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How Not to Lose Control When You are Losing Your Hair

Hair Loss: Why Is This Happening?

Hair loss, in moderation, is something that happens to every person everyday. There are plenty of hairs to mask this though. The hairs will continue to re-grow and there is no sign of anything being wrong. Yet, for many individuals, this is not the case. They begin to lose hair and it does not grow back. This is when individuals begin to worry about their condition. What is wrong with me? Hair loss can be a symptom of another condition. It can be hereditary. Or, it can be something that just seems to happen for no reason. In all of these cases, the damage done is not just to the hair loss itself, but it is often the psychological damage that can be more harmful.

Understanding what is happening is essentially the first obstacle to overcome. Baldness or alopecia as it is medically called is the condition in which hair becomes progressively thinner over time. Usually, this happens on the head, but can happen throughout the body. Men are most commonly affected, but female baldness does happen as well. In cases where not all of the hair falls out, this is generally called pattern baldness. In most cases, the more hair that is lost, the less successful hair treatments can be. Yet, there have been some that have helped individuals.

Usually, there are not physical problems with not having hair on the head. As long as it is not a symptom of a disease or treatment, hair loss does not have to be something that is going to cause a physical problem within the body. But, there are signs and symptoms of this causing emotional trauma to the individual. This can be things such as anxiety, stress and even leads to depression in some cases. Those that do not like what is happening to them may find themselves struggling with their new identity. This is worsened when the eyebrows as well as the eyelashes are lost.

When an individual begins to notice hair loss that is out of the ordinary thick, or when he or she notices that their hair seems to be thinning, taking action can help to reduce or stop this from happening. Taking steps as soon as possible is necessary and should be done. There are several medical treatments as well as natural treatments that can help to treat hair loss. Often, there is no cure, but there can be help.

Hair Loss Myths

Believe it or not, (yes, you probably do) there are many hair loss myths out there. Just like any other type of medical condition or any thing else that people just do not understand, there are many things that people just do not know about hair loss. And, there are some very amusing types of myths out there. Here are some.

Why It Happens: Many individuals think that the fact that they are losing their hair has something to do with their intelligence, their social status, their relation with one's virility, their job, their wealth and many other things. The fact is, though, that hair loss is something that many people face each and every day and it has nothing to do with any of these things. It can be hereditary and it can be caused by medical conditions, but surely it is not caused by how much money you have in the bank!

If I Use My Head Too Much: In some cultures, it is believed that an individual that uses their brain too much or those that have had head injuries may be at risk for baldness. This myth is one that is thought to have been founded because the brain is located inside the head and therefore they are directly related. Of course, this is not true. This is even evident in many movies where the 'dumb' one is bald.

Bald Men Are More Sexually Active: While there is no real way of even knowing if this is true, it is probably not the determining factor in if they have hair or not. Hair loss does not have anything to do with the sexual activity of an individual. The myth probably comes from the fact that in some individuals, the removal of androgens through castration can prevent baldness and may even stop it from progressing further than it has.

There are many myths about hair loss. If you are unsure about the facts of hair loss, you should talk to your doctor before doing anything else. You will want to know what is causing your particular hair loss. It could be a medication that you are taking, a lack of balanced hormones within your body, or it could even be a hereditary condition that you are facing. The fact remains that if you are one of the many that will face baldness or hair loss this year, you may find a lot of myths along the way to success.

Types of Hair Loss

There are several different types of hair loss. For those that are experiencing this condition, it is important to know just what is causing hair loss in the first place. Once this is done, individuals can seek out the help that they need to secure the best results that are out there. Now, not everyone can actually improve their condition. Some can find a way to slow down the hair loss that they are facing. Others can get hair loss to re-grow. The options are limitless. Before you can do this, though, you need to understand the varied types of hair loss out there.

Male Pattern Baldness: In this condition, men will begin to see their hair lines recede. This generally happens at the hair line above the eyes, on the sides of the face and can happen at the top of the head, towards the back. In any of these cases, it is often caused by problems that have to do with the conversion of testosterone in the body which will eventually stop their hair from re-growing.

