



HAIR LOSS BASICS

Balancing Act: What Causes Baldness?

Your hair is going to tell an awful lot about you, including whether or not your body is in balance. Balance includes having a good physical and mental health, as well as having fully functioning organs and glands that are producing the correct hormones for your body. If a person is healthy, emotionally and physically healthy, their hair is going to be much more radiant and shining, and their scalp is going to be healthy and moist. Their hair is going to be able to tell you a lot about what their health state is, both with physical health and with mental health.

If a person is not well, either not physically well, or not mentally well, their hair is going to be rather dull and they are going to have a hard time focusing on what their hair should be like. In an unhealthy person, you are even going to see periods of time in which their hair falls out. It might become waxy, due to the overproduction of the glands that are providing your hair with nutrients.

It is also a true fact that any changes we might be going through in our lives are going to be displayed for all to see on our heads. If we are well and healthy and happy, our heads will reflect this. If not, our hair might begin to fall out, and sometimes a slump in physical or mental state can be easily reflected in our hair.

Even though challenge and excitement is something that we need to be attractive and active people, too much stress can actually cause our hair to fall out of our heads. When this happens, it will usually regrow itself if we can get our bodies regulated and get through the periods of stress without falling back into them again.

Remember that if you are losing hair because of stress or if you are losing hair because of a slump you are in your life, you are actually in a good place to be, when it comes to your hair loss, because most of the time, once you fix what is going wrong in your life, your hair will regrow itself and your hair loss will actually be reversed. So, if you have lost hair due to stress or to being physically or mentally ill, the good thing is that once you get yourself healthy and back on track, you aren't going to have to worry about your hair, it will come back on its own.

Balding and Chemotherapy: How to Cope

Cancer is a horrible reason to be in the hospital, but it can be treated and, in some cases, cured. Chemotherapy is one of the many treatments available for cancer, but there are a number of side effects. In addition to becoming very ill from this treatment, you will probably also lose your hair. Hair loss for a cancer patient is adding insult to injury in many cases, especially for people who are used to having a full head of hair. It can be especially sad for children and women. There are things you can do to deal with losing your hair to cancer if you or a family member is dealing with this issue.

Not all patients lose their hair during chemotherapy. Sometimes, special steps can be taken to help prevent this. Also, you can talk to your doctor about the likelihood that your hair will grow back and take special care of your scalp in order to help your hair regrow. A dermatologist and

your primary doctor can help you learn how to keep yourself healthy so that you can grow hair again when the chemotherapy is over.

Many cancer patients opt to wear their baldness with pride rather than to purchase wigs. This can help others understand that you are a cancer patient and will help you raise awareness. It is also usually more comfortable. Remember to take care of the skin on your head by covering it with hats or handkerchiefs and by wearing sunscreen. This delicate skin is not used to the sun and will burn easily or can cause you to develop skin cancer, even in the winter or on overcast days.

If you are not comfortable with being bald, however, you can purchase wigs. These are very realistic in many cases and you can find or dye a wig to match your original hair color. Many organizations supporting cancer patients offer free or low-cost wigs, and if you are not a patient yourself, you can donate your own hair to Locks of Love or another organization that will use your hair to make realistic wigs for cancer patients.

Remember, the loss of hair can be very difficult for cancer patients. While it may seem like a small price to pay for a new chance at life, to a patient it is one more weight they must carry, and many need help coping with the loss. If a friend or family member is losing his or her hair due to cancer, offer your support and be as understanding as possible.

Common Causes of Hair Loss

There are many people who believe that hair loss is a disease, or is caused by a disease. However, this is simply not true. Baldness is not usually caused by a disease or sickness, but it is usually related to a number of factors. These factors might include aging, heredity, and testosterone levels in your body. These account for most of the usual male and female pattern baldness that is found. However, there are several other factors that might be either causing your hair loss, or contributing significantly towards it.

One of these causes is hormonal changes. This might mean anything from thyroid disease to childbirth, or even using the birth control pill. A serious illness might also contribute to losing your hair – such as a tumor of the ovary or adrenal glands, or even a fever. Some medications, like cancer chemotherapy, will cause your hair to fall out, but once you stop taking these medications, your hair will usually grow back.

There are other causes that might find you and these can be as simple as just shampooing your hair too often, or blow drying too often. In many cases such as these, people were prone to pattern hair loss, but as they continued to shampoo or blow dry too often, they found that they were losing more hair and that they were losing hair more quickly. Some other factors might be emotional or physical stress. This might lead to hair loss. Also, nervous habits that someone might have, including pulling on their hair, rubbing on their scalp, or other things, might cause hair loss. Burns, radiation therapy, and ringworm are also causes of hair loss.

Most of these causes do not cause hair loss by themselves. However, a person is going to be prone to losing their hair if they experience a few of these factors, and then also have hair loss in their family history. So, remember that if you know your family, and you know that you are prone to pattern baldness and hair loss, be sure to take good care of your hair and don't do anything in your life that might trigger or contribute to the loss of your hair. There might not be

anything that you can do about losing your hair, but you can do things to make it less severe, or to make it wait until you are much older.

