



Hair Care Advisory

Five Ways Women Can Overcome Thinning Hair

by Mary Wendel, M.D.

(NAPSA)—If you or someone you care about is ever among the 40 percent of women who, the American Academy of Dermatology estimates, will have visible hair loss by the time they are 50, there is good news.

Depending on the cause, there are a number of ways to deal with the problem.

Common Causes

Hair loss in women can occur

for a variety of reasons. The most common form is called androgenic alopecia, or female pattern hair loss. It can lead to thinning on all parts of the scalp, but is most common in the front. It is due to a combination of



Dr. Wendel

genetics and hormones. Both estrogen as well as androgens play a role, and even though androgens are typically thought of as a male hormone, women have small amounts as well. Many other factors can contribute to this type of hair loss, such as ovarian cysts, certain high-androgen birth control pills, pregnancy and menopause.

Other contributing factors that can aggravate hair loss in women include poor nutrition, physical and emotional stress, thyroid disease and certain medications.

Treatment Options

Fortunately, there are also many medically proven methods to treat thinning hair. Each solution depends on the severity of the hair loss and the health of the patient. Some of the more effective treatments include:

• **Platelet-Rich Plasma (PRP) Treatment.** This uses growth factors from the woman's own blood to stimulate hair growth in the scalp. This treatment has been found to stimulate inactive and miniaturized hair follicles into an



Women distressed over losing their tresses may be happy to learn that a number of helpful treatments are available.

active growth phase for hair regrowth.

• **Low-Level Laser Therapy** works by stimulating hair follicle cells to grow in the scalp and increases cellular activity around the follicle, while decreasing inflammation so new hairs can form and grow. Laser therapy is offered in two forms: LaserCap® and LaserComb®.

• **Supplements and Vitamins:** The most important supplements to add for healthy hair are biotin, zinc and copper, along with antioxidant vitamins A, C and E.

• **Topical Products:** Formulations ranging from shampoos to follicle builders to minoxidil formulations can be used daily to prevent further thinning and often help hair to regrow.

• **Healthy Lifestyle:** Stress can cause excessive hair shedding. Activities like yoga and meditation can decrease stress hormones and help women hold on to their hair. A natural and healthy diet is also extremely important.

Learn More

For further facts and advice, visit www.MediTresse.com.

• *Dr. Wendel is Medical Director of Medi Tresse, now open in Wellesley, Mass., and the only medical practice in New England dedicated to nonsurgical solutions for women with thinning hair.*