Female Pattern Baldness: In this condition, which is similar to that of men, there will be a thinning of the hair line that parts the hair down the center. In this case, though, estrogen is

not available in enough levels and therefore hair does not grow as it should. This is a rarer form of the condition.

Traction Alopecia: This condition happens to those that are always pulling their hair back into ponytails or into buns. They generally do this with a great deal of force which causes damage to the hair follicle in some cases. In others, it may be a thinning of the hair just from the pulling that is done.

Telogen Effluvium: For some, their hair loss is due to a medical treatment that they are undergoing. This may include chemotherapy, major types of surgery, childbirth, various types of poisoning and even severe cases of stress. In this case, the hormones within the body are not regulated and stop normal hair growth cycles. In most of these cases, the individual will regain their normal hair growth once the treatments or the condition subsides.

Alopecia Areata: This is a condition which is an autoimmune problem. Here, there will be spot baldness that happens in just one location, in several locations, or throughout the entire body. It can re-grow hair and then move to a different location as well.

These conditions may or may not be treatable hair loss conditions. It is still advisable to speak to your doctor about your condition in order to benefit from what is available in treatment options.

Male and Female Pattern Baldness

For those individuals that are noticing pattern baldness happening on their hair, this is the time to begin to react. In many individuals there is little that can be done to treat these cases. Often, they are a symptom that is not one that can have a cure for. Yet, they can be slowed or they can be stopped from worsening in some individuals. For this to happen, action should be taken as soon as possible. Yet, it is also important to realize that all individuals will naturally lose hair. The hair will then re-grow. Those that notice thinning need to pay particular attention to these situations.

Patterns

There are two types of pattern baldness that should be noticed. The most common is male pattern baldness. In fact, up to 66% of all adult males will have this happen to them at some point in their adult life. Generally, it is noticeable as the hair line of the individual begins to recede from the lateral sides of the forehead. This is called a receding hairline or a receding brow.

For some, a patch of hair on the top of the head may also thin. The medical term for this condition is androgenic alopecia. This happens when something called 5 alpha reductase occurs. This is a condition in which the enzymes that convert the hormone testosterone inhibits the growth of hair. This can happen as soon as puberty but often happens later in life. It is a hereditary condition in most cases.

Female pattern baldness is the other type of this type of hair loss. In this condition, the midline parting of the hair begins to broaden as the hair thins. It is thought to happen when the body begins to stop making enough estrogen. This condition is much less common and can happen generally later in life, after menopause, but can happen earlier as well.

Hair loss, no matter who has it and where it happens can be a very emotional occurrence. Individuals must not only deal with their physical appearance but will need to deal with their mental state of mind because of these conditions.

Dealing With Hair Loss

For many individuals, realizing that they are experiencing hair loss is quite a heart breaking condition. They do not want to lose their hair and they do not want to deal with it either. Yet, for many, up to 66% of men, in fact, this will happen to them at one stage in life or in another.

Not only is it a condition that they will have to deal with, but it is also a condition that they will need to overcome. While there are some treatment options that may work for those that are experiencing hair loss, there is no real guarantee that any of these treatments will work. So, dealing with the emotional and psychological aspects of hair loss is necessary.

For some men that are experiencing hair loss, it will be something that they actually embrace. These individuals think of it as just a normal, natural part of life. It is not something that they are ashamed of or dread. In fact, some men actually cultivate the bald look and are well known for it -- even thought of as sexy, professional and handsome. Yet, for this to be the case, individuals who are bald or experiencing hair loss must be confident in themselves about their condition. They simply find a way to make their hair loss part of who they are.

On the other hand, there are many men who want nothing to do with their condition. They want, instead to conceal or find a remedy for their hair loss. This is not necessarily something that is guaranteed to provide results, but those who are experiencing this condition may get some relief from over the counter medications and treatments, natural remedies, lotions as well as things as drastic as hair transplantation. Those that really do want to conceal their hair loss can even purchase wigs to help them to hide it.

