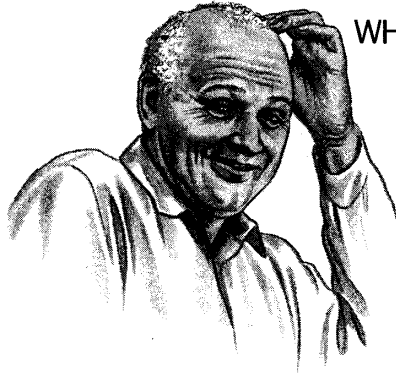




SENIOR HEALTH

Hair Loss



WHAT YOU CAN DO ABOUT IT

Most people lose about 50 to 100 strands of hair each day. The hair falls out naturally and is replaced with new hair. As we age, this natural growth slows down and thinning and baldness may occur. Hair loss can also be caused by illness, stress, medications, heredity and improper hair care.

CAUSES OF HAIR LOSS

feverish illness

drugs that treat circulatory disorders and cancer

chemotherapy

hormonal changes or disorders

age-related thinning

hereditary, male pattern baldness

conditions such as lichen planus or alopecia areata

fungal infections

hair-coloring chemicals, blow-drying, perming and braiding

Vitamin A deficiency

HOW TO MINIMIZE HAIR LOSS

- Wash your hair with a mild shampoo and warm water, rinsing thoroughly with cool water.
- Use a soft-bristled hairbrush, and never brush wet hair, because the bristles can weaken and break the strands. Avoid overbrushing or overcombing your hair.
- Avoid using chemical straighteners, permanent waves, chemical dyes, curling irons, hot rollers and blow dryers.
- Keep your exposure to chlorinated water at a minimum.
- Wear a hat when you're out in the sun.
- For male pattern baldness, the medication Minoxidil is currently available without a prescription. An oral medicine known as finasteride, Proscar or Propecia is available by prescription.
- Undergo surgical hair replacement. Hair transplants are plugs of skin containing healthy hair follicles removed from the back and sides of your head and transferred to the balding area. This process can take many months to complete.
- Use a hairpiece (toupee). They are now available in a variety of applications and can be closely matched to the natural color and texture of your hair.

CALL YOUR DOCTOR IF:

- you have a sudden loss of pubic or other body hair.
- you have a sudden loss of hair all over your head.
- you have a sudden appearance of bald patches on your head.