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## **HAIR LOSS 1 ONE 1 WITH MISS SCOTT**

### **INTRODUCTION**

If you notice a lot of Hair on your brush, don't panic. It is normal to lose up to 100 hairs every day. However, if you lose Hair noticeably, you may experience hair loss. In most cases, it is due to hereditary hair loss, but in some cases, it is due to certain medications, childbirth, hormones, illness, and stress.

Hair loss affects both men and women of all ages. Some people lose their Hair in their teens, which can lead to other problems like low self-esteem and self-esteem later in life. However, there are ways to hide hair loss. Thanks to innovative treatments, it is easy to successfully hide hair loss and, in some cases, prevent further hair loss. Whatever you decide, talk to your doctor about your condition and possible treatments for hair loss.

The word "alopecia" is the medical term for hair loss. Alopecia is not related to any specific hair loss condition; Any form of hair loss is an alopecia. The word alopecia comes from Latin but can be traced to the Greek "alopekia", which itself comes from "alopek", which means "fox". The literally translated word alopecia (alopecia) is the term for mange in foxes.

In contrast to alopecia, which describes hair loss where hair growth has previously occurred, hypotrichosis describes a situation in which no hair growth has occurred at all.

Hair loss can be caused by a number of conditions that are reflected in a specific diagnosis. Some diagnoses have alopecia in the title, such as alopecia areata or scarring alopecia, but many do not, such as telogen effluvium.



Alopecia can be caused by many factors, from genetics to medications. While androgenetic alopecia (male or female pattern baldness, abbreviated AGA) is by far the most common form of hair loss, many people are seen by dermatologists with other forms of baldness as well. In the case of several hundred diseases, hair loss is the main symptom.

Probably the most common non-AGA related alopecia a dermatologist will see is telogen alopecia, alopecia areata, ringworm, scarring alopecia, and hair loss due to excessive cosmetic treatment. Other less common forms of hair loss can be difficult to diagnose. Some patients may take months or even years to be properly diagnosed and consult several dermatologists before finding one who knows their condition. Furthermore, there is little incentive to research and develop treatments for rare diseases. Even with the correct diagnosis, a dermatologist cannot offer a known treatment for this disease.

Research into hair biology and hair disease is a very small area, and even research into androgenetic alopecia is quite limited. Perhaps 20 years ago, fewer than 100 people in the world were deeply involved in hair research. There have been possibly five times more of them in recent years. This is still a small number compared to diabetes research, but the growing number of hair biology scientists is positive. It should ultimately lead to better understanding and help for people with alopecia.

## **FACTS ABOUT HAIR LOSS**

Whether strands of hair are clogging a hairbrush or pattern baldness, we all experience hair loss to some extent. And when someone experiences the latter, it can have an impact on self-confidence and emotional well-being. 60% of people with hair loss would rather have more hair than money or friends.

**Here are some 9 key points about hair loss**



### **1. It's better to catch hair loss early**

Dr. Thomy Kouremada-Zioga explains: "It is normal to lose about 100 hairs a day. However, if you feel that you are losing more, it is advisable to talk to a specialist about what can be causing your hair loss and if they are." Some changes can be fixed. The sooner you get expert advice, the better it can reverse hair loss or slow down the rhythm in the early stages. "

"You should be concerned about your hair loss if you notice that your hair is thinning considerably and you have bald patches. In this case, you should contact an expert as soon as possible to determine the cause of your hair loss. Hair loss must be determined, and the appropriate treatment option prescribed. "she says." Excessive hair loss symptoms include thinning, receding hairline, or the appearance of excessive hair loss on the pillow or in the shower. "

### **2. Some people experience seasonal hair loss**

"It is known that some people experience what is known as 'seasonal hair loss'. The exact etiology is unknown, but research suggests that abnormalities cause seasonal hair loss in melatonin and prolactin levels that may eventually alter the hair cycle. Changes in the sun's rays' intensity affect the secretion of these factors and affect the Hair follicles. "

### **3. Your diet affects hair health**

"Hair is made of keratin, a natural protein. Providing a high protein content in your diet can help maintain strong, shiny, and healthy hair. Try to include meat, fish, and eggs in your diet. "And you can do it gradually and see an improvement.