Dealing with a Loss...Hair Loss, That Is

Hair loss is the cause for much depression among men and even women who find themselves balding. There are a number of reasons why balding occurs. For some people, balding is the result of an illness or a treatment for an illness, like chemotherapy. For other people baldness happens because they wear certain tightly pulled hairstyles. Hair loss may also occur for no reason at all other than the fact that your ancestors lost their hair as well. No matter what the reasoning, the result is the same—no hair. For some people, this is devastating. Learn how to deal with hair loss so that you can continue to lead a happy and healthy life, both mentally and physically.

First, see a doctor about your hair loss to determine why it happened. In some cases, like with illness, the hair may return when you are no longer sick. In these cases, you can buy wigs and hats or head coverings in order to hide your baldness until your hair once again begins to grow. Many times, however, the roots of your hair have died, and your hair will not grow back. Your doctor can tell you if this has most likely happened and can also check your body to make sure there are no dangerous physical reasons that your hair fell out. If your hair falls out suddenly, it is most important to see a doctor. It is crucial to help your health, so watch for signs like hair loss.

If it has been determined that your hair will not grow back, you then must decide how to best make use of your look without the hair on your head. You can embrace your baldness and simply lead a happy life with no hair, or you can try many other methods. Some men prefer to shave their entire head. This will keep you looking younger than if you would only have hair along the sides of your head or than if you had a receding hairline. You can also ask your hairstylist for options that will make your hair look thicker. Some men find that dying their hair makes a difference, while others prefer certain cuts. The same is true for women.

Don't let baldness control your life! Most women prefer other characteristics in men other than hair, and a number of famous stars are balding or are completely bald. If it bothers you enough to control your life, talk to your doctor about hair replacement options. Hair transplant surgery is time consuming and can be very expensive, but can give you the results you want. You can also try hair extensions if you still have some hair left. The most important thing is to be happy no matter how you look.

Dealing with Your Pet's Hair Loss

Humans aren't the only animals in the world that lose hair. In fact, most mammals lose their hair fairly regularly which you have probably noticed if you have a dog or cat for a pet. Pet hair loss can be extremely annoying for some homeowners, especially if they did not realize the amounts of hair a pet would lose when they first brought the new puppy or kitten home to the family. Your pet is going to lose hair. Here are some tips for dealing with the hair loss.

First, learn what is normal and what is abnormal in hair loss for your pet. Every breed is slightly different, but most pets will lose their hair seasonally. You should find that as the weather gets colder, your pet's coat gets heavier and as it again warms, your pet loses his or her winter coat.

This is inevitable. However, by making sure that the hair loss your pet is experiencing is typical, you can help you pet stay happy and healthy.

Most people hate having to deal with hair on their clothing. The best tip to prevent this is to wear clothing that does not attract hair. Jeans, for example, are a better choice than black sweat pants. You should also take notice to the colors you are wearing. Typically, dark colors make you look like you're covered in hair faster than light colors will. It depends largely on your pet's coloring. Keep a lint roller by the door to remove hair before you leave if you are self-conscious about it. Tape works as well if you do not have a lint roller.

Vacuum often when your pet is shedding. This is really the only way to clean the hair out of your house. Many homeowners choose to keep their pets out of the kitchen to prevent hair from getting into food and drinks as much as possible. Like with your clothing, choose furniture fabric that does not attract hair and is not in dark colors.

Lastly, groom your animal. Take your pet to a professional at least twice a year for an all-around grooming, but also take care of your pet's coat at home. Bathe your pet at least every other week, if not more and brush his or her coat. You can buy special brushes that will help you remove dead skin and dead hair so shedding will not be as big of a problem.

Eat Right! Nutrition and Hair Loss

There are several key elements when it comes to hair loss. The majority of hair loss is something that you can do nothing about – it is simply something that is going to happen to you whether you want it to or not. When these things happen, they happen, and male pattern baldness is something that you can't stop.

However in most cases, and in the cases of some kinds of hair loss, nutrition can play a big role and can either prevent certain types of hair loss, or help you deal with hair loss that you can't control. Getting good nutrition is always important, but if you are prone to hair loss, it is something that you might want to consider very carefully because it could be the deciding factor in how quickly you lose your hair, or how much hair you end up losing.

The human body cannot function well without a good supply of food. Food is used for energy for all of the body, and it is also used for hair growth. Eating the right kinds of foods allows your body to make the energy needed to keep your hair healthy and also to keep you from losing your hair.

Since the majority of hair loss is not actually your hair falling out, but is instead the failure of your body to create new hair that is supposed to replace hairs as they naturally die and fall out, you should know that eating the right foods is one way of making sure that your body is healthy enough to keep making new hairs to replace the ones that you lost. Be sure that you are getting the right nutrition, because this is vital to new hair growth.

In order to make sure you are getting the proper nutrition, and therefore that you are able to maintain healthy hair growth and great hair follicles, make sure that you check with a doctor or with other specialists to see if you can do anything else. Be sure that you are eating food that is good for you, food that is healthy, and that you are doing your best to get a balanced meal in three times every day. These things put together will help you to be sure that you are fully able

to re grow any hair that your body is naturally going to lose. Of all of the things that you can do to keep yourself healthy, eating a good meal is the best option.

Hair Loss: What You Need to Know

Remember that hair loss usually develops gradually in a person, and it might either be a patchy case of hair loss or might be diffused, which means that it will be all over. In a person who is not experiencing hair loss other than regular hair loss, they are losing about 100 hairs from their heads every day. On the average scalp, there are about 100,000 hairs.

