



THE ULTIMATE **HAIR LOSS GUIDE** REGAIN HEALTHY HAIR

Dr Dananjay Chavan on Hair Loss

"Hair loss is cosmetically and emotionally distressing. Too many people accept it as inevitable. Most cases of hair loss are treatable. With appropriate treatment, you can regain a healthy head of hair and your confidence. The first step to treating hair loss is understanding the science behind hair growth and why you have hair loss. This ebook is a resource to help you navigate your hair loss journey and find a solution that works."

FACTS ABOUT HAIR LOSS UNDERSTANDING THE CONDITION



If you keep combing your hair over a receding hairline or worry about hair loss, know that you are not alone. Though the reasons are many, hair loss is a common problem for both men and women. Around 1 in 4 men have baldness problems by the time they are 30 years old. This progresses to 6 in 10 men developing a balding pattern of hair growth by 60.

Though thinning of hair as you grow older is natural, baldness and rapid hair loss are problems that can be treated. Many myths and ill-conceived beliefs regarding hair loss make people think that the condition is irreversible or inevitable. In most cases, the underlying cause of the issue is poor diet or other health conditions that can be treated.

Despite the mental anguish and diminished self-confidence that comes with hair loss and baldness, very few people are aware of medical treatment for it.

DID YOU KNOW?

- 60% of men have some form of baldness by the age of 60
- Hair loss issues are faced by; men: 8 in 10 and women: 4 in 10
- Diet and underlying health issues are the most common causes of hair loss
- Hair loss can cause mental anguish and confidence issues
- The average person has approximately 50,00,000 hairs, and of them, 1,00,000 to 1,50,000 hair are on the scalp
- If you lose above 100 hairs per day from your scalp, then it is considered as hair loss

Key Takeaway: Hair loss and baldness are often treatable but awareness of treatment options are low.

HAIR LOSS CAUSES

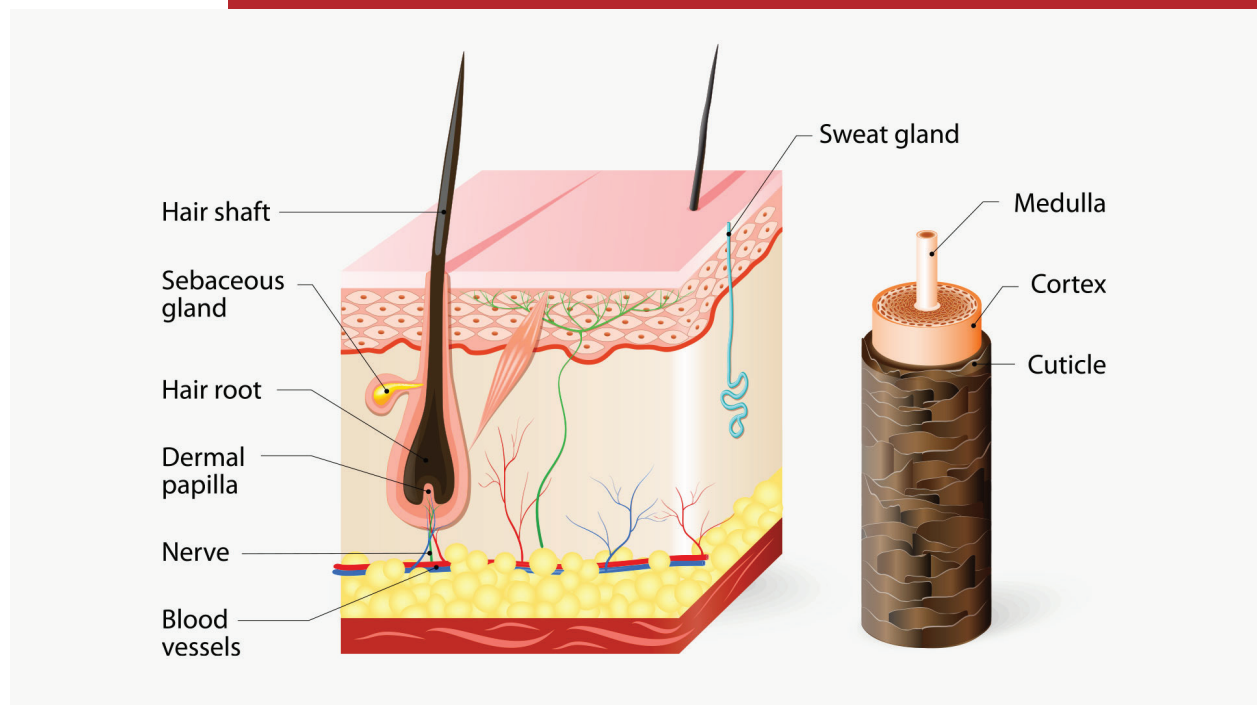
To fully understand hair loss, we must first comprehend the structure of hair and how it grows