"Your diet should also be rich in minerals and essential vitamins. Choose foods rich in vitamins A, B, C, and E, as well as iron, zinc, copper, magnesium, and selenium. All of this contributes to hair growth. It's also important to avoid nutritional deficiencies (such as zinc or vitamin E



deficiencies) as they can lead to hair loss and inhibit hair growth, so think carefully about what to include in your diet (and whatnot).

#### **4. Scratching your head may affect growth...**

"Few people realize that when we scratch our head, especially with long, sharp nails, we hurt our Hair and scalp. Scratching and itching gradually damage the hair follicles and can have a significant effect on hair growth.

#### **5...As could keeping it clean**

"There is a common misconception that washing your Hair often is wrong. It is not so. It's important to wash your hair regularly to keep it healthy and strong. If you regularly wash your Hair, it's much more likely to grow back at a steady rate. Sleeping with dirty Hair can clog pores and slow growth. Applying and massaging the scalp can also be helpful. Try castor oil, which is rich in vitamin E and omega 9 fatty acid.

#### **6. It's better to wash Hair with lukewarm water**

"Try washing your Hair with lukewarm water every day instead of hot water. Extremely hot water can cause scalp sweating and injure Hair, as can sun and hot electrical products. Try to use one mild, natural shampoo to ensure your scalp remains pH neutral. Small changes, such as those made to your daily routine, can make a real difference to your hair health over time. "

#### **7. Brushing your Hair is good for the scalp**

"Brushing your hair every morning and evening for 1-2 minutes also promotes hair growth as brushing stimulates blood flow to the scalp. It is also a good idea to gently massage the scalp while washing your Hair as this also stimulates blood flow. "

#### **8. Hair loss is often caused by genes or hormone fluctuations**

"In men, the most common cause is mainly in the genes. If a man has a father or a grandfather who has thinning Hair, it is very likely that he too will lose weight or go bald. One of the most



common causes of hair growth in women is one. Changes in hormone levels, For example, postmenopausal women may experience natural Hair thinning. Additionally, women with higher than normal testosterone levels who have been diagnosed with polycystic ovary syndrome (PCOS) are also more likely to lose weight. "

### **9. Sadly, not all hair loss is treatable**

"Hair loss caused by genes cannot be cured. Unfortunately, if you are predisposed to baldness, there is nothing you can do to combat it. Still, there are steps you can take to maintain your Hair and reduce hair loss. These include actions like following a tailored Hair setting program, using over-the-counter products like Regaine, and following the lifestyle practices mentioned above. However, once hair loss occurs, and you want a more natural look for fuller Hair, the only answer is a more expensive procedure like a hair transplant. "

## **COMMON HAIR LOSS CONDITIONS**

Recent studies have found that 80% of men and 50% of women experience hair loss, with the number rising steadily. Hair loss has different causes and, therefore, different courses and methods of treatment. For this reason, it's important to first find out what type of hair loss you are suffering from.

Below is an overview of the main symptoms of the most common types of hair loss.

### **Hereditary hair loss**

(Alopecia Androgenetica)



Alopecia androgenetica is the medical term for hereditary hair loss. Hereditary hypersensitivity of the hair follicles to androgens, especially DHT (dihydrotestosterone), leads to progressive degeneration of the hair follicles.

This applies to both men and women, with the main difference being in the way it develops. The further the degeneration of the hair follicle progresses, the more severe the hair loss. Bald spots should be treated as early as possible. Hair growth can often be reactivated within 3 years of hair loss. You should also try to preserve and strengthen the existing hair structures to prevent them from falling out in the future.

**Diffuse Hair Loss**  
(Alopecia Diffusa)





It refers to severe hair loss all over the head. It can affect hair growth all over the body but is generally limited to the scalp.

