an Expert](#)

[Coping With Hair Loss and Thinning Hair](#)

[Coping with Hair Loss | Living with Hair Loss](#)

[How To Advocate for Yourself at the Doctor Every Year](#)

[Cicatricial Alopecia Research Foundation \(C.A.R.F.\)](#)

[National Alopecia Areata Foundation](#)

Advocacy

[American Academy of Dermatology Patient advocate resources](#)

[CROWN Act Resources — The Official CROWN Act](#)

[Global Skin: Advocacy](#)

Find a Dermatologist

[American Academy of Dermatology Find a Dermatologist](#)

[Skin of Color Society Find a Doctor](#)

[Cicatricial Alopecia Research Foundation Physician Referral](#)

Trusted sources on Social Media

- [Dr. Valerie Harvey](#), TPMG Hampton Roads Center for Dermatology
- [Dr. Yolanda Lenzy](#), Lenzy Dermatology
- [Dr. Chesahna Kindred](#), Kindred Hair & Skin Center
- [Dr. Crystal Aguh](#), Johns Hopkins School of Medicine
- [Dr. Vicki Barbosa](#), University of Chicago School of Medicine

Books

- Dr. Lenzy, "Getting to the Root," <https://www.lenzyderm.com/book/>
- Dr. Aguh, "90 days to Beautiful Hair" AND "Fundamentals of Ethnic Hair," <https://www.crystalaguhmd.com/fundamentals-of-ethnic-hair>

Tips from Dermatologists

- Dr. Salkey, Virginia Commonwealth University School of Medicine Page 5
- Dr. Aguh, John Hopkins School of Medicine Page 6-7

Good General Hair Care

1. Wash hair once weekly using a moisturizing shampoo. Avoid volumizing shampoos because they dry the hair to make it appear fuller.
2. Follow shampoo with a moisturizing conditioner. Allow the conditioner to remain on the hair for at least 5 minutes before rinsing.
3. On wet hair, apply a leave in conditioner to help with detangling. You may also apply a light oil to your hair to help seal in moisture. Oil alone cannot moisturize your hair. If you choose to use hair grease, be sure to apply it to the hair and not directly to the scalp.

“Oiling the scalp” is a tradition passed down for many generations, but there is really no use in it. The scalp has many oil glands and produces its own oils. Adding additional grease creates a buildup on the scalp and prevents normal skin turnover. If your scalp is “dry”, that probably translates to flaky or itchy and may need treatment like medicated shampoo or topical medications.

4. Allow hair to air dry as much as possible. Avoid sitting under hood dryer or using handheld blow dryer for prolonged periods.
5. Avoid practices that put traction (pulling stress) on the hair like gels, rollers, ponytails, braids in any form (individual, crochet, etc), and hair weaves. Try wrapping or using pin curls or using soft hair bands at night. Also try a bonnet or satin pillowcase to avoid wearing a tight scarf for sleeping.
6. Avoid relaxers completely, if possible. If not, limit chemical relaxers to no more than once every 8 weeks. Relaxer should be applied **ONLY** to new growth and should not be combed over already relaxed hair.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT YOUR DERMATOLOGIST

Patient Information Sheet: Caring for Damaged hair by Dr. Crystal Aguh, Johns Hopkins School of Medicine

These are the same tips that can be found in my book- 90 Days to Beautiful Hair- 50 Dermatologist Approved Tips to Un 'lock' The Hair of Your Dreams, available on Amazon.com

Sample Hair Care Regimen

One day a week

- Perform a hot oil/protein/or deep conditioning treatment on lightly damp hair for 15-20mins with a heat cap, rinse
- Shampoo
- Deep Condition/protein treatment (whichever was not done above) for 25-30mins with heat, rinse
- Apply a leave in moisturizer and follow by applying a thick oil (grapeseed oil, jojoba oil, castor oil)
- Air dry the hair (see Youtube for methods on how to do this)

Daily:

- Apply a leave in conditioner followed by an oil at least 5-7 times per week. For fine hair: a water based spray or light cream is best
- For thick/coarse hair: same as above but a thick cream may also work well

