



Hair loss



SIGNS & SYMPTOMS

- Thinning of hair on the temples and crown
- Receding hair line
- Bald spot on back of head or areas of patchy hair loss

CAUSES

- Normal aging. Family history of hair loss.
- Hormonal changes, such as with menopause or hormonal imbalance from polycystic ovary syndrome
- A side effect of some medicines, chemotherapy, and radiation therapy
- A side effect from hair products, such as hair dyes and hair relaxers
- A prolonged or serious illness. Thyroid disease.
- Alopecia areata. This causes areas of patchy hair loss. It improves quickly when treated, but can go away within 18 months on its own.

TREATMENT

- Medications
- Hair transplant with surgery
- Laser therapy
- Corticosteroids injections



SELF-CARE / PREVENTION

- Try the over-the-counter medication, Rogaine.
- Avoid or limit hair care practices of bleaching, braiding, cornrowing, dyeing, perming, etc. Avoid hot curling irons and/or hot rollers. Use gentle hair care products.
- Air dry or towel dry your hair. Use hair dryers or curling irons on the lowest setting.
- Keep your hair cut short. It will look fuller.
- Don't be taken in by claims for products that promise to cure baldness.
- If you take a medicine that has caused hair loss, ask your doctor if a substitute one is available without this side effect.
- When your head is exposed to the sun, wear a hat or use a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher on the bald parts of your head. The risk of sunburn and skin cancer on the scalp increases with baldness.
- To disguise hair loss, wear a hairpiece, wig, toupee, etc.

TRIAGE QUESTIONS