There are various known causes of premature transgression from the growth phase (anagen phase) to the hair loss phase (telogen phase). These include infections with high fever, protein, iron, or vitamin deficiencies, hormonal imbalances in women (pregnancy/childbirth, menopause), liver disease, and major surgery. Stress, hectic and heavy workload, and psychological pressure are also some of the more common causes. Naturally diffuse hair loss often resolves after the cause is removed, but the cause is often unknown, so hair loss lasts for many years.

**Circular Hair Loss**  
(Alopecia Areata)



Circular hair loss, also known as alopecia areata, is characterized by progressive and pronounced alopecia that can spread to the entire head.

There are forms of progression that can cause complete hair loss on the head (Alopecia totalis) to complete loss of hair all over the body (Alopecia Universalis). The exact causes are not yet clear, but there is a general assumption that alopecia areata result from an autoimmune reaction. In this case, inflammatory cells are found in the lower part of the hair follicle, inhibiting hair growth. Since the hair follicles remain intact, there is always a spontaneous remission, but baldness persists in the remaining cases.

### **Hair Loss through Chemotherapy** (Alopecia Medicamentosa)



Chemotherapy hair loss, also known as **Alopecia Medicamentosa**. Cytotoxic drugs are given during chemotherapy cause hair loss on the head (usually reversible). This case's progress largely depends on the substances used, the dose,, and the treatment duration. Cytostatics are a group of drugs that inhibit cell growth but have a side effect that affects the hair follicles' activity. Hair usually grows back around 3 months after the end of chemotherapy, but there are increasing cases of persistent hair growth disorders.

Unfortunately, hair loss is often overlooked in chemotherapy. The general argument is that hair loss is not life-threatening. The psychological effect is completely underestimated. In addition to drugs, it can also negatively affect the immune system.

## **NATURAL TREATMENT FOR HAIRLOSS**



## Onion Juice



The thing is, the sulfur in onion juice will help your hair grow back. There's not a lot of research on it, but a small study tested it in people with alopecia areata, which causes uneven hair loss. Half of them apply onion juice to the scalp twice a day, remaining tap water. After 2 weeks, 74% of the onion juice group grew hair compared to 13% of the tap water users. If you give it a try, you can add something that will mask the scent.



## **Iron**



This important nutrient helps the body produce blood, and small amounts have been linked to hair loss. The reason is not clear, but make sure you eat plenty of iron-rich foods like meat, fish, poultry, tofu, broccoli, and all kinds of vegetables. Talk to your doctor before taking iron tablets. Too much can cause vomiting and constipation. Very high doses can even be fatal.

## **Biotin**



Some doctors prescribe biotin (a.k.a. Vitamin B7) for hair loss and get good results. (It's good for your skin, too.) While safe, you likely eat a lot. Eggs, wheat germ, and mushrooms contain a lot



of biotins. Don't worry so much about applying it to your scalp. While many hair products boast of containing them, there isn't much evidence to suggest that they help with hair loss.

### **Zinc**

Since zinc helps with most of your body's processes that keep you alive, it's no wonder it also strengthens the hair follicles under your scalp that nourish your hair. Your body cannot store zinc, so you need it in your diet every day. If your levels are low, there is evidence that ingesting zinc by mouth may help with hair loss, but more research is needed. Your doctor will likely try other treatments first.

### **Saw Palmetto**



From the small palm tree's fruits comes this herbal remedy, which is sometimes viewed as a miracle cure for hair growth. Some studies have shown that it stops the male hormone testosterone's breakdown, which can help prevent hair loss. While it is unclear how well saw palmetto works, the good news is that it is considered safe, can be taken with other medications, and doesn't cost a lot.



## **Aromatherapy**



Sandalwood, lavender, rosemary, and thyme oils have been used to treat hair loss for over 100 years. The compound they contain is believed to increase hair growth. You can try rubbing one or more of these oils on your scalp for at least 2 minutes every night. Then wrap your head in a warm towel to help it absorb better. Bonus: This nightly massage smells good and can help you feel more relaxed.

## **Silicon**





A high concentration of this common element can slow down hair loss. (Not to mention, make your locks lighter.) You can find several types of silicone supplements in stores, but your body absorbs better a synthetic version called orthosilicic acid (OSA). Nevertheless, talk to your doctor first. It is unclear how safe silicone supplements are.