Determine where you stand. If you are one of the men who just hates the fact that you no longer have a full head of hair, then you may want to find out what your options are to slow the loss of your hair or to help it to re-grow. There is nothing wrong with this. On the other hand, if you are one of the men, just as famous individuals like Patrick Stewart, Astronaut Story Musgrave, Yul Brynner, Telly Savalas or many others, that find hair loss a natural occurring condition, then you may be able to hold your head up high and be okay with it.

Hiding Hair Loss

No matter what is causing your hair loss, you will likely want to find a way to hide it. If you are not one of those people that are comfortable with their hair loss condition, then there are remedies that can help you to hide it rather effectively. If you are not ready to show off your hair loss to the world, but know that your hair is getting thin, there are some things that you can do to help with your hair loss.

Restyle Your Hair

If you do still have hair left on your head, you can consider restyling it to help hide your hair loss. This can be effective especially for those individuals that have pattern baldness where just sections of their hair have thinned. In men, this is generally in the front of the head above the eyes, on the sides of the head or it can be on the top part of the head towards the back. Many of these things can be hidden well with a good styling. One particularly common type of solution is that of the comb over, where the remaining hair is allowed to grow quite long and then the hair is combed over the top of the thinning hair.

For most, though, there is a need for something more concealing and more permanent. The wig or toupee can be considered then. Here, a layer of hair which can be either real, human hair or can be artificial hair, is styled and then adhered to the head in a number of ways. They are available in a wide variety of styles and hair colors so that they look natural when they are worn. Many of today's wigs and toupees are much less obvious than those of years ago. For those that have children suffering from hair loss or those that are experiencing this condition because of a medical condition, there are several groups that have been put together to gather human hair from those that do not need it to make it into a wig for the individual.

When you are not really ready to let the world know that you do have a hair loss problem, you can use any number of choices that you have to hide it. You can even consider donating your hair to these organizations that help out those that really do need it. Hair loss can actually be a good thing, then. Hiding your hair loss is something that you will definitely want to work on.

What Do I Do About My Hair Loss?

There is no easy way around the fact that 66 out of 100 men will actually experience hair loss at some point in their lives. If it is happening to you, right now, then it is time to work on solving your problem.

Hair loss is something that happens to everyone, though. Your body naturally releases hair as part of its natural cycle of growth. Normal hair loss happens daily and will only be a strand here and a strand there. This hair will re-grow without a problem. But, when the hair loss is more severe, for example there is a lot at once, or it does not appear to be growing back, individuals need to call on their doctors for help.

The first thing that your doctor is going to do is to consider what is causing you to lose your hair. To do this, he will likely take some family history down from you as well as perform some blood work. This will help to rule out any medical condition which is causing it. They will then work on insure that none of your medications are causing it. If so, they may be able to allow you to switch to a different type. Finally, when they have ruled out any medical condition that is causing your hair loss, they will assume that it is hereditary in nature.

Once they do this, they will be working on developing ways to help you to work through your condition. If they find that there is an imbalance of hormones within your body, they may provide you with medications that can work to even out these differences and help the hair to stop falling out and even to actually regain in growth. If these do not work, there are some over the counter as well as prescription strength medications that can help you to rectify the hair loss. These can take up to six months to actually show results, though.

If you are experiencing hair loss, you should take the time to talk to your doctor about it. There are plenty of options out there that may be able to help you to stop your hair from falling out. And, if your hair is falling out due to health related issues, you can often see your hair begin to re-grow at a normal level again within three months of fixing the problem.

Preventing Hair Loss

You are worried about hair loss. This condition is one that you are concerned with because many individuals who are in your family have had it happen to them. Your father may have had hair loss and maybe even his father as well. You know it is likely to happen to you. In fact, about 66% of men will face hair loss at some point in their life. This can be devastating news to many, especially those that wish it would skip them over. Yet, there are ways that you can prevent hair loss. Doing so means starting on it right now, though!

In order to prevent hair loss, you should speak to your doctor about your concerns. This will help the doctor to look at your condition and determine what is causing the hair loss in the first place. If it is hereditary, that is one thing. But, if it is a condition in which individuals are experiencing it due to sickness or as a symptom to something that is much more serious, it may be necessary to have this condition taken care of right away. The fact remains that the doctor needs to determine what is causing your hair loss in order to begin treating it.

