



Hair Loss In Women

Hair grows an average of 0.35mm per day (1cm or ½ inch per month). Whatever the cause of loss, it takes many months to see significant re-growth. It is helpful to know that most women do not continue to lose hair at a rapid rate. Hair may thin but usually stabilizes.

Causes of diffuse hair loss include hormonal (including pregnancy), medications (including oral contraceptives), iron deficiency, thyroid dysfunction, serious illness, crash diets, protein deficiency, and inherited (female pattern) loss. Female pattern hair loss occurs in all women to varying degrees and is the most common type of hair loss. There is often a widening of the part and thinning is most noticeable on the top of the head.

If your dermatologist cannot see obvious hair loss, it is important to establish how much hair is being lost. It is normal to lose between 50 and 200 hairs per day. You may be asked to do daily hair counts for seven to ten days. Put all the lost hair from each day in a separate ziplock bag and write the # of hairs in each bag on the front. (Do the counting before your return visit.) Bring the bags with total counts to your next visit.

While the causes are being explored, there are some helpful things that you might want to do:

- Keep hair shorter. The weight of long hair makes it appear thinner.
- Perm or color, but not both, and do very carefully.
- If you are having hair breakage from over processing, avoid all chemicals.
- Eat a well balanced diet.
- Use formaldehyde and fragrance free shampoo (Almay, Clean and Clear, Neutrogena, DHS Clear)
- Avoid excessive use of hairspray.
- Take a multivitamin containing iron and folate.

Start thinking about using Rogaine if we rule out other causes and decide that your hair loss is female pattern hair loss. It is the primary available therapy for this type of hair loss. Rogaine is applied twice a day with a dropper. Be sure to wash your hands after applying.

For Questions or Emergency Care:

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.