### Selenium

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Some hair restorer products contain a nutrient called selenium. It can help your body fight off any toxins to which you are exposed (such as from smoking or unclean air) and keep your hair follicles healthy. Although rats and mice begin to go bald with low selenium levels, this has not been demonstrated in humans. In fact, too much selenium can cause hair loss as well as memory problems.





## **Melatonin**



You may know melatonin as the "sleep hormone." Many people take it as a supplement to a good night's sleep or to reduce jet lag. Melatonin cream can also accelerate hair growth or slow down hair loss. The reasons are not clear, but in the study, people who used a mixture of melatonin on their scalp found less hair loss within 30 days. Are You Fighting Dandruff? Melatonin can help with this too. As with all dietary supplements, ask your doctor first.

## **Pumpkinseed Oil**





Daily doses of pumpkin seed oil taken by mouth will certainly help restore your hair. Although more research is needed, a small study found that men who took four PSO capsules a day for 6 months had a 40% increase in hair count. Why? Like saw palmetto, pumpkin seed oil can prevent testosterone from being converted into a DHT compound, which is linked to hair loss.

### **Green Tea**



An extract made from its compounds can help with many health problems, including hair loss. This could be a compound called EGCG that helps with hair growth. Scientists noticed a difference when they gave green tea extract to bald rats for 6 months. However, it has not been tested on humans. However, caution should be exercised when taking supplements with green tea. Some contain other compounds that can make you sick.



## **Platelet-Rich Plasma (PRP)**



Doctors sometimes inject platelet-rich plasma (PRP), taken from your own blood, to aid healing after surgery. PRP, which is rich in growth factors, can also help with hair growth. You give some blood, and the lab spins it in a centrifuge to get the platelet-rich plasma protein. It is then injected into different points on the scalp. Many people with PRP find that their hair is growing back - it's thicker than before.

## **Amino Acids**





They are the "building blocks" of proteins. They help your bodywork as it should. Certain amino acids - such as cysteine and L-lysine - play a special role in keeping hair healthy and growing. However, you don't need to take them as a dietary supplement. With a healthy diet, you should get plenty of amino acids. Cottage cheese, fish, eggs, seeds, nuts, whole grains, and meat are good sources of food.

### **Smart Hair Care**

In some cases, small and simple changes can help with hair loss. Washing, drying, and combing your hair should be gentle. Do Not Pull. Limit the use of curlers and hot rollers as they can weaken your hair. (You can often braid your hair into a tight ponytail, braid or bun this way.) If you smoke, now's a good time to quit. Men who light up are more likely to experience hair loss than men who don't.

### **Tame Your Stress**

The difficult time can sometimes lead to hair loss. Try to avoid this by better controlling your stress. Try techniques such as meditation, deep breathing, guided pictures, relaxation exercises, or talking to a counselor. An exercise is also a great option. They are all easy to learn and have been shown to help relieve tension. Remember, the best hair loss treatment depends on the underlying cause. Talk to your doctor.

## **COSMETIC AND SURGICAL TREATMENTS FOR HAIR LOSS**

If specific treatments have not helped and you are not happy with your appearance due to the hair loss, there are several options available. These include:

- wearing a wig or toupee;
- colouring the scalp with a camouflage dye or tattoo;
- using hair thickening fibres;
- hair transplant surgery;



- artificial hair fibre implantation; and
- scalp reduction surgery.

Talk to your doctor about these options before deciding which, if any, may be suitable for you.

## **TIP TO HELP GROW YOUR HAIR**

If you are trying to grow your hair thicker and longer, the process can take forever. According to the Association of the American Academy of Dermatology, hair grows an average of about six inches each year. Still, growth often feels minimal, especially when most people lose 50 to 100 hairs per day.