ALL ABOUT HAIR ANATOMY

Hair has a root and a shaft. The root is called the hair follicle, and it is bulb-shaped. This follicle contains the dermal papilla that nourishes the hair root and produces hair. Sebaceous glands that produce sebum are attached to the hair follicle. They make an oil called sebum that nourishes the hair.

The hair shaft has a soft inner core called the medulla enclosed in a strong middle layer called the cortex. This is further enclosed in the outer protective hair cuticle.

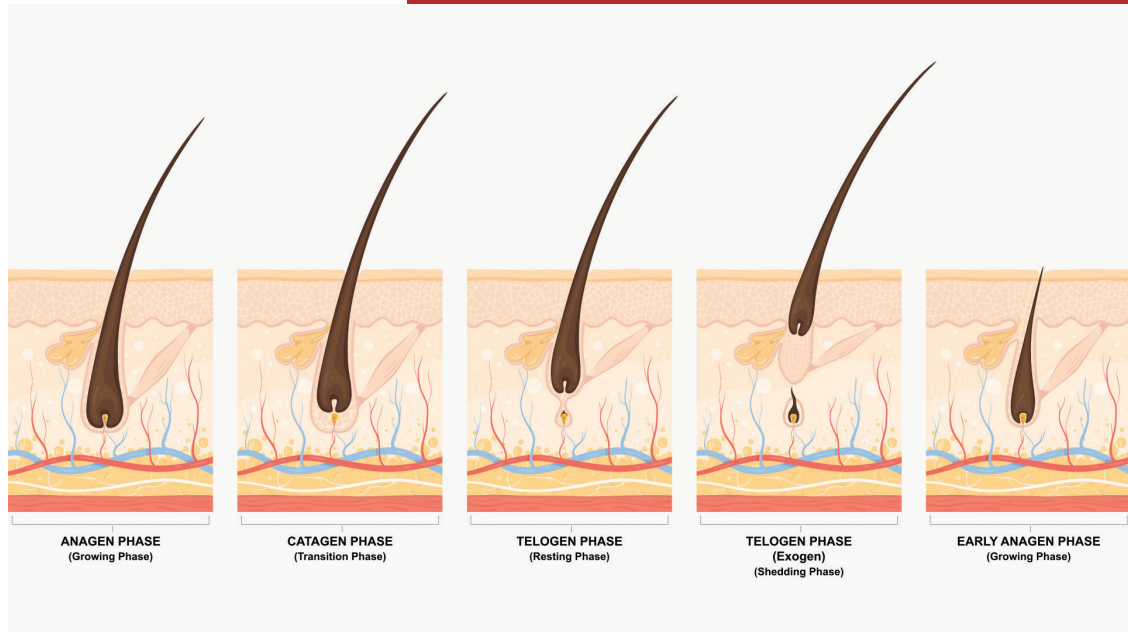


HOW DOES HAIR GROW?