If your hair loss is due to medication that you are taking, a major surgery that has happened within the last months, a health concern, childbirth or even from chemotherapy, it is most likely that your hair loss will stop once you stop the treatments or when your body gets back to its normal hormone levels. This can take up to three months after your body is back to normal.

If your condition is due to hereditary, the doctor still has some options open for you. If you are still losing your hair, this is often caused by the imbalance of hormones within the body. In this case, it is necessary for the doctor to help provide medications, natural treatments or other things to help regulate the hormones so that your hair will begin to return to its normal cycles.

In any of these cases, though, the fact remains that time is of the essence. If you are to begin to stop your hair from falling out, you will need to seek out help as soon as possible. If you notice that you are losing a lot of hair each month or that you are thinning, which means hair is not growing back, you should seek out the help of your doctor right away.

Hair Loss Help

Two thirds of all men will actually experience hair loss at some point in their lives. If that time is now for you, you will want to do all that you can to find a solution to your condition. Yet, before you run to the nearest wig outlet, consider what options you have in getting the treatment that you need right away. There are many ways in which you can actually stop your hair loss or at least prevent it from getting worse.

Your first course of action should be to seek out the help of your doctor. Believe it or not, doctors see many patients that are facing the same thing that you are. They realize that this can be traumatic for you to deal with. Often, individuals do not realize that they can actually improve their conditions. This is where your doctor can help you. The first thing that needs to happen is the diagnosis. The doctor needs to determine just what is causing your hair loss. It could be something as insignificant as stress, or it could be something as powerful as chemotherapy. In both cases, though, the hair will begin to re-grow once you pull yourself out of these conditions.

In other conditions, however, hair loss will continue. If you are one of the many who suffer from hair loss, you may find that there is nothing that your doctor can provide for you that is working. This is probably the most frustrating of all conditions. You can't find a way to actually stop the hair from falling out. Yet, there actually may be help. One thing that you may want to consider is the natural remedies and medications that are on the market that can help you to re-grow your hair or to stop it from thinning out. You will find a wide range of products to consider. Choose those that fit with your needs the very best and you are likely to find a solution to your needs.

Working through your hair loss is something that you may have to do. Not everyone will see benefits from hair treatments, but many will. Those that don't can always turn to wearing wigs or toupees. They can even have hair artificially implanted into their heads if they can afford to do so.

Hair Loss Treatment Options

If you are experiencing hair loss, you are well aware of how much you wish you could just stop your hair from falling out. You would do anything to make it just stay where it is, right? You would go to any lengths, try any treatments. There are many hair loss treatments that are available to you if you are ready to use them. These treatments can help you to stop your hair

loss or in some cases even can help you to re-grow your hair. Treatments for hair loss are varied and not all of them will be helpful to you. Yet, for many, they can work like magic.

The first thing to consider before hopping on the treatment bandwagon is why you are experiencing hair loss in the first place. Once you know this, you can guess what needs to be done to help in its growth or to at least stop it from falling out. If it is the case that your medication is causing your hair loss, as it can do, you may be able to get a different type of medication for your treatment needs. If there is an infection within your body which is causing the hair loss, then treating it can be a perfect solution to stopping your hair loss. Finally, if you are losing hair because of a hormone imbalance in your body, your doctor may be able to help you by simply using medications to balance them out and get you back on track.

There are also several medications on the market that can help you to stop your hair loss. They can help to slow or to prevent common baldness. Some are available only through prescription. Rogaine (minoxidil) is a medication that you can get over the counter to help you with your hair problems. Here, the medication is applied to the scalp and worked in. This medication can take up to six months to see any difference in hair growth. Propecia (Finasteride) is also available to help. Here, though, you will be taking a medication that is a prescription and it comes in the form of pills. It too may take up to six months to show that it is or is not working.

These medications and treatments may or may not work for you. If they do, then you will be one step closer to your goal. If they do not, you can consider other things to help you to deal with your hair loss. This may include natural remedies, supplements as well as hair replacement in artificial means.

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