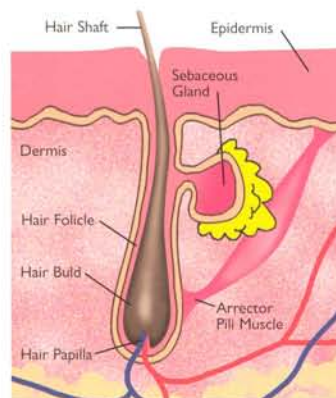




The **Root** of the Problem

According to Sharp: "Chemical treatments



Hairdressers need able to spot excessive hair loss. Glenn Lyons, senior clinical director of Phillip Kingsley suggests that when an 'unreasonable amount' of hair is coming out — or when shedding is noticed 'more than usual' — that is the time to take note. Most hair shedding is due to the normal hair cycle, and losing 50-100 hairs per day is no cause for alarm. Natural blondes typically have more

Mia McCarthy, manager of Philips Hair Studio in Crickhowell, Powys says: "Reasons for hair loss include poor blood circulation and hormone imbalances, especially during pregnancy and hair loss can also be increased by stress. Unfortunately hair loss can not always be solved completely but there

“Reasons for hair loss include poor blood circulation and hormone imbalances...”

There are many conditions that can result in excessive hair loss. For example, about three or four months after an illness or major surgery, clients may suddenly lose a large amount of hair. This hair loss is related to the stress of the illness and is temporary. If a thyroid gland is overactive or underactive, hair may

Some medicines can also cause hair to fall out.

Finally, hair loss may occur as part of an underlying disease, such as lupus or diabetes. Since hair loss may be an early sign of a disease, it is important to find the cause so that it can be treated.

1. Eat well-balanced meals
2. Drink plenty of water
3. Get plenty of beauty sleep
4. Massage shampoo into your scalp to get it really clean
3. Rinse your hair for at least two minutes and use the coolest water you can tolerate
4. Dry your hair gently; do not rub dry with a towel
5. Always use a wide-toothed comb on wet hair; never a brush



QUICK FIRE Q&A - PHILLIP KINGSLEY

Q1: What are three most common reasons for hair loss?

A: Genetics, iron levels, nutrition and androgens (male hormones).

Q2: What are the hormones which trigger hair loss?

A: Hormones that can trigger loss are androgens (male hormones)

Q3: What is the hair growth cycle?

A: Hair growth cycles vary ethnically with Caucasians having an approximate 31/2 years at 6" a year = 21".

At the end of growth (anagen) the hair follicle goes into telogen (rest) and the hair falls out. It rests for three months and then produces another hair. The longest cycle occurs in Asian hair, which can be as long as six to seven years

Q4: Is it safe to consider extensions in extreme cases?

A: Yes. But be careful not to pull too much on the hair to which the extensions are attached as this can lead to traction alopecia and even thinner hair

Q5: What emotional support can hair loss sufferers receive - i.e. helplines, etc?

A: The best emotional support is to do something about your hair loss by seeing an experienced, qualified professional. There is always something that can be done to help. The emotional concerns will certainly diminish — in time — when you see results



GLOSSARY — CONDITIONS AND REASONS FOR HAIR LOSS

ALOPECIA

There are several types including: Androgenetic Alopecia (inherited, male or female pattern baldness); Alopecia Areata -(round, coin-like patches of baldness. Usually temporary and will, in most cases, corrects itself within 18 months); Traction Alopecia (can be caused by ill-fitting wigs or badly fitted weave-on's and human hair extensions. Often temporary, although can be permanent); and Alopecia Totalis (complete loss of scalp hair)

GENETIC THINNING

Attributed to genetic factors. Can often be patchy, with particular severity in one or two areas

DRUGS AND SURGERY

Through drug side effects, brain surgery, cancer treatments, cosmetic surgery etc. Chemotherapy and radiation can cause patients to lose their hair. Hair will generally grow back once the treatment has ended. Some cancer treatments will cause hair cells to stop dividing. Hairs become thin and break off as they exit the scalp. This occurs one to three weeks after the treatment. Patients can lose up to 90 per cent of their scalp hair. The hair will regrow after treatment ends

TRICHOTILLOMANIA

Damage or loss caused by compulsive hair-pulling and twisting, with increased severity during times of emotional stress

ACCIDENTAL DAMAGE

Including burns, malicious assault, trauma etc

CHILDBERTH

After giving birth, a large amount of the new mother's hair will go into the resting phase (a period lasting two to three months, at the end of which the hair falls out and a new hair begins to grow in its place). As a result, some women may experience excessive hair loss. This condition will last anywhere from one to six months.

DIHYDROTESTOSTERONE (DHT)

High levels of DHT in the hair follicle cause it to malfunction, and decrease the growth phase of the hair. Eventually, the hair will shorten

IMPROPER HAIR CARE

Hairstyles that pull at the hair, such as ponytails, can cause hair loss along the scalp. In addition, excessive shampooing, brushing, or combing of the hair can result in damaged hair

THYROID DISEASE

Hyperthyroidism can cause hair loss. Hair loss associated with thyroid disorders is easily treated.

PROTEIN MALNUTRITION

Low protein diets cause the body to save protein by shifting some of the body's hairs into the resting phase. Excessive hair loss will occur two to three months afterwards. Eating an adequate amount of protein can help prevent this type of hair loss.

PRESCRIPTION MEDICATION

Some types of prescription drugs can cause excessive hair shedding. Types of drugs that may cause hair loss include those used for depression, heart problems, arthritis, and high blood pressure.

BIRTH CONTROL PILLS

Women who have a genetic predisposition for thinning hair may experience hair loss while taking birth control pills. This can usually be corrected by switching to another brand of oral contraceptives.

IRON DEFICIENCY

This condition can sometimes cause hair loss. Iron deficiency is corrected by taking iron pills

RINGWORM

A fungal infection that results in hair loss. This condition is common in children and can be treated with medication

MAJOR SURGERY

Patients who have had major surgery may notice hair loss approximately one to three months following the procedure

CHRONIC ILLNESS

Patients with a chronic illness that causes hair loss may experience excessive shedding for an indefinite period of time