



HAIR LOSS

Also known as alopecia or baldness, refers to a loss of hair from part of the head or body.

TYPES OF ALOPECIA

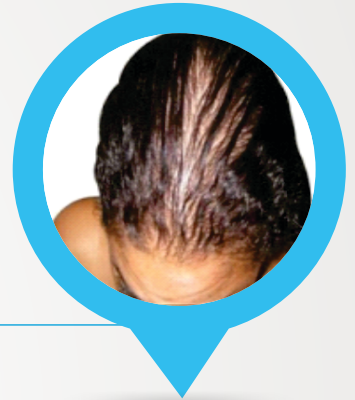


TELOGEN EFFLUVIUM

Caused by physical and psychological trigger, resolves itself spontaneously¹

ANDROGENETIC ALOPECIA

(Male or Female-Pattern Hair Loss).
For woman, it can thin their hair.
For man, it leads to complete or partial baldness²

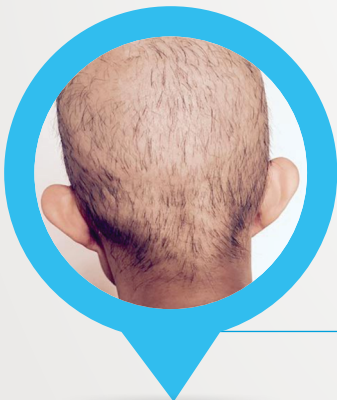


SYMPTOMATIC ALOPECIA

Loss of hair due to ill health.
The hair may fall out in patches³

ALOPECIA AREATA

Autoimmune condition that causes hair to fall



ANAGEN EFFLUVIUM

It is chemotherapy induced hair fall

TRACTION ALOPECIA

Hair fall due to continuous pulling of hair
E.g. tight hairstyles, relaxers or extension, etc.¹



Reference:1) www alopecia.org.uk/pages/category/types-of-alopecia

2) www.webmd.com/connect-to-care/hair-loss/types-of-alopecia-and-their-treatment

3) Miller-Keane Encyclopedia and Dictionary of Medicine, Nursing, and Allied Health, Seventh Edition, © 2003 by Saunders, an imprint of Elsevier, Inc.

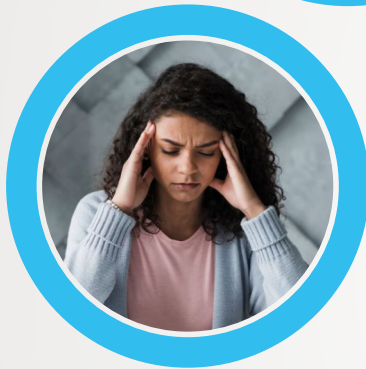
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CAUSES OF HAIR LOSS

HEREDITARY¹



CHANGE IN WEATHER³



STRESS, CHILDBIRTH OR ILLNESS¹



SCALP INFECTION¹



HORMONAL IMBALANCE¹



UNHEALTHY & JUNK FOOD²



CANCER TREATMENT¹

Reference: 1) www.aad.org/public/diseases/hair-loss/causes/18-causes

2) www.webmd.com/connect-to-care/hair-loss/ways-food-can-contribute-to-hair-loss

3) www.dailysabah.com/life/health/seasonal-hair-loss-can-the-weather-actually-make-your-hair-fall-out

4) www.mindbodygreen.com/articles/hair-loss-caused-by-pollution-hair-care-tips/

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BEST FOODS FOR STRONG HAIR



References: 1) www.byrdie.com/foods-for-hair-growth

2) www.bbcgoodfood.com/howto/guide/what-eat-healthy-hair

3) timesofindia.indiatimes.com/life-style/health-fitness/diet/21-foods-for-healthy-hair/articleshow/22575168.cms

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DO'S

DONT'S



Check for signs of hair loss

Hair density, volume & visibility of scalp.¹

Smoking

Excessive smoking can cause hair fall.¹



Manage you stress

Engage in meditation or yoga when stressed out.²



Hair Chemical Treatments

Avoid use of hair styling chemicals like color or bleach.⁸



Brush your hair gently

Apply full stroke from the scalp to the tips of your hair gently³

Hair Appliances

Avoid Overuse of hair straighteners or curlers⁹



Vitamin E

Consume more Vit E to strengthen your hair growth.⁴



Combing Wet Hair

Avoid aggressive rubbing or combing of wet hair¹⁰



Hair Products

Hair sprays, gels, etc should be used minimal to control hair damage.⁵

Medication

Don't Self Medicate



Observe Hair Fall

Consult your Doctor for hair fall treatment



Medication Overdose

Don't overdose to get faster result.

References:1) www.healthline.com/health/hair-density 2) www.healthline.com/health/yoga-for-hair 3) www.webmd.com/skin-problems-and-treatments/hair-loss 4) www.healthshots.com/beauty/hair-care/5-vitamins-to-eat-daily-to-reduce-hair-fall-and-hair-loss/ 5) www.theguardian.com/fashion/2018/apr/23/seven-ways-to-avoid-hair-loss 6) www.healthline.com/health/smoking/does-smoking-cause-hair-loss 7) www.thehopehouse.com/alcohol-abuse/related/alcohol-and-hair-loss 8) www.papillahaircare.com/articles/scalp-treatments-chemical-induced-hair-loss 9) www.alantruman.com/post/is-curling-the-hair-everyday-dangerous 10) www.medicalnewstoday.com/articles/325026

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MYTHS

Shampooing causes hair loss



Combing hair 100 times will improve hair quality



Vigorous oil massage will reduce hair fall



Plucking of one grey hair may result in multiple grey hairs



Hair grows faster after a haircut



Swimming causes hair loss



FACTS

Shampooing won't cause hair to fall out



Too much combing can actually damage the cuticles.



Oil massage will not have any impact on hair fall



Hair color is due to presence of melanin in the hair follicle



Hair growth is not dependent on Hair cut



Conditioners helps hair to become soft and manageable



Reference:

1) //indianexpress.com/article/lifestyle/life-style/dermatologist-busts-commonly-believed-hair-fall-myths-7648913/

2) www.revitaltrichology.com/hair-nutrition-myths-facts.php

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