While some women seem to have enviable long hair, certain aspects of our daily hair care routine need to be tweaked for the rest of us. Whether you're using a different hairbrush, adjusting how often you use your hairdryer, adding food to make hair grow faster, or adding a vitamin to the mix, or sleeping on a pillowcase of silk (yes, seriously), there are secrets to rapid hair growth and home remedies that make hair even thicker. Learn how to grow hair naturally faster with these pro tips!

### **Clean and stimulate the scalp.**





When looking for hair growth, start at the source - the scalp. First, a chronically inflamed scalp caused by scalp tension, build-up, oxidative stress, and scalp conditions such as dermatitis can lead to hair loss or thinning. In fact, one study showed that pollution and oxidative stress are a major cause of hair loss in adults.

This happens because the inflammation begins to close the hair follicle, limiting growth and ultimately leading to hair loss. "This inflammation affects the quality of hair growth. It occurs when product, dirt, and oil build up around the opening of the follicle where the hair came from, and this build-up slowly begins to choke the hair root," says the Shab Reslan trained Trichologist and hairdresser.

First, wash your scalp regularly with gentle washes. "While shampooing, massage the scalp to increase blood flow, relieve stress, and stimulate the hair follicles. In addition, regular massage has been shown to promote hair growth. Massages on the scalp stimulate hair loss. Blood flow to the area is beneficial vital nutrients and oxygen for the hair follicle.

**Take hair-growth supplements, like collagen and Biotin.**

These two ingredients promote hair health and growth by providing the body with all the right nutrients. Hair is made from the protein keratin, which has an amino acid profile that includes cysteine, serine, glutamic acid, glycine, and proline.

Both collagen and biotin supplements contain many of these amino acids, which means that the supplements provide the body with the building blocks of hair. Research backs this up as well, as studies show that taking these supplements helps hair growth.

Biotin is perhaps best known for its hair health benefits as it is one of the main characteristics of many hair restorers. "Hair loss and hair loss are very common symptoms and can be improved with the addition of Biotin. \* This is especially true if you have low levels of Biotin, which has



been shown to cause hair loss." They can be tested for biotin deficiency by your doctor. "Biotin is also believed to naturally promote healthy hair growth because it is involved in keratin production, the main component of hair. \*"

Collagen can further support hair growth by supporting the scalp in the same way that collagen can control the skin's overall health. \* (After all, the scalp is skin). Hydrolyzed collagen peptides stimulate the body's natural production of collagen, which is then released to the rest of the body, including the scalp. \*

### **Protect it from physical damage.**

This does not necessarily encourage growth, but it does protect the length of the hair that is already there. Physical damage from everyday wear and tear, intense brushing, or showering will lead to fractures. And while the occasional tearing of a strand is perfectly normal, hitting break-prone hair can make reaching your length goals nearly impossible.

Some things to consider when treating physical damage: Hairstyles that are too tight can cause friction and drag. So wear soft hair ties. You should also consider changing your style regularly, so you don't put pressure on the same area day after day.

Another way to protect it from physical damage is by brushing it - you should always brush it from the top to the top, starting at the root; this is a recipe for frayed ends. Finally, think about how to shampoo and shower as the hair is most vulnerable when wet. Washing too aggressively can create knots and tangles that are difficult to untie.

Finally, think about how you use it when you exercise: Since most of us keep our hair away from our face when we move, we often pull it hard. As mentioned above, too tight hairstyles cause friction. Wear one of these styles, like a braid, when exercising to reduce damage.



### **Keep it moisturized.**

"The hair on your head is probably the driest on your body, and if you're trying to grow it out longer, you'll need to keep it hydrated." "If your texture is naturally drier, moisturizing your hair is even more important. Dry hair turns into brittle hair, and brittle hair breaks."

It's also fascinating to investigate why moisture is so important to your hair - if your hair is dry and brittle, you likely have exposed cuticles.

"Your cuticle is the outermost layer of your hair; it is the protective layer of your lock." If the cuticles are open or raised, it means that they are not sealed. This allows moisture and nutrients to escape more easily. (Some people are more prone to it, while others may have their cuticles exposed from chemical treatments like staining.)

However, conditioning agents can help seal cuticles. Not only does this help trap water and nutrients in your hair, but a closed cuticle means less friction between the strands, which in turn means less breakage.