The dermal papilla in the hair follicle makes new hair cells. As it makes new hair cells, they move up through the skin and die. These dead cells and keratin (a hard strengthening protein) form the hair that we see above the skin.

The dermal papilla is vital to the growth of hair. When this part of the hair follicle stops making new cells, baldness occurs. The dermal papilla also produces melanin, the pigment that gives hair its colour. With age, this production stops and causes the greying of hair.

Hair grows in cycles. There is a long period of growth (anagen), a regression (catagen) and then a short rest period (telogen). After the rest of around three months, the hair strand falls out, and growth resumes again. This three-step cycle of the hair follicle happens from 15 to 20 times in a human lifetime before the hair follicle dies. The resting phase becomes longer as a person grows older, thus slowing down hair growth.

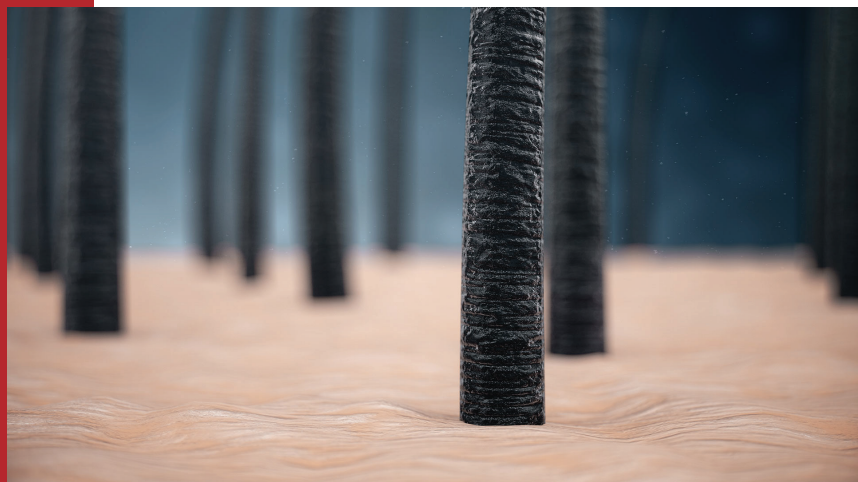


DID YOU KNOW?

- Hair growth occurs in three phases: anagen - growth, catagen - regression and telogen - rest.
- For a healthy head of hair, 80 to 90 percent of their hair follicles are in the growth or anagen phase.
- Hair grows about 1 cm every month.

WHAT IS HAIR MADE OF?

- **Proteins:** Particularly, keratin makes up 65 to 95 percent of the hair fibre by weight
- **Minerals:** zinc, iron, selenium, magnesium, calcium, aluminium, sulphur, copper, and lead Water
- **Lipids:** Sebum produced by the sebaceous glands
- **Pigments:** Particularly melanin produced in the papilla



A CLOSE UP RENDERING
OF A HAIR SHAFT

HOW DO YOU LOSE HAIR?

The telogen phase of hair growth is when the hair follicle rests, and the hair shaft falls off. Typically, about 10 to 15 percent of the hair follicles are in this phase, and the person loses 50 to 100 hair strands daily.

Underlying health issues, genetic predisposition or extreme stress can send up to 70 percent of the hair follicles into the telogen phase. When the person loses more hair than the scalp can produce, it is termed alopecia. This term includes hair loss, thinning and baldness.

TYPES OF HAIR LOSS

Hair loss is more than a cosmetic problem; it can also cause mental distress and self-image issues. The most common causes of losing hair are

- **Illness**
- **Genetics**
- **Unhealthy lifestyle choices**

ANDROGENIC ALOPECIA

Androgenic alopecia is also called male pattern baldness and is the most common cause of hair loss in men. Androgenic Alopecia is genetic, which means it runs in families. Women also face this type of hair loss though it is not as common as with men. A woman who has androgenic alopecia is less likely to go completely bald than a man eventually. Androgenic alopecia is linked to the androgen dihydrotestosterone (DHT) forms when testosterone is broken down in the body. When there is excessive DHT in the body, the anagen or growing phase of hair follicles gets shorter progressively and the resting or telogen phase gets longer. This results in a reduction of hair density and baldness.

