



HAIR LOSS

January 2016



PSORIASIS

February 2016

THYROID  
CONDITIONS

March 2016

VITAMIN D  
DEFICIENCY

April 2016

# NEWSLETTER



## Causes:

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Genetics

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Smoking

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Stress

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Menopause

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Vitamin deficiency

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Ageing

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Medications

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Pregnancy

## What's causing my hair loss>

In order to understand why we lose hair, it is important to understand how hair grows. Individual hairs complete a cycle of growth, rest (2-3 weeks) and falling out. These phases are not synchronised, therefore, any hair may be at a particular phase at random. Hair grows at a rate of about 1cm per month and we are expected to lose around 150 strands of hair a day as part of this normal physiological cycle. The growth phase is longer in hairs of the scalp; this is why hairs are longer in this site compared with, for example, eyelash hairs.

**Hair loss(HL) or Alopecia may be due to decreased growth of hair, increased shedding of hair, conversion of thick hair into thin hair, hair shaft abnormalities, inflammatory disease that destroys the hair bulb or root.**

Accompanying symptoms such as itch and pain are usually absent, unless there is associated inflammatory disease. Depending on the cause, hair loss may be temporary or permanent.

Alopecia usually affects the scalp but may also affect other parts of the body. There may be areas of the skin that are completely bald and these areas may be associated with scarring.

*When the growth phase is affected, hair is often broken off. Therefore, short broken hairs are seen. Autoimmune diseases may affect the growth phase causing widespread hair loss called alopecia areata. Medications such as chemotherapy are known to negatively impact the growth cycle of hair.*

*When caused by a drug or toxin, hair growth can return to normal within 3 - 6 months after withdrawal of the medication. Some patients may be born with conditions preventing hair growth.*

HL affecting the falling out phase may occur 2-6 months following an event that stops active hair growth. Such events include child birth, weight loss, bleeding, surgical operation, illness, psychological or emotional stress and certain medications (contraceptives, anti-seizure tablets). Occasionally, there may be no identifiable cause and hair loss may continue for years.

*Male and female pattern baldness* is due to genetics or hormonal influences.

This affects about 50% of people over the age of 50.

Bloods or a skin biopsy may be necessary to make a diagnosis

## Diseases associated with hair loss

- **Thyroid conditions**
- **Iron deficiency**
- **Vitamin D deficiency**
- **Fungal infection (scalp)**
- **Psoriasis**
- **Seborrhoeic dermatitis**
- **SLE**
- **Syphilis**

## *Alopecia areata*



## *HL from Chemo*



## *Female pattern baldness*



## *Male pattern baldness*



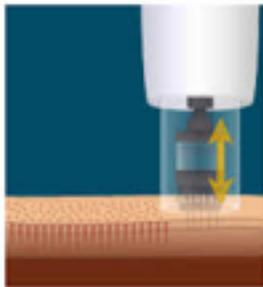
## Treatments for hair loss >

### *Microneedling for hair loss*

Treatment of hair loss depends on the diagnosis. There are several new treatments available which promote hair growth. These include microneedling, minoxidil and surgical hair transplant. Excimer light is used exclusively for alopecia areata.

## *What you should know*

THIS IS NOT A SCARY PROCEDURE AT ALL. A NUMBING CREAM IS APPLIED TO THE SCALP FOR HOUR. THEREAFTER, A HAIR STIMULATING SERUM IS APPLIED. AN AUTOMATIC DEVICE IS USED WITH STERILE NEEDLES. THESE NEEDLES PUNCTURE THE VERY OUTER LAYER OF THE SKIN AND ALLOW THE SERUM TO ENTER. THE SERUM ACTS ON SLEEPING HAIR FOLLICLES AND INSPIRES THEM TO START GROWING AGAIN.

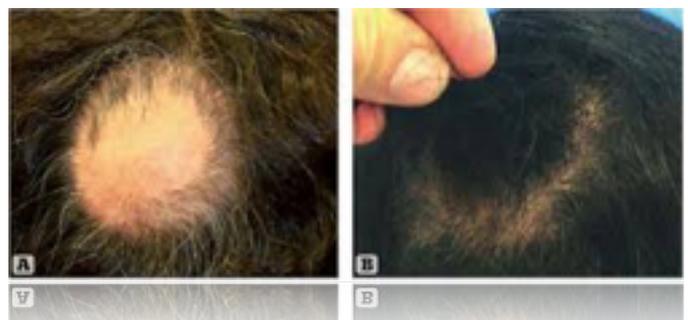


*Microneedling device showing needles entering the outer layer of the skin*

More Than One Session Is Necessary.

The number of sessions required depends on the severity of the problem and individual response to treatment.

*BEFORE AND AFTER  
MICRONEEDLING  
IN A MALE PATIENT*



*BEFORE AND AFTER  
MICRONEEDLING  
IN A FEMALE PATIENT*

