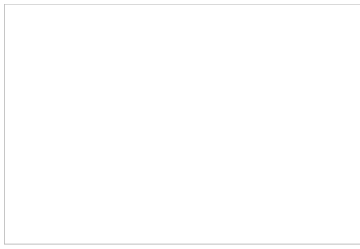


Does hair loss determine the baldness?



FORCAPIL **As the winter comes to an end and the spring months fast approach, so too does seasonal hair shedding. Seeing more hairs than usual on your hairbrush,** on the bathroom floor, or in the shower can leave the average man or woman in a bit of a panic. Is this kind of hair loss typical?

Should you be concerned? We shed an average of 80 to 100 hairs (some sources say 150) every day. This is considered normal, healthy hair shedding. These hairs that are shed are not lost. Instead, they are going through a cycle of growth (anagen), transition (catagen), and then rest (telogen), when hairs release and are shed, before the process repeats.

During certain times of the year, you may notice an increase in shedding, especially in the late fall months. This common phenomenon is known as seasonal shedding. If you have been properly maintaining your hair and scalp, taking your hair vitamins, seasonal shedding usually is not a cause for concern. With time, shedding should stabilize back to normal daily levels, and average hair growth will continue. However, if you have not been correctly caring for your hair and scalp's specific needs, you could be experiencing symptoms similar to seasonal shedding, which can lead to long-term hair loss. When a person has excessive hair shedding, which several factors include increased or constant levels of stress, medications you may be taking, internal factors like hormones (menopause and pregnancy), and thyroid function, or improperly caring for your hair and scalp. In some cases, hair can recover and return to its normal growth cycle. In other cases, hair can begin to diffuse, growing in thinner, or become dormant.

Androgenetic alopecia (AGA), also known as male and female pattern hair loss (FPHL), is a highly prevalent disorder that affects members of every society. There is evidence to suggest that AGA has been a health concern dating back to ancient times. According to Herodotus, one of the oldest medical specialties was the Egyptian 'physician of the head who specialized in diseases of the scalp. In fact, Egyptian papyruses dating as early as 4000 BC list many remedies to treat hair loss; for example, a mixture of fats from hippopotamus, crocodile, tomcat, snake, ibex, and porcupine hair was boiled in water and applied to the scalp for 4 days.

Although the precise prevalence of AGA is unknown and difficult to establish, it has been estimated to affect around 50% of White men by the age of 50 and as many as 90% in their lifetime. It is considered to affect about 50% of White women in their lifetime. Although prevalence increases with age in all populations, thinning can begin as early as puberty.

In men, classic pattern hair loss begins above the temples and the vertex of the scalp. As it progresses, a rim of hair at the sides and the rear of the head remains, an appearance referred to as a 'Hippocratic wreath'; male AGA very rarely progresses to complete baldness.

Women generally present with a different pattern than men, although overlapping characteristics do exist. There is typically diffuse thinning without hairline recession, rarely leading to complete hair loss.

Since the emergence of the novel coronavirus SARS-CoV-2 in 2019, the cause of COVID-19, heavy attention has been paid to its life-threatening pulmonary and cardiovascular manifestations. However, late gastrointestinal, cutaneous signs and symptoms of disease have also been described and may significantly impact patients. In the ambulatory dermatology clinic, one such increasingly apparent manifestation has been new onset diffuse hair loss

in patients previously infected with SARS-CoV-2, clinically compatible with telogen effluvium (TE). TE is characterized by diffuse hair loss within months of a significant systemic stressor because of premature follicular transition from the anagen (active growth phase) to the telogen (resting phase). The telogen phase lasts approximately 3 -9 months, after which excessive hair loss ensues. Taking hair supplements may assure the increased need of vitamins and minerals after COVID 19 infection.

See a GP if:

- you have sudden hair loss
- you develop bald patches
- you're losing hair in clumps
- your head also itches and burns
- you're worried about your hair loss
- you're taking your hair vitamins, however without any result.

We will look at 10 steps you can take to help strengthen your strands, boost hair growth, and enhance the look, feel, and health of your hair:

1. **Dial down the heat.** Blow dryers, straightening irons, hot curlers, and other heated styling tools can take a toll on your hair, especially if your hair is fine, dry, or prone to breakage. Too much heat can weaken your hair, resulting in strands that are damaged or frizzy. To limit damage from hair drying, recommend holding the blow dryer about 15-16 cm away from the surface of your hair, and to keep the dryer moving and not concentrated on one spot. Limit your blow-drying and other heated styling sessions to two or three times a week to give your hair time to recover in between each session. Set your dryer and other heated styling tools to a lower heat setting to reduce the chance of hair damage.
2. **Go easy on the shampoo.** Keeping your hair clean is important. But most shampoos use ingredients that strip away your hair's natural oils in an effort to reduce oiliness and remove dirt. You should cut back to washing with shampoo two to three times a week instead of every day. Washing your hair too frequently may dry it out and possibly weaken the hair shaft.
3. **Massage your scalp.** Revving up the blood circulation in your scalp may help boost the health and condition of your scalp, and also increase blood flow to the hair follicles. According to a small study, a 4-minute daily scalp massage may have the ability to increase hair thickness and strength over time.
4. **Up the protein in your diet.** Getting enough protein in your diet is important for hair growth, as hair follicles consist mostly of protein. Some research shows that a lack of protein in the diet can result in hair thinning and hair loss. Protein-rich foods that may help boost hair health include: eggs, fish, like mackerel and salmon, nuts and seeds, lean meats, spinach and kale, beans and legumes.
5. **Try an egg yolk mask.** Egg yolk contains the same proteins that make up a strong hair follicle. And, according to a 2018 study Trusted Source, the peptides in egg yolk may help stimulate hair growth. Egg yolk also contains several essential nutrients that have been to hair growth and healthy hair, including vitamins A and D, biotin, and folate. You can make your own egg yolk mask by following these steps: use 3 egg yolks and 3–4 tbsp. of slightly warm coconut oil. Mix the two ingredients together well. Once the mixture is well-blended, apply to your scalp and roots. Put a shower cap over your head once the mixture has been applied. Let it sit on your head for 10–15 minutes. Rinse it out with cool water.
6. **Use a cool rinse.** Showering with water that's too hot may cause heat damage to your hair, both at the root