A hair is going to live for about 4 and a half years, and it will grow about half an inch during every month. In the 5th year, the hair will fall out, and will be replaced in about 6 months by a new hair. Most of the baldness that is genetic is caused by the fact that your body does not generate new hairs to replace the ones that fall out naturally.

In both men and women, there is a tendency to lose hair thickness as they age, as well as to lose the amount of hair that they have as they get older. Pattern baldness is usually inherited, and during its course, it will infect many more men than women. In reality, it is found that about 25% of men will start to lose hair by the time they are 30 years old, and it is also a fact that by the age of 60, about two-thirds are either bald or are having a balding pattern on their heads. When you think of typical baldness, this involves a receding hairline, and you also see that there is a general thinning of the hair around the crown. This will eventually form bald spots. When it comes to general balding, you might end up with only a pattern of hair that is shaped like a horseshoe around the side of your head.

Many times a loss of hair can be traced back to the way that men produce testosterone. Too much or too little is going to add to baldness that might be already occurring. However, it is found that if a man does not produce testosterone, because of genetic abnormalities, castration, or whatever other reason, they do not develop a baldness that follows the main pattern of it. .

It is also the case in some women that they might also develop a particular pattern of hair loss. This can be because of many reasons, such as their particular genetics, their age, and the fact that male hormones tend to increase in women after menopause, which is going to aide in the thinning of a woman's hair.

Hair Loss at the Doctor's Office

When you go to the doctor's office to talk about and to treat your hair loss, there are several things that you might want to think about. For most people, visiting the doctor's office is not fun. Many are even nervous about it. However, doctors can help. Be prepared for the exam and your nerves shouldn't be as much of a problem.

The first thing that you are going to have to do is to answer questions about yourself and about your family so that your doctor can accurately diagnose the causes of your hair loss and can help you figure out how to deal with it. Some of the questions that you might be asked include where the hair you are losing is coming from, whether it is coming just from your scalp, or from other areas of your body. Also, you might be asked if you have a receding hair line, or if the hair is being lost from your whole head. The doctor will want to know if you have been sick or have had a fever, and if you dye your hair. He or she will want to know if you blow-dry your hair, and how often you do so, and how often you shampoo your hair, as well as what kinds of shampoos you use. Your doctor will also want to know if you have been under lots of stress lately, and if you have nervous habits like pulling on your hair or rubbing your head when you are stressed.

Some other questions that you might be asked might include whether you have other symptoms like itchiness in your hair, flaking of your scalp, or redness of your scalp. He or she is also going to need to know what kinds of drugs you are on, whether they are medically prescribed, over the counter, or other kinds of drugs.

There might be some tests that are performed on you when you go in for dealings with hair loss. These might include a microscopic examination of hair that has been plucked from your head, or a skin biopsy, if there are changes that have occurred in your skin.

It is also a fact that ringworm on the scalp might contribute to hair loss, and if this is the case, you might need to take a drug orally, because creams and lotions which you can put on your scalp might not be able to go all the way into the hair follicles to kill the fungus. There are also steroids that can either be applied to your skin, injected, or you can be treated using ultraviolet lights. Your best bet is to visit your doctor and answer his or her questions honestly so that you can best be treated.

Hair Loss in Women

For most women, hair loss is not an issue. The majority of hair loss takes place in men, and so women don't have to worry about it. However, some women do experience hair loss, in some of the same ways as men, and also in very drastically different ways than most men.

In most women, hair loss is seen a different way and happens in different ways as well, than hair loss in men. There is no set pattern for a women's androgenic hair loss. This is hair loss that is like male pattern baldness, and it happens, like pattern baldness, in the majority of women who lose their hair. However, unlike the male pattern baldness, which does actually occur in a pattern, the women's baldness does not. They can suffer from hair loss on all parts of their hair, and also in all parts of their bodies, just like men can, but it doesn't happen in a set pattern, which makes it difficult to diagnosis in women.

However, in women, baldness can occur for many different reasons. Most of the time, with women, their hair loss is seen simply in patches. Women can experience patch baldness for the same reasons as men, which might include reasons such as stress, not eating correctly, or pulling or tugging on their hair. However, unlike men, women have many more different hormonal changes that might also lead to their hair loss. These can include the hormonal changes from pregnancy and certain eating disorders.

In most of the cases of hair loss in women, like the hair loss in men that either happens for reasons or due to illness, most of the women's hair loss that happens for the above reasons will actually grow back.

There are women who experience genetic thinning and baldness however, and unlike in men, this happens in no set pattern. This makes it sometimes difficult to discern whether a woman is losing her hair due to the above reasons, or if it is genetic. If it is a genetic hair loss, like that in men, it is something that a woman can do nothing about, besides try to treat it using the same things that men do to treat their own hair loss. It is usually going to be something that they can't fix, and there is not cure for pattern baldness, whether it is in a man or a woman.

Hair Transplant Surgery: Is it for Me?

Hair loss and pattern baldness can be difficult to deal with. However, you do have options other than simply purchasing a wig. Hair transplant surgery is becoming increasingly popular among

both men and women, and the results can look very life-like. If you are embarrassed or uncomfortable with your hair loss situation, check out hair transplant surgery. There are both advantages and disadvantages to this process, so review them to decide if it is right for you before proceeding.