MALE PATTERN BALDNESS



ALOPECIA AREATA

This form of alopecia is the second most common and can affect the whole body. Alopecia areata causes circular or oval patches that can progress to complete baldness. It can sometimes affect the entire body, though this is rare. This form of alopecia is thought to be autoimmune and affects people of all ages, regardless of gender. About 1 in 5 people with alopecia areata have relatives who also suffer from the condition. In some cases, it resolves by itself in 6 to 12 months. If the condition persists longer than 12 months, it becomes hard to treat or reverse.



ALOPECIA AREATA CAUSING PATCHES

KEY TAKEAWAY

- Hair loss is called alopecia.
- The two most common forms of alopecia are; androgenic alopecia and alopecia areata
- Androgenic alopecia is male pattern baldness due to oversensitivity to the androgen dihydrotestosterone (DHT)
- Alopecia areata starts with oval or round spots and can lead to complete baldness.

Scarring Alopecia Or Cicatricial Alopecia

This form of alopecia is caused by underlying skin diseases or other health issues such as autoimmune diseases such as lupus, celiac's disease or sarcoidosis that cause the scalp to be inflamed. It is also caused by radiation therapy or any other scalp trauma.

Involutional Alopecia

As we grow older, the hair follicles' telogen or resting phase grows longer and we lose hair. This is a natural process.

Telogen Effluvium

Telogen effluvium is caused by many hair follicles going into the telogen or resting phase at the same time. This causes you to lose a lot of hair in a short period. This type of hair loss is most often triggered by stress. The person will have to recover physical and mental health to recover from the condition. Recovery may take six months or longer.

Vitamin Deficiencies

When the body is deficient in nutrients, vitamins and minerals, particularly iron and zinc, it worsens or causes hair loss.

Fungal Infections

Fungal infections of the skin of the scalp can result in hair loss.

Trauma

Any physical trauma such as surgery or an accident that damages the hair follicles can cause hair loss in that area.

Thyroid Issues

Both hypo and hyperthyroidism can cause hair loss. The hair loss reverses when the thyroid imbalance is treated.

Medication

You can lose hair as a side effect of medications such as blood thinners, antidepressants, calcium channel blockers, beta-blockers, vitamin A and chemotherapy drugs.

Over Styling

Too much hair washing, drying and overuse of styling tools can cause you to lose hair.



SUDDEN EXCESSIVE
HAIR LOSS

KEY TAKEAWAY

You can also lose hair due to

- Scarring alopecia or cicatricial alopecia
 - Involutional alopecia
 - Telogen effluvium
 - Vitamin deficiencies
 - Fungal infections
- Trauma
 - Thyroid issues
 - Medication
 - Over styling



HAIR LOSS DO'S AND DON'TS LIFESTYLE AND HAIR CARE REGIMEN

You should start treatment for hair issues as early as possible for the best results. Seek out professional treatment as soon as you notice hair fall or balding problems. There are many changes that you can make in your daily hair routine to keep your hair healthy.

DO'S

Maintain a healthy and balanced diet with enough vitamins A, B and E, iron, linoleic acid, selenium and calcium.

Learn stress management techniques to be stress-free.

Massage your scalp. Massage should not be over-vigorous as it damages new hair growth. Proper massage improves the blood flow to the scalp and enhances hair growth.

Handle wet hair with care. Wet hair is fragile and rough drying makes hair loss worse.

Trim hair ends often to prevent split ends.

Shorten your hairstyle to conceal bald spots.

Use products to thicken hair.

Give treatments enough time to work. Hair regrowth is a slow process, and it takes time to show results.