and on the cuticle. Steam in the shower can open up the cuticles on your hair, which may result in hair that's dry, frizzy, and prone to breakage. To protect your hair, lather up with lukewarm water. Then, finish your shower with a spray of cool water on your hair and scalp. This may help seal your hair cuticle, making it easier for your hair to retain moisture.

7. **Use aloe vera on your hair and scalp.** Aloe vera is rich in vitamins A, C. These vitamins may help promote healthy cell growth, including the cells in your hair. In addition, aloe vera also contains vitamin B-12 and folic acid, both of which may be helpful in promoting healthy hair. You can apply the pure gel of the aloe plant to your hair and scalp, or look for hair products that contain aloe vera ingredients.
8. **Swap your towel for a T-shirt.** According to hair care experts, rubbing your wet hair with a terry-cloth towel after washing can cause hair damage and breakage due to the friction that's created between the towel and your hair. You can opt for a microfiber towel, or an easier and cheaper solution is to use a simple cotton T-shirt. The smooth T-shirt fabric will create less friction when drying and, therefore, less damage and frizz. To use a tee on your hair, follow these steps: after washing and rinsing, gently squeeze sections of your hair to remove as much water as possible. Bend your head forward and wrap the T-shirt around your head in a turban style. Leave your damp hair wrapped in the shirt for 5–10 minutes, then unwrap. Gently squeeze the T-shirt around any sections of hair that have excess moisture, then dry and style as usual.
9. **Try a hot oil treatment.** Hot oil treatments are a popular choice for helping to restore moisture to dry, frizzy, or damaged hair. To make your own hot oil treatment, follow these steps: mix together 1–2 tbsp. virgin coconut oil (room temperature) and 1–2 tbsp. avocado oil. You can use more or less, depending on how long your hair is, but keep the ratio of both oils roughly equal. Put the oil mixture in a glass jar, and gently lower it into a pot of hot water. Allow the oil to melt together and warm inside the jar for about 2 minutes. You don't want the oil to be too hot, just slightly warm and well-mixed. Test the temperature on the back of your wrist. It should be lukewarm, not hot. If the oil appears to be hot, don't risk touching it. Wait until it's cooled. Once the oil mixture is at a safe temperature, apply to your scalp, roots of your hair, and ends. Work the oil into the rest of your hair. Apply a shower cap and allow the oil to penetrate your hair for 20 minutes. Rinse well with lukewarm water.
10. **Boost your vitamin intake.** Like the rest of your body, your hair needs specific vitamins and minerals to be healthy and strong. The hair vitamins and minerals that may be most important for hair growth are:
 - **Vitamin A:** found in sweet potatoes, carrots, pumpkin, spinach, milk, eggs, and yogurt
 - **B vitamins, especially biotin:** found in egg yolk, liver, salmon, avocados, nuts and seeds, and dairy products
 - **Vitamin C:** good sources include citrus fruits, strawberries, and bell peppers
 - **Vitamin D:** found in fatty fish, egg yolk, and fortified foods like milk and orange juice
 - **Vitamin E:** good sources include sunflower seeds, almonds, spinach, and avocados
 - **Iron:** found in oysters, clams, eggs, red meat, lentils, and spinach. 2013 study showed that women with hair loss had significantly lower iron levels than women with no hair loss.
 - **Zinc:** good sources include oysters, beef, pumpkin seeds, and lentils
 - **Biotin** (also known as vitamin B7 or vitamin H) is a water-soluble vitamin that serves as an essential cofactor for carboxylase enzymes in multiple metabolic pathways.
 - **Fatty acids-** omega 3 and omega 6 prevents hair follicle inflammation — a factor that can directly contribute to hair loss. Sources are fish, nuts, eggs, oils.
1. If it's difficult to get the necessary nutrients from the foods you eat, you may want to consider taking **hair supplements**. While supplementation is relatively affordable and easily accessible, it is important to know

which vitamins and minerals are helpful in treating hair loss. All necessary vitamins and minerals can be found in hair supplement Forcapil.

2. Medical treatment:

- Low-Level Laser (Light) Therapy.
- Platelet – rich plasma (PRP) therapy uses injections of a concentration of a patient's own platelets to accelerate the follicles.
- Medications: minoxidil, finasteride, feniefrine.
- Hair transplantation is usually carried out under local anaesthetic. A surgeon will move healthy hair from the back and sides of the head to areas of thinning. The procedure can take between four and eight hours, and additional sessions can be carried out to make hair even thicker. Transplanted hair falls out within a few weeks, but regrows permanently within months.

Hair loss is considered to be a common problem in the dermatological community and has a profound negative psychological and emotional impact on patients. Micronutrients, such as vitamins and minerals, hair supplements play an important, but not entirely clear role in normal hair follicle development and immune cell function. Deficiency of such micronutrients may represent a modifiable risk factor associated with the development, prevention, and treatment of alopecia. However, if you take your hair vitamins daily, keep your daily regime stable and avoid stress and still your hair sheds, then visit to a dermatologist to discuss about other possible health problems.

#vitaminai #vitaminaiplaukams #plaukųslinkimas.

#vitamins #hairvitamins #hairsupplement #hairloss

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