Hair transplant surgery is a technique that removes hair from very thick growth on your body and replants it onto your head where it should begin growing again. Think of it as a garden—if you suddenly see that all of your plants on the east side of your garden are flourishing, but those on the west haven't sprouted, you can dig up some of the plants and redistribute everything so that your entire garden looks balanced and healthy. The process of doing this on your body, of course, is a little more complex, but that is the basic idea.

Most hair transplant surgeries take place with local anesthesia, so you don't have the risks of being put under as you would in regular surgery. You might be slightly uncomfortable during and after the procedure, but there should be little pain. First, the doctor will numb your scalp and then he or she will remove a layer of your scalp, including the hairs, from wherever on your hair the hair is growing thickly—usually in the back. The wound is stitched if necessary.

The area to receive the new hair is then cleaned and numbed. This is usually the front of the head. Your doctor will take the hairs cut from the back of your scalp and separate them from the scalp carefully so they can be transplanted one by one. Then, small holes are made in your scalp and each hair is gently placed in a hole, where hopefully the root system will start to grow. This process can take a very long time, as hundreds or thousands of hairs must be carefully placed in their new homes.

As with any medical procedure, there are a number of risks and disadvantages. Although very rarely life threatening, you could experience scarring, bleeding, and infection on your scalp. The most common disadvantage is that your hair won't look as natural as it did when you first grew it, but for many people some hair is better than none at all. The procedure is very expensive and time consuming, but if you feel like you have no other choice, perhaps it is appropriate for you. Talk to a doctor to find out more.

Help Man's Best Friend with Hair Loss

Human hair loss can happen for many reasons, but did you know that hair loss also occurs in animals? Of course, if you have pets, you probably know by now that dogs, cats, rabbits, and rodents all lose their hair to some degree. It is important to learn what is normal for your animal. Hair loss in humans is often due to medication, medical procedures, or illness, and it can be caused by the same things in pets. Overall, if your pet is losing hair unnaturally, it is important to find out why.

When you first get a pet, it is important to understand how to care for your new addition to the family before you bring him or her home. This includes learning about hair loss. Pets do not lose hair in the same way humans do. For us, every hair is at a different point in the growth cycle, and we lose an average of 25 to 100 hairs every day, regardless of the time of year. This is natural. A pet loses and grows hair according to the seasons in many cases. Even if your new puppy stays indoors most of the time, he or she will still grow and lose hair on a pattern. This is inherited and usually comes from a breed's need to stay warmer in the winter and cooler in the summer. If your pet loses lots of hair during the spring, you probably have nothing to worry

about as long as this is normal for your animal and the breed. Before you bring a pet home, learn what is typical.

However, if your pet loses lots of hair suddenly or at the wrong time of the year, you may have a cause for concern. Losing hair in patches is also not typical for most animals. Be very worried if your animal is physically using his or her teeth to pull out their hair. In any of these cases, take your pet to the vet, just as you would go to the doctor if your hair were abnormally falling out. Because your pet cannot talk, hair loss and other signs are the only way to indicate to you that there is a medical problem. Look for other signs that your pet may be ill as well.

Follow your vet's instructions to help your pet heal. If you do this, you'll most likely find that your pet will regrow the lost hair and get back into a regular hair-loss pattern. However, this is not always the case. If your pet has permanently lost hair, make sure she or he is warm enough, which may include purchasing clothing during the colder months or providing a space heater for your pet.

How Hair Grows

Hair is composed of a protein called keratin. When it comes to the way that the hair is arranged, one can see by looking closely that it is arranged in three layers, an outer cuticle, middle cortex and central medulla. These three layers constitute the way that the hair is set up on your head, and these layers might contribute in some small ways to the amount of hair loss that you might be seeing.

Hair grows from a follicle. This is the small hole, or area in your head where the hair pushes out of. Many times, when people have hair loss, it might be because these follicles are plugged and new hairs have no way of getting to the surface. This is often part of the factors that contribute to hair loss as a whole.

If you are experiencing hair loss, you might want to consider doing something about your hair follicles. This is something that might not actually cause hair loss, but if you have thinning hair, even getting a few of the follicles unplugged and allowing new hairs to grow is something that you can do. Even if you are going to lose your hair completely by the time you are a certain age, you might be able to delay this for a while by taking the time to do something about your follicles.

There are several places where you can find shampoos and other things that will help unclog your follicles. If you can find things and can begin a treatment, you are going to be able to see that your hair might come in much more quickly and that you might have much more of it than you had though previously. However, these treatments must be continued, so be sure that you are following directions to insure that you are doing everything you can to have as much hair as possible. Remember that once you have started to use special shampoos which should help clean out your follicles, you are going to have to continue to use these shampoos because if you don't, you are going to find the hair isn't going to grow in as well as you'd like it to. Remember that this is something you should keep in mind before you begin a hair regrowth treatment. Most of these treatments you will actually have to keep doing for quite some time so if it is something that is important to you, you should begin them with the intent of keeping up with them.

Making Hair Loss Decisions about DHT

When it comes to hair loss, there are many factors that come into play, and there are many reasons that some people lose their hair and some do not. When it comes to general hair loss, most of it is caused by male pattern baldness. This is a cause for about 95 percent of all hair loss in men. Male pattern baldness happens to about half of the men in the world before they are 50. You'll need to decide if you want to treat the hair loss or learn to live with it.

