



Hair Loss in Women

Causes of thinning hair:

- **Loss of hair across the entire scalp ("Diffuse telogen effluvium hair loss")** is often a reduction in the length of time of growing phase of hair. This may be triggered by physiologic stress, emotional stress, and diet.
- **Deficiency of zinc, iron, vitamin D, Biotin, or EFA can result in this diffuse telogen hair loss.** Telogen hair shedding can also be precipitated by malabsorption syndromes, crash dieting, chronic starvation, overactive or underactive thyroid, Hashimoto's (Autoimmune) Thyroiditis and other medical illnesses.
- **Menopause** can be associated with changes in hair growth rate, the percentage of anagen (growing) hairs, and changes in hair diameter. All these changes heighten the perception of decreased scalp coverage.
- **Androgen associated hair loss** is the loss of hair on top of the head (male pattern hair loss) that occurs with an excess of male hormones in relationship to female hormones. This is the PCOS hormone pattern that affects one out of ten to twelve women. This hair loss can occur in the twenties or thirties and may worsen following menopause and may be superimposed on to the female pattern hair loss. As the female hormones decrease the male hormones exert more of an effect. Often this is accompanied by extra hair elsewhere on the body, like the face, lip, and chin.
- **Hair loss associated with Drugs:** There are multiple types of drugs that have been associated with hair loss. Drugs can cause hair loss at any time, but if your hair loss began a few months after starting a new medication, it is more suspect, and that medication should be included in the list of possible causes.

There are lab tests available to test for the hormonal patterns or deficiencies mentioned above.

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