



Hair today..

Stress can cause or increase hair loss in men and women

by PATRICK ANGELOS



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THE HAIR RESTORATION CENTER

Dr. Patrick Angelos (drpatrickangelos.com) is a facial plastic and reconstructive surgeon whose primary surgical interests include hair restoration and facial plastic surgery.

COSTCO CONNECTION

Costco offers hair-loss treatments, including Kirkland Signature™ minoxidil foam and topical solution, as well as other health and hair care items.

People go partially or fully bald for any number of reasons—hormones, genetics and aging, among others—but in the middle of a pandemic-fueled recession, one factor is taking center stage: stress.

Stress certainly can contribute to hair loss because it can affect hormone levels. Any number of stressful events can lead to a sudden loss of hair, although in those cases the hair typically grows back over time.

For those who want to keep their hair healthy and full now and who hope to avoid ever reaching the point where they need hair-loss intervention, here are a few tips.

Maintain good hair care and hygiene habits. The way you wash your hair could undermine your efforts to prevent hair loss. As you wash, avoid pulling back on your hair because that can put traction on the follicles.

The same goes for combing. It's less stressful on the follicles to wash and comb your hair forward, toward your face, instead of toward the back of your scalp and neck. Also, long hair weighs more, so on its own it can put more traction on the follicles.

Brushing your hair regularly is good because it massages the scalp and helps improve blood flow and circulation. The condition of your hair should also be in balance: not too oily, not too dry.

Finally, don't overuse a hair dryer, because that can make hair weak and brittle, which can lead to more hair loss.

Treat health issues. Hormonal imbalances and other medical conditions, such as low thyroid and iron or iodine deficiency, can contribute to hair loss. Avoid overuse of supplements and medications. Since supplements such as testosterone, human growth hormone and DHEA can cause thinning and hair loss, especially avoid excessive use of these.

Be aware of your nutritional needs. Some fad diets may have a nutritional impact on hair loss. It's important to eat a healthy balance of carbohydrates, proteins and fat. I recommend taking a multivitamin that includes vitamins A, B complex, C, D and E, along with the minerals zinc, iodine and iron, all of which help with hair health.

Avoid unhealthy environments. The negative health effects of smoking are well known, especially related to lung cancer. But one more reason to avoid smoking is that it can cause or increase hair loss. Other environmental factors that can contribute to hair loss include exposure to radiation and air pollution.

When efforts to prevent hair loss fall short, those who prefer to avoid baldness can explore the possibilities that modern science provides. Since the reasons for hair loss vary from person to person and are unique to their circumstances, a good place to start is by determining the cause of hair loss in the first place, and then go from there. ■