Prefer natural hair products over chemical ones.

DON'TS

Don't panic about hair loss. Some loss every day is a part of the natural process. If it is more than average, seek treatment.

Don't use a bristle brush or do a comb over on wet hair. Hair is very fragile when wet.

Don't vigorously rub wet hair with a rough towel.

Don't overuse chemical styling products that are hard on the hair.

Avoid hairstyles that are tight and pull on the roots of the hair.

Alcohol and caffeinated drinks are harmful to the hair. They are best avoided.

Do not self-medicate. Since hair loss causes are different, what worked for one person may not work for you. Consult a doctor for treatment.

HAIR LOSS MYTHS

THERE ARE MANY MYTHS ABOUT THE DO'S AND DON'TS OF HAIR CARE.

MYTH: EARLY BALDNESS SIGNALS PREMATURE AGEING

This myth is not valid. Balding has many reasons, and premature ageing is not a reason for premature balding.

MYTH: WOMEN DO NOT HAVE TO WORRY ABOUT BALDING

Women also suffer from alopecia. It is even more distressing for women because the awareness of balding in women is low. If you are a woman and are experiencing bald spots or hair loss, do not stress. Instead, meet a doctor as early as possible.

MYTH: BLOCKED PORES CAUSE BALDNESS

If this were so a good shampooing would resolve hair loss issues. This myth is simply not scientific or true.

MYTH: BALD MEN HAVE MORE TESTOSTERONE

Bald men will attest to the fact that this is simply not true. Hair follicles on the scalp that are more sensitive to dihydrotestosterone (DHT) stop making new hair and cause baldness. This sensitivity does not affect facial hair or body hair.

MYTH: HORMONES HAVE NOTHING TO DO WITH HAIR FALL

Hormonal imbalances in the body do affect hair health and fall. One of the usual suspects is the thyroid gland. Women experience hair loss post-pregnancy due to fluctuating hormones. Women with PCOS also experience hair loss problems.

MYTH: HATS MAKE YOU BALD

It is a common myth that wearing a hat prevents the air to the scalp and causes baldness. The scalp gets its oxygen from the blood and not the atmosphere. What could be an issue is not maintaining hygiene when wearing a hat, leading to scalp infections. As we saw above, skin issues can cause hair loss or baldness.



HATS DO NOT CAUSE HAIR LOSS

MYTH: WASHING YOUR HAIR TOO MUCH CAUSES HAIR LOSS

Too much hair washing does dry the scalp out and harm hair. But delaying a regular hair shampoo does not serve to prevent hair loss.

MYTH: BRUSHING, MASSAGE AND COLD HAIR WASHES PREVENT HAIR FALL

Hair brushing, massage, and a cold water wash stimulate more blood flow to the scalp, keeping it healthy. However, being rough with the hair during brushing or massage will increase hair loss. Be gentle with your hair. Massage is also an excellent way to destress.



MASSAGE IMPROVES CIRCULATION TO YOUR SCALP AND ALSO RELAXES AND DE-STRESSES YOU

MYTH: LOSING HAIR EVERYDAY IS A PROBLEM

The loss of 50 to 100 hair strands a day is average. It is when you lose more than this that there is a problem. So, if you have some hair in your hairbrush or comb daily, analyse the number before you panic.

MYTH: YOU GET BALDNESS ONLY FROM YOUR MOTHER'S SIDE OF THE FAMILY

Baldness gets passed on through the X-chromosome that men get from their mothers. But, a man who suffers from baldness is also likely to pass it on to his son. There is still no definitive conclusion with regards to the genetic line of inherited baldness.

WHEN SHOULD YOU MEET A DERMATOLOGIST?



A DOCTOR WILL EXAMINE, DIAGNOSE AND TREAT HAIR LOSS

It is normal to lose 50 to 100 strands of hair daily. If you see that your gorgeous tresses are dropping more than usual, be proactive and see a doctor right away. Some people think that hair loss is inevitable, but do consult a doctor for a complete understanding of why you are losing hair.

