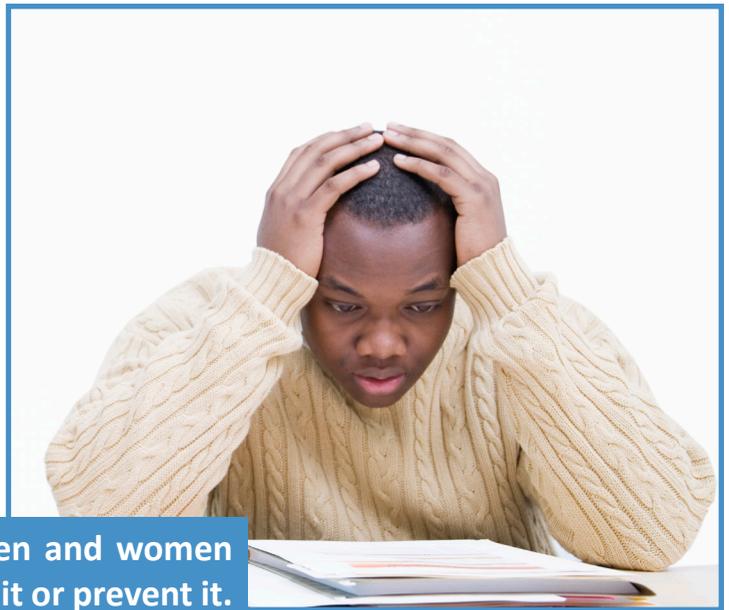


Hair loss in men and women



Discover the cause of hair loss in men and women and find out what you can do to treat it or prevent it.

Hair loss in men

Male pattern baldness affects almost 50% of all men over the age of 50. It's also known as androgenic alopecia, which means the cause is associated with changes in the male sex hormones. Whether or not you develop it will depend on your genetic predisposition and your family history of baldness. Your genes pre-determine the growth cycle of each hair follicle, which is maintained by your hormones. As the growth cycle of the hair slows, the follicle shrinks and the hair becomes shorter and finer until no more hair appears. The main areas affected are on the hairline around the forehead and at the crown of your head.

Male pattern baldness is seldom associated with ill health, however, there are other causes associated with illness rather than genetic predisposition. Alopecia is believed to be a type of autoimmune disorder where the immune system attacks the hair follicle. This type of baldness is associated with patchy hair loss in both men and women. While there is no cure for male pattern baldness, there are certain medications you can take that can slow the rate of hair loss and even promote increased hair growth in the area. Your doctor can prescribe medication to block the effect of hormones on your scalp, preventing the disruption to your hair follicles.

Hair loss in women

Hair loss may seem more prominent in men, but experts say women are just as likely to suffer from the condition. Women who suffer from thinning hair or hair loss will notice the changes. There may be an unusual amount of hair on their pillow in the morning, or their comb may pull out a significant number of strands without hard pulling or tugging.

Men will notice their hair falling out at the crown and forehead, women will see their hair thinning on the top third to one half of their scalp. It's not unusual for the hair that covers the forehead to stay intact and the thinning to take place along the path, which grows gradually wider the more hair is lost.

In women, the common cause of hair loss is genetics, however, your doctor will determine whether it is because of a thyroid insufficiency or an autoimmune disorder. Pregnancy is another reason for hair loss in women, as is anaemia, the skin condition psoriasis, dramatic weight loss, or extreme stress like serious physical or emotional trauma.

Whatever the cause, speak to your doctor about hair loss if you believe there's reason for concern.