What is known about hair loss is several different ideas and several different factors that happen to work together to cause you to lose more hair than you ever thought that you would. Most of the scientists agree that in order to have male pattern baldness you have to have some sort of hair loss that is inherited from either side of your family, and that you also must have dealings with a certain chemical, which is found in your body, called dihydrotestosterone, which is also called DHT.

The DHT is a substance that will shrink the hair follicle. When this happens, you will find that the follicle gets too small to produce any hair, and therefore you are going to lose your hair. Once the hairs that you have die, which usually happens anyway after a few years, there are going to be no hairs to replace them, because the DHT has shrunk your follicles.

If you believe that your hair loss might be caused by DHT, and you probably have a good reason to believe so, you are going to have to make a few decisions. The best thing to do is to talk to your doctor to make sure that you are making the right decisions for yourself and for your particular brand of hair loss. The best thing that you can do, in situations like this, is to get your doctor's advice, because there are many things that can be done about hair loss. You can have surgery, take pills, use certain shampoos, or simply let yourself be bald. No matter what you decide, it is most important that you do something so that you are comfortable with who you are and how you look. As long as that is true, then it doesn't matter how much hair you have. So, in the end, your biggest decision is going to be how much hair you can stand to lose, and how much you need in order to be the person that you are.

Oil Slick! - Dealing with Oily Hair

When it comes to hair loss, there are many different explanations. There have been several different studies that have been done, all over the world when it comes to hair loss, and many of these studies have found that there might be different cures and that there might be different causes to the same thing, the loss of hair.

One of these ideas might be that hair loss, in both men and women, is caused by an excessive amount of oil on the person's scalp. There is oil, which is called sebum, and it might cause the pores on the top of the head to become clogged. When this happens, it will stifle the growth in the follicles. If it goes on for long enough, the hair root itself is going to die, and no new hair will ever grow there.

This might explain, in this study, why more men than women lose their hair. Because the follicles grow on the top of a man's head, when he does not have long hair, the oils will slip back to his scalp, and therefore will clog the pores. Because a woman has longer hair, generally, the oils can slip to the ends of her hair, and will therefore not clog the pores in the scalp.

If this is indeed the cause of your own hair loss, the best way for you to make sure it doesn't happen more is to make sure that you clean your scalp properly. Remember that the oil will become wax if it isn't cleaned properly, and it will then clog your pores. If your pores are

clogged, when you lose a hair, the hair that is supposed to come out of the follicle after it will not be able to come out. If this happens for a long time, the hair will die and no more will replace it.

There are several things that you can do if this is the case. You can try to use treatments or shampoos that fight the oils in your scalp and help to get them out of your pores. By making sure that you are cleaning your hair properly, you can help to alleviate some of the oils and get rid of them before they turn to wax and prohibit the growth of your hair. Remember that this is only one potential cause for hair loss, and should be considered as such.

Ponytails and Braids: Traction Alopecia

Baldness can occur for many reasons. Perhaps you are ill and not getting the right nutrients. Perhaps you inherited the baldness gene from your ancestors. Perhaps your oily hair is clogging your follicles and killing your hair's root system. No matter what the cause, however, baldness can be embarrassing and difficult to deal with. For many men every year, it is a major problem. However, baldness also occurs in women, and in these cases, it can be even more devastating. Although rare, baldness in women does happen. The causes of this female baldness are often very different from male baldness, and in some cases, the hair loss could have been prevented. One such type of preventable baldness that is seen just as commonly in females as it is in males is called traction alopecia.

Traction alopecia occurs when you wear your hair in certain very tight and pull back hairstyles for long periods of time or over the course of many months or years. Ponytails, pigtailed, braids, cornrows, and hair weaves are all culprits that cause traction alopecia. You see this very commonly among older women who have worn their hair a certain way since they were young for social or religious reasons. When the hair is pulled back very tightly from the face, you are training it over time to grow that way, and the hair could fall out as a result. In many, it looks like a receding hairline.

Hair weaves, which are ironically sometimes used to hide hair loss, commonly cause traction alopecia. A hair weave can be done by bonding, but the danger for traction alopecia comes with the process known as tracking. In this technique, the hair is tightly braided in concentric circles around the head and then hair extensions are sewn into these braids. Unfortunately, the braids must be done very tightly and hair weaves are expensive, so many women leave them in for long periods of time. The result is that the real hair is strained from the pull and falls out. Some women, when removing a hair weave, can pull out clumps of their own hair accidentally.

Traction alopecia also became to be a big problem when facelifts grew in popularity. Many women can't afford a facelift, so the very cheap alternative is to pull the skin on your forehead by wearing a very tight high ponytail. Of course, this practice very easily leads to traction alopecia. It is most common in Eastern European countries, like Russia.

Skin Cancer: A Risk of Hair Loss

When you lose your hair, your biggest problem may not be trying to deal with the embarrassing baldness. There are actually real medical risks to this condition, since your head should naturally be covered in hair. One of these risks is melanoma, or skin cancer. Skin cancer, when left untreated, can spread throughout your body and eventually kill you. If you are losing your hair

or if you are already bald, it is important to take preventative steps to help reduce your risk of contracting skin cancer.

