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# HAIR LOSS CAUSES

## “THE 7 H’s OF HAIR LOSS<sup>©</sup>”

\*Overlap

\*More than one  
often relevant

# Hair Loss Causes & Remedies

- **7 H's of Hair©**
- Both rate of growth and the replacement cycle can be altered by:
  - Genetics (Heredity)
  - Thyroid (Hormones)
  - Illness, high fever, surgery (Health)
  - Medication (Healing)
  - Emotional stress (Hassle)
  - Diet (Hunger)
  - Over-processing (Hairdressing)

# 1)

# HEREDITY

## Causes:

- genetics (polygenic)
- fathers / sons – mothers / daughters
- family hair type (coarse/fine)
- family frequency
- no-one else with hair loss
- DHT & genetics (1st study)

# 1) HEREDITY

## Treatment:

- minoxidil 2% / 5%
- laser light comb
- topical niacin
- saw palmetto
- spironolactone (aldactone)
- progesterone
- propecia / dutasteride
- cloning?

## 2)

# HORMONES

### Causes:

- thyroid
- diabetes
- testosterone excess
  - \* SAHA
- pregnancy
- cystic ovaries
- OCP
- menopause

## 2)

# HORMONES

### Treatment:

- change pill
- thyroid medicine
- diet / medicine (diabetes)
- HRT / phyto-E2 / bio-identicals



3)

## HEALTH

### Causes:

- general
- auto-immune (lupus)
- anesthetic
- fever
- smoking?

3)

## HEALTH

### Treatment:

- time: 3-6 months after condition improved
- long term illness: cosmetic improvement

## 4) HEALING (Medication)

### Causes:

- Rx medicines
- chemotherapy
- vitamin A
- lithium (medication for stress)

## 4) HEALING (Medication)

### Treatment:

- change medication (if possible)
- short term: improve 3-6 months after stop medication
- long term: discuss health must supercede hair (cosmetic imp.)

5)

## HASSLE (Stress)

### Causes:

- psychological stress
- physiological stress
- neuropeptides
- increase skin sensitivity

# 5) HASSLE (Stress)

## Treatment:

- exercise
- relaxation
- medication (if necessary)

## 6) HUNGER (Diet)

### Causes:

- Fe deficiency (women)
- diets (losing weight rapidly)
- protein
- carbs
- eating frequency

## 6) HUNGER (Diet)

### Treatment:

- lifestyle diet, not crash diet
- 150g protein
- meal frequency
- iron supplements
- vitamins (D)



# 7) HAIRDRESSING

## Causes:

- hair breakage
- styling
- brushing
- chemical over-processing

## 7) HAIRDRESSING

### Treatment:

- wash hair more often (less fall)
- color / perm hair
- hair enhancers (transplant, hairpieces, cosmetic treats, etc.)

### Cosmetic improvement:

- importance should not be underestimated
- immediate help
- feel better about hair & self



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