



Aishah Bilal-Ali, Ed.S.,
I.A.T.
Trichologist & Owner Of
Hairadox, LLC



ALOPECIA: HAIR LOSS



You may have heard the term “alopecia”. However, alopecia is an umbrella term for hair loss. There are many types of alopecia! Each type can have its own technical name. The most common types of hair loss we see in our hair care center include: traction alopecia - pulling, tension

- androgenic alopecia – inherited, female pattern
- alopecia areata - immune response
- central centrifugal cicatricial alopecia (CCCA) - scarring
- postpartum alopecia – hair loss after giving birth
- acquired alopecia – induced by deficiencies or the start/stop of medication

NOTE: Hair loss can be devastating. Therefore, it should not be taken lightly, joked about or mocked. Even mild hair loss can have a huge impact on self-esteem and overall appearance. It is critical to identify hair loss as early as possible and seek a proper diagnosis. A Dermatologist can determine and diagnose precisely which form or forms of alopecia you are experiencing. A diagnosis is important because each type of hair loss can require a different treatment protocol.

ALOPECIA: HAIR LOSS (Cont'd)

If you identify signs of hair loss, don't panic and don't give up! Not all hair loss is permanent. Hair loss can be (1) self-correcting, (2) permanent until corrected and (3) permanent.

- Self-correcting hair loss occurs quickly, i.e. in less than 3 months. Usually, a trigger occurs 2-3 months before the hair loss. The hair loss continues for 2-3 months and then self corrects. There is no special treatment necessary. Triggers can include physical stress, high fever, anesthesia, starting or stopping medications, giving birth and food poisoning.
- Permanent until corrected hair loss occurs gradually, i.e. over 6 or more months. Hair loss will cease 2-3 months after a solution is found. Causes can include nutritional deficiencies and medical imbalances.
- Permanent hair loss does not grow back and may be addressed through surgical (hair transplantation) or non-surgical (hair units) methods.

Some forms of hair loss can be slowed down or reversed! But remember, each type of hair loss can require a different treatment protocol. Identify changes in your hair and consult with a hair loss professional to diagnose the type of alopecia (hair loss) you may have. A hair loss professional (Trichologist or Dermatologist) should ask extensive questions regarding your diet, stress level, health, and your family history of hair loss (if applicable). A Dermatologist may take a biopsy of the scalp or even request blood work to reveal areas of deficiency or identify other areas of concern.

Treatment protocols for hair loss can range from simple to complex. They include hairstyle changes, topical products, oral supplementation, injections, laser therapy, massage or surgical transplantation. There is no miracle oil or magic potion that will grow your hair back. Although you may have some growth or relief, it is often temporary. The use of topical products alone is rarely enough for long term results. Since many types of hair loss are triggered by internal body systems, they should be addressed through internal and external remedies. Finding and correcting the root cause of hair loss improves hair health for the long term. A hair loss professional can help! □

ALOPECIA: HAIR LOSS (Cont'd)

We recommend that every person defines hair health for him/herself and checks for changes often. A healthy scalp is free of infection, build-up, flakes, redness, and irritation. Healthy hair is free of abuse; it should have elasticity (stretch and return), hold proper moisture, should not shed excessively, and should not feel brittle or break easily.

- Check your hair and scalp often. Taking periodic pictures is helpful in identifying differences. Make a note of the date you first notice changes.
- Contact a hair loss professional as soon as you notice it. Don't wait until it's too late. Hair loss can be symptomatic of more serious health problems.
- Avoid poor hair regimens, tight styles, harmful products and harsh chemicals.

HEALTHY



UNHEALTHY



ALOPECIA: HAIR LOSS (Cont'd)

Hair loss can occur at any time in your life as it is closely related to your hair regimen and your overall health. Over the course of your life, you may experience many types of hair loss. For example, one could experience traction alopecia from wearing a tight ponytail, temporary hair loss from starting a medication, and postpartum alopecia after giving birth. Look for changes often! A person with highly textured hair can lose 25-50% of their hair before even noticing.

How do you know if I have hair loss? Look for:

- Excessive shedding
- Thinning of hair at scalp
- Baldness in distinctive patches
- Broken hair in patches
- Partial or total loss of hair from head or body
- Loss of hair on eyebrows and lashes