Skin cancer comes from the sun in most cases. The skin on the top of your head is not made for being out in the sun, so it is especially sensitive. You can take a number of steps to help your skin in the sun. All of these apply to not only the top of your head, but also to your skin everywhere. First, invest in some good sunscreen. Look for a lotion or spray that is of a well-known brand so that you know the product is of a high quality. Your sunscreen can be in lotion or spray form, but should be at least SPF 15. Read the directions on the bottle and follow accordingly, reapplying as often as recommended. Also check if your sunscreen is waterproof or not. If you intend to swim or if you sweat a lot, use waterproof sunscreen.

You can also wear protective clothing to prevent skin cancer. Look for lightweight hats or over head coverings to block the sun from reaching your skin. Sunglasses are important to protect your eyes. It is especially important to wear protective clothing between 10 am and 2 p, during the summer months when the sun is at its worst. However, don't forget to protect yourself during the winter as well. Just because the air is not hot doesn't mean that the sun's rays are not harmful. On sunny days in the winter, protect your skin with sunscreen and clothing, just as you would do in the summer.

Lastly, refrain from using tanning beds and other tanning devices or from lying in the sun to get a tan. Using tanning oils is especially bad for your skin. Tans may look nice, but the risk is not worth it. Skin cancer can only be removed by surgery in its very earliest stages, so if you choose to participate in risky behaviors in the sun; you may find yourself with full-blown cancer. Take steps to prevent it instead, especially if you are dealing with hair loss and skin on your scalp that is not made for exposure to the sun.

So Many Treatments, So Little Hair

In the past, the only thing that you could do if you were losing your hair was buy a hat, and to learn to live with the way that you look. However, now there are several new ways to begin to treat hair loss, and there are also treatments that you might have never heard of. You can still choose to simply live with hair loss, but you have other options as well.

If you have decided to treat your hair loss, there are several things that you should be doing. The first and most important thing to do is to talk to someone you trust, like your own doctor. First of all, remember that consulting with your doctor is very important, because he might be able to recommend things that you haven't even heard of. If he knows your medical history, you are going to find that you are much more successful having him take a look and see what there is to see, and suggest things for you to do.

Right now, there are a couple medically approved drugs which will fight hair loss. These drugs have been found to stop hair loss. The drugs are usually high blood pressure medications that have ended up having side effects which include the cessation of the hair loss in the people who ended up taking them. From here, hair loss drugs were created. These drugs have had minimal success in stopping hair loss, but before you begin to take them you should check with your doctor to make sure they are safe for your own use.

If you don't want to take drugs for your hair loss, there are also several non-medical solutions that might grow your hair back. Even though these have not been recognized by the FDA, there is evidence which says that they cause hair regrowth. If you are interested, check first with

your doctor, and then do some research to see what kinds of treatments might work best in your case. Remember too, that there are also laser treatments that might be done on your head, which could cause your hair to re grow, or at least to stop the hair loss. Remember that in these cases, there is evidence it works in some people, and does not work in other people. Because of this, it is very important that you check with your doctor before you begin any of these treatments or experiments.

Stay Happy: Having a Positive Attitude about Hair Loss

Hair loss is extremely natural in many cases, and most men (and some women) simply inherit a gene from their parents that causes them to lose their hair. For some, hair loss begins as soon as puberty begins. Others simply get gray hair—look no farther than American Idol to find an example of that. While losing hair at a young age is not fun, it is fairly common, and so you have two choices when learning to deal with it—stay positive or be miserable. Of these two choices, I think most people would agree that staying positive about hair loss is the better decision.

First, if you want to stay positive about your hair loss, you must realize that most women do not consider hair as a top priority when looking for a potential mate. In a recent poll of women aged 17 to 50, hair was one of the last things on the list of characteristics that attract them to men. A sense of humor was at the top of the list, along with pretty eyes and a friendly personality. If a woman only likes you because of your hair, chances are she is not the type of girlfriend you want anyway. Of course, if you are balding before you graduate from high school, it might be more difficult for girls to accept this look about you. Instead of letting it get your down, you can try a number of styles in order to look younger and hide your hair loss.

A comb over is never a good idea! Not only will this make you look old, but it may also make you the butt of a number of jokes. Comb overs don't fool anyone. However, there are some styles of hair that do. If you have a receding hairline, you might consider bleaching your hair. This will make the baldness less noticeable. You can also ask your barber for a cut to make your hair appear thicker. If the baldness has progressed, these techniques may not work. In this case, try simply shaving your entire head! A barber can do all this for you, or you can do it yourself at home. In either case, the result is a younger look that hides your hair loss.

No matter how you style your hair, it is important to surround yourself with supportive people. If your friends constantly make fun of your balding, they aren't really your friends at all. It is much easier to stay positive when you surround yourself with people who don't even mention or seem to notice your hair loss.

Take it Off! Shaving Your Head

One of the biggest struggles for men dealing with male pattern baldness or other forms of hair loss is figuring out how to style their hair. Of course, you could use toupees or hair weaves to hide the baldness. For some, a comb over is the look of choice. Others simply embrace their baldness without embarrassment. One option that you have, however, is to simply shave your entire head. If you are going bald, shaving your entire head of hair hides this fact and helps you maintain a younger look. It is an especially popular option for men who lose their hair at a young age. However, many men have never shaved their heads, so if you are standing in front of the

mirror with a razor blade, you might be perplexed as to where to start. Here's how to shave your head step by step so that you can hide hair loss and look great.