Of course, everyone's hair needs will be different, so a simple conditioner will do for some, while others may need moisturizing hair masks and weekly oil treatments.

### **Use antioxidants.**

Hair ages just like the rest of your body - this is why people experience thinning hair as they age. It also limits the speed at which your hair grows. Research has shown that it helps hair aging through antioxidants, as they control oxidative stress and neutralize free radicals. Be sure to eat foods that are high in antioxidants or add a vitamin-rich supplement to your diet.

"Your body needs the right nutrients to maintain healthy hair." "For example, vitamin C plays a very important role in promoting collagen production and strengthens hair."





You can also use topical antioxidants in the form of hair oils, serums, or sprays. This is especially helpful for free radical damage caused by UV rays or pollution. Just look for products that contain vitamins or other common antioxidants like vitamin E.

**Wear protective hairstyles.**

While all the tips on this list apply to all hair types, people with naturally textured hair will likely need to wear protective styles from time to time.

"Walking from short to long hair can be overwhelming." Still, protective hairstyles are great for growing hair, alternating between two different hair textures (i.e., textured or straightened) to minimize daily hair rub. Hair, covering the ends and protecting the natural hair against aggressive seasonal factors and harmful environmental factors. "

A few examples: flat twists, braided ponies, and box braids. "But change them every two weeks and rest between them" to avoid tightening the scalp that can lead to traction alopecia, a condition in which chronic haircuts that are too tight cause hair loss.

"Protective styles are simply the ones that help people with curly or curly hair extend the time between wet and styling so that they don't cause regular damage." Preparation is as important as style. For example, if you have a very thick consistency, dry your hair first and add a conditioner to keep your hair properly moisturized. If you have loose curls, you can style your hair wet.

**Give daily heat styling a break.**

If you want to strengthen and grow your hair, you cannot use hot tools every day. Thermal styling is about breaking hydrogen bonds in the hair - this is how the hair structure is restructured and changed (whether it be straightening curls or adding curls to straight hair). And if you do it too much, it will cause damage. One study found that regular styling with hot tools significantly reduced moisture levels and increased cracking.



If you're using a hot tool, make sure you're using a heat protectant that can withstand the heat: look for something that offers protection up to 400 ° F (like hot some hairdryers and irons can be), or if you can, they use natural oils, the higher the smoke point, the better.

**Get regular trims.**



A popular hair care tip that contains some truth: Regular trimming can help you get the long hair of your dreams. Hair growth comes from the hair follicles on our scalp and not from the tips of the hair. That said, shearing dead ends don't really affect the hair follicles on top. What it does help, however, stops cracking. Breaking up the will, of course, get in the way of your length goals.

"When you have split ends, your hair slowly splits into a shaft, which leads to breakage and slower 'growth,'" says well-known hairdresser and Biolage ambassador Sunnie Brook.

**WHEN SHOULD YOU SEEK MEDICAL ADVICE?**

You should seek medical advice for hair loss if:

- You recently started a new drug;



- You are a woman, and hair loss is accompanied by excessive growth of facial hair, body hair, or acne.
- You have been diagnosed with (or think you may be) an autoimmune disease, such as systemic lupus erythematosus (SLE), nutritional deficiency, or thyroid disease.
- You have recently had chemotherapy or used hormonal drugs.
- hair loss occurs in the form of discrete spots;
- Hair loss is associated with dandruff or inflammation of the scalp.
- You also have body hair loss; or
- You realize that you have a compulsive hair-pulling habit.

## **CONCLUSION**

You lose up to 100 hairs from your scalp every day. This is normal, and most people grow back. But many men - and some women - lose their hair as they age. You can also lose hair if you have certain medical conditions such as thyroid problems, diabetes, or lupus. If you are taking certain medications or receiving chemotherapy for cancer, you can also lose hair. Other causes include stress, a low-protein diet, family history, or a poor diet.

Treatment of hair loss depends on the underlying cause. In some cases, treating the cause can solve the problem. Other treatments include medications and hair restoration.