As described above, the cause of your hair loss could be anything from genetics to a pill you take for some other condition. The earlier you get diagnosed and start treatment, the better the chances of recovery. Your hair loss could also be a symptom of some other underlying health problem that needs treatment. It is good to take your hair loss as a wake-up call that you should answer as soon as possible.

Key Takeaways

- **Early treatments give better results. Timely treatment delays hair loss. If alopecia is caused by an underlying health issue or a deficiency, it can be treated appropriately.**
- **If a hormonal or nutritional problem is triggering your hair loss, you can treat it early before it causes more serious issues.**
- **If your hair loss is caused by medication, you can speak to the prescribing doctor for an alternative.**

TREATMENT FOR HAIR LOSS WHAT WORKS AND WHAT DOESN'T?

TREATMENT OF UNDERLYING INFECTIONS

When hair loss is caused by a skin problem, fungal infection or any other health problem, successful treatment of that issue stops the hair loss. Thyroid problems or nutritional deficiencies can also be treated to stop hair fall caused by them.

DE-STRESS

If extreme stress is causing hair loss, practising stress management techniques will help stem the fall of hair.

LIFESTYLE CHANGES

Eating a nutritious diet rich in omega-3 fatty acids, iron and protein gives the hair follicles the nourishment they need to produce healthy hair. Smoking has been linked to hair loss, and quitting the habit is a good idea for overall health benefits. Your overall health has a significant impact on hair health.

MEDICATION

Two medications are used to prevent and treat balding.

Minoxidil: This is a cream-based medication that rejuvenates the hair follicles and hair growth in men and women. This cream has been proven to be beneficial for hair growth in 90% of the men who used it.

Finasteride: This is a drug that is administered orally and has been proven to slow down the loss of hair in 83% of the men who used it. It can only be used for male patients.

LASER TREATMENT

This is a treatment in which lasers reduce inflammation of the hair follicles that prevent them from growing hair. It is used to treat male pattern hair loss, but more research is required to study its efficacy.

KEY TAKEAWAY



- Hair loss is treatable.
- Some treatments are as simple as stress management, lifestyle changes and better nutrition.
- There are oral and topical medications available for men suffering from male pattern hair loss

SURGERY

For extreme cases where medication and other treatments have proven to be unsuccessful, surgery is an option for hair loss.

HAIR TRANSPLANTATION

Hair transplantation is a surgical procedure where the hair follicles on the scalp's bald areas are replaced with scalp plugs bearing healthy hair follicles. These follicles are taken from the areas of the scalp that are producing healthy hair. The two methods used are follicular unit transplantation (FUT) and follicular unit extraction (FUE). In FUT a patch of skin with good hair growth is removed from the back of the scalp and follicles are extracted from it. In FUE, the follicles are removed directly from the scalp and transplanted.

SCALP FLAP TRANSFER

A patch of bald scalp is surgically replaced with a flap of the scalp that is producing hair

SKIN EXPANSION

Skin expansion is a skin transplantation technique with the added risk of the body rejecting the foreign skin tissues.

SERIAL EXCISION

The bald patches of the scalp are removed and the neighbouring hair-producing scalp is stretched to cover it.

THE HAIRMD ADVANTAGE WHY CHOOSE US?

HairMD has successfully treated more than 1,00,000 patients with a 98% success rate. HairMD uses cutting edge technology and equipment that is FDA approved. Each patient is treated with care and dedication to ensure that they are relaxed and comfortable during consultation and treatment. The HairMD support extends post-treatment through follow up and aftercare.

Our expert team of doctors are fully skilled and equipped to even successfully treat grade 7 baldness which is the most severe case of baldness that extends from the front of the hair all the way back to the base of the head. Here are some of the incredible results we've achieved for our patients.

REAL PEOPLE, REAL RESULTS