First of all, set down the razor and pick up the scissors. The beginning step when you want to shave your head is to get the hair that you have not lost as short as possible. You can go to a barber to get this done or do it yourself. Don't worry about cutting it evenly or obsess over if it is done perfectly—you're going to shave it off in the next few minutes anyway right? Getting it as short as possible will help you to have a better and closer shave and will make the process easier, especially if you are doing the shaving yourself for the first time.

Next, get your head as wet as possible. Use warm water that is not too hot. A good idea is to jump in the shower right before you're ready to shave. The warm water will open your pores and soften your hair, making it easier to shave and reducing irritation and ingrown hairs. Use a shaving cream or gel to further soften the hair and take your time massaging it into the scalp. This step will also reduce irritation. When you begin to shave, start with wherever your hair is finest and lightest, leave the dark, course stubble to soak in the shaving cream or gel for as long as possible. Use even strokes and if you're afraid of irritation, shave with the grain of the hair. For a closer shave, run your blade against the grain. After shaving, dry your skin and treat irritation with after-shave or a skin care lotion, and then you are finished!

Taking Care of Your Hair Loss At Home

Even though there are several genetic causes of hair loss, and these causes really have no cure, there are several things that might happen to you where you lose your hair, but you can do something about it. If you have lost your hair or some of your hair due to some of these reasons, you should know that there are several things you can do at home to make sure that you are going to regrow the healthiest hair.

You should know that if you have experienced hair loss due to menopause or child birth, you are going to just have to wait it out. Most of the time, after a period of time ranging from 6 months to 2 years, your hair is going to go back to growing exactly the way that it did in the past, and you are going to see no more lasting effects of the hair loss. If you have lost your hair due to illness, like a high fever, or radiation therapy or medications, you don't need to do any other treatments to get your hair back. In fact, when you are finished with the illness, or when you are finished the treatments, you should start to see your hair growing back like normal right away. You might want to cover up your head while this is happening, but that is completely up to you.

If your hair loss is because of heredity or age, or even because of hormones, there might not be much that you can do at home to bring your hair back. However, there are several things that you can try, and perhaps one of them will work for you. There are topical medications such as Rogaine that will re grow some hair in some cases, and perhaps it will work in your case. However, it might be as much as 6 months before you see any results, so this kind of treatment is something that you have to do for a while before you can be sure it is either working for you or that it is not going to work for you. There are also medications like Propecia which might help your hair grow back in some men, but this medicine and others like it can cause decreases in sex drives. Also, once you stop the medication, you are going to see the pattern of baldness returning.

The Three Factors to Male Pattern Baldness

There are several explanations for male pattern baldness. One of the explanations is that there are three factors that work together to bring about a type of hair deficiency in most of the men, in an area near the temples, or a bald crown or forehead. It also might be that there is simply a general thinning of hair in these areas.

The three factors that work together might be a reason for male pattern baldness. The first factor is that the person has a tendency towards male pattern baldness, because of their heredity. If you have it in your genes, you probably have the first factor. Remember that a woman can be a transmitter of these genes, so don't discount this if you are not a man or if the men on your side of the family don't have male pattern baldness. It might be passed down from your mother.

The second factor would be that you have an overabundance of the male hormone, mainly testosterone. This is going to be creating an increased production of androgens in your blood stream, and added to the fact that you have a tendency towards male pattern baldness; the testosterone is going to increase your likelihood of losing your hair.

The third factor would be your age. If you are younger than 20 or older than 50, and have not experienced male pattern baldness, this is normal. If you are between 20 and 50, and you have both of the two above factors, you are going to find that you are much more likely to develop male pattern baldness as you go through life. If you've gotten to 50 and still have most of your hair, you are probably going to continue to have all of your hair as you get older.

There are other factors that might contribute to hair loss, and some of those include washing too often, combing your hair too much, wearing a helmet or hat too often, having a lot of stress, having a lack of vitamins or minerals in your body, or weather influences. These are not causes of male pattern baldness, but if you have the above factors, these might be what trigger the baldness to begin for you. If you have some of the above factors, you should take care that you are getting proper nutrition and that you aren't putting your hair under undue stress, because you are going to find that you might be more likely to lose what little hair you have left.

Understanding the Hair Growth Cycle

If you're balding or worried about becoming bald, one of the very best prevention and treatment steps you can take is to learn. Knowledge is the key to dealing with your baldness! When you understand your hair and your balding, you can make better choices about how to proceed and you can quickly spot if your baldness is natural or if you may need to see a doctor. Learn all you can about your hair, including about a healthy growth cycle, so that you understand what is happening to your own body.

The hair growth cycle is different in humans than it is in any other animal in the world. If you have pets or even if you don't, you probably know that during certain seasons, their hair gets very thick and long, while during other seasons they shed uncontrollably. Animals do this biologically, even if they are indoors all of the time with no exposure to the actual change of seasons. Humans, on the other hand, do not shed in predictable patterns. Our hair is still part of a cycle, like the hair of animals, but each hair on our head is at a different stage of this cycle. Therefore, our hair is overall constantly shedding and growing at once. It is normal to use

anywhere from 25 to 100 hairs every day and, in general, our hair will grow about 6 inches every year, although this may happen in spurts at times.

There are three stages to hair growth: catagen, telogen, and anagen. The catagen stage lasts for up to three weeks and leads the hair through a period of transition. The hair stops growing and the outer root shrinks up to attach to the root in the follicle. This forms what is known as a club hair. Next is the telogen stage. Your hair is prone to fall out during this stage, because the hair is at rest. Lastly, the hair transitions into the anagen stage. This is the active stage of the hair, when it grows rapidly. The anagen stage can last anywhere from two to six years, so if your hair seems to grow very slowly, you probably have a shorter anagen period.