Product Recommendations-some favorites in bold but realize that EVERYONE'S HAIR IS DIFFERENT SO THESE MAY NOT WORK FOR YOU

1. Clean your scalp and hair with a mild, sulfate-free shampoo every 1-2 weeks. Ingredients to look for include cocomidopropyl betaine, c14-16 olefin sulfonate, decyl glucoside, stearamidopropyl dimethylamine.
Shampoos with sulfates (sodium/ammonium lauryl sulfate, sodium/ammonium laureth sulfate) can be used once a month (my favorites are in bold)

Product Examples:

TGIN® Moisture Rich Sulfate Free Shampoo, Crème of Nature® Moisture & Shine Shampoo with Argan Oil, several Shea Moisture® shampoos, Devacurl® low- or no-poo cleansers, Eden BodyWorks® shampoos, Giovanni 2Chic Shampoo

2. Every time you shampoo the hair, condition the hair. Ingredients to look include fatty alcohols (cetyl alcohol, stearyl alcohol), behentrimonium methosulfate, natural oils

Product Examples:

- Instant conditioner examples: tgin® Triple Moisture Replenishing Conditioner, **Aussie® Moist moisturizing conditioner**, several Shea Moisture® conditioners, **Trader Joe's Tea Tree Tingle Conditioner**, Suave® Naturals conditioner , Giovanni 2Chic conditioner, **Herbal Essences Hello Hydration**

3. If you're noticing your hair break easily, or you're having trouble growing it to longer lengths, then use a light protein treatment at least on every 1-2 weeks.

Product examples:

Aphogee 2 minute reconstructor, Shea Moisture Manuka Honey & Yogurt Protein Power Treatment, **Olaplex #3** (easy to find online) or ORS Hair Mayonnaise (see below)

- 4.. Deep condition every two weeks for the first couple of months and at least once a month thereafter-this requires the conditioner to sit for at least 30 minutes and can be done with a shower cap or warm towel.

Product examples:

Pantene Gold Series Repairing Mask, DevaCurl, Creme of Nature, Shea Moisture, TGIN, As I Am, Moroccan Oil brand, tgin® Honey Miracle Hair Mask, **Shea Moisture® Manuka Honey Intensive Hydration Hair Masque**

5. Detangle hair gently. Use your fingers first, then a wide toothed comb if needed. Always detangle with a leave-in conditioner + natural carrier oil (see below in #4), or moisturizer on the hair to prevent severe breakage.

Product Examples

Lusters S-Curl No drip leave in conditioner, **ORS Olive Oil Leave-In Conditioner**, Giovanni® Direct Leave-In Weightless Moisture Conditioner, Karen's Body Beautiful® Sweet Ambrosia Leave In-Conditioner, Shea Moisture® Jamaican Black Castor Oil Leave-In conditioner. **Water based leave ins are better if you have wavy or thin hair; cream based leave-ins are better for thicker, coarser hair**

OTHER TIPS

- Moisturize your hair every 2-3 days with one of the leave in conditioners listed above. Use water-based moisturizers first, and then a heavier cream/butter based product OR oil on top to seal in the moisture. Example oils: natural carrier oils (castor oil, extra virgin olive oil, jojoba oil, almond oil) or natural butters (raw shea butter, avocado butter, cocoa butter, mango butter) to seal in moisture. Do NOT use undiluted essential oils (tea tree oil, lavender oil, peppermint oil) directly on scalp or hair.
- Is your hair often dry? Apply extra virgin coconut oil to hair prior to shampooing.
- Is your hair fine/limp, bleached, or color-treated? Use protein treatments at least 2-4 times per month Ingredients to look for are keratin, silk, hydrolyzed proteins. Ex: Palmer's® Coconut Oil Protein Pack, Aphogee® 2-min keratin reconstructor
- Minimize or eliminate use of blow dryers and flat irons. Ideal use is fewer than twice a year
- Avoid having hair pulled too tightly with styling. Trim off any damaged hair or split ends every 3-6 months.
- Learn your hair! Get the right information. Online natural hair forums and YouTubers can be great places to start, but sometimes there can be misleading information from well-intentioned people. You can purchase my hair care book (listed above) but when in doubt, please ask us as your dermatologists.