Baldness usually comes with a hair falls out in the telogen stage and then cannot grow back. This can happen for many reasons. For example, if your follicle is clogged, the hair cannot push through and the root dies. If your hair falls out, in most cases it will grow back, but if it doesn't grow back and the root dies, it never will.

What Is Hair Loss?

In general, for most men, hair loss is called male pattern baldness. There are also many types of hair loss that you might see, and some of these conditions can be very rare and very upsetting. Some of the other conditions are called alopecia totalis and alopecia universalis, which mean that the entire scalp for the first one, and the entire body for the second one, become completely bald. These conditions are due to a viral condition, and this happens to be irreversible. Another type of baldness is called patch baldness, and in these conditions, hair falls out in different patches on the scalp. This can be caused by many reasons, such as improper diet and nutrition, or other scalp problems. In these cases, the hair will usually grow back once you have solved the main problem.

However, the main cause of men going bald is male pattern baldness. This is the cause of about ninety-eight percent of the baldness today. The name comes from the fact that the hair loss occurs in a pattern. In the end of this pattern, all that is left of a man's hair is in the main horseshoe area around the sides of his head. In the end, this goes away, as well.

Most of the men who begin to experience male pattern baldness see hair loss first in their hairlines. It simply gets farther and farther back on their heads. Sometimes, male pattern baldness occurs for the first time towards the crown of the head rather than the hairline.

Most of the time, hair will begin to become thin in the crown of the hair, and the hair line will also recede at the same time. This is the most common pattern when it comes to male pattern baldness.

No matter where your hair loss begins, it is probably not going to stop until you are partially or completely bald. Remember that there are several things that you can try to do, but the most important thing is that you can be comfortable with who you are and with what you are doing, so try to be comfortable with yourself, even if you don't have as much hair as you'd like to have. Keep in mind that everyone is unique, and be proud of yourself, even if you are going bald! There are always worse things in life, and at least this is something that has no health effects.

When Should You Do Something About Hair Loss?

When someone should do something about their hair loss depends on lots of different factors. The most important factor should be the way that someone feels about losing their hair. There are some people who think that you should try drugs right away at the first stages of hair loss, which would mean that you might be able to prevent hair loss. However, there are people who think that you should try other methods first, because of the risks that might be associated with drugs.

Lots of people feel that they want to go right into the idea of having a hair transplant, but most doctors and professionals say that it is important that you wait until you have a good idea of exactly how much hair you are going to lose and exactly where you are going to lose it from. Doctors say that if you have a hair transplant too soon, it might not be apparent where you are going to lose the hair from, and you might indeed feel that you shouldn't need one right away. This is especially important because a lot of hair transplants involve taking hair from other areas of your head or body and transplanting it into the bald areas. However, if you don't know what else might get thin, and you take hair away from those areas, you are going to simply need to have another hair transplant sometime down the line.

In the end though, it basically comes down to the idea that how soon you treat your hair loss has everything to do with how bald you want to appear. If you can't handle the idea of looking even a little bit thin, you are going to find yourself doing something about it sooner. However, it would be best if you could come to terms with yourself and know that if you are in a certain condition it is simply how you are. Saving time and money on hair restoration practices might be something that is better for you in the long run, if you can come to terms with your own hair loss and feel good about yourself, no matter how thin your hair might be. Remember that in the end it is all about being comfortable with who you are and how you look, and living your life based upon how you look as a person. It will end up being your own decision, and completely up to you.

Why Choose a Balding Man

Hair loss is something that over half of the men in this world will have to deal with at some point or another in their lives. For some, it starts as early as directly after puberty, while for others it onsets much later, like in a man's late 30s or 40s. Women can lose hair and go bald as well, although this is not as common. Men may have low self-esteem issues when going bald, but there are a number of reasons why hair loss should have nothing to do with attractiveness. If you are a woman looking for a great date, consider a man, even if he is losing his hair. Here's why.

First of all, hair loss does not have to indicate attractiveness. If your date is comfortable with this lack of hair, he can take care of his appearance and still be very attractive. Hair loss can even be hidden if your date chooses to shave his entire head. This can be a very young and stylish look, and is much better than a toupee or a comb over. Personality should lead you to an attractive man, not hair.

It is also important to realize that no matter whom you choose, there is a good chance he will lose his hair in the future. If your date is younger and already balding, he simply is adjusting to this change earlier in life. Older men who have had a fully head of hair previously are often more

self-conscious when they do begin to lose their hair, so by going out with a man who is already experiencing this loss; you are avoiding confidence issues in the future.

Also, your date may not be losing his hair because of heredity. Sometimes, illness or other causes are to blame, and this hair may grow back. If you wonder, simply ask. Most men have no problem talking about hair loss if they are confident with their appearance. If your date has gone through an illness and lost hair as a result, he probably has a very strong character.

Overall, hair does not make the man. Many women prefer a shaved head or at least do not mind baldness. Some women even look for that characteristic in a man. No matter what, it is personality that should count long before you take into consideration a person's appearance. You'll be happier with a funny, sweet, bald man than you will with a mean-hearted man with a full head of hair.