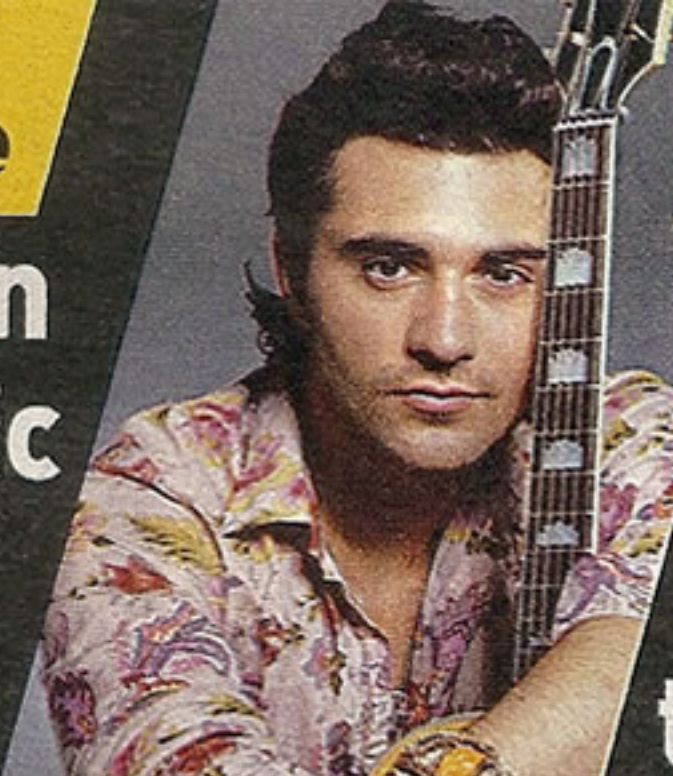




Palmistry
The future's in their hands!



Real life
The pain and panic of baby snatching



Arresting!
The night Darius spent in the cells

Real life & celebrities

NEWS OF THE WORLD

Sunday

October 24, 2004



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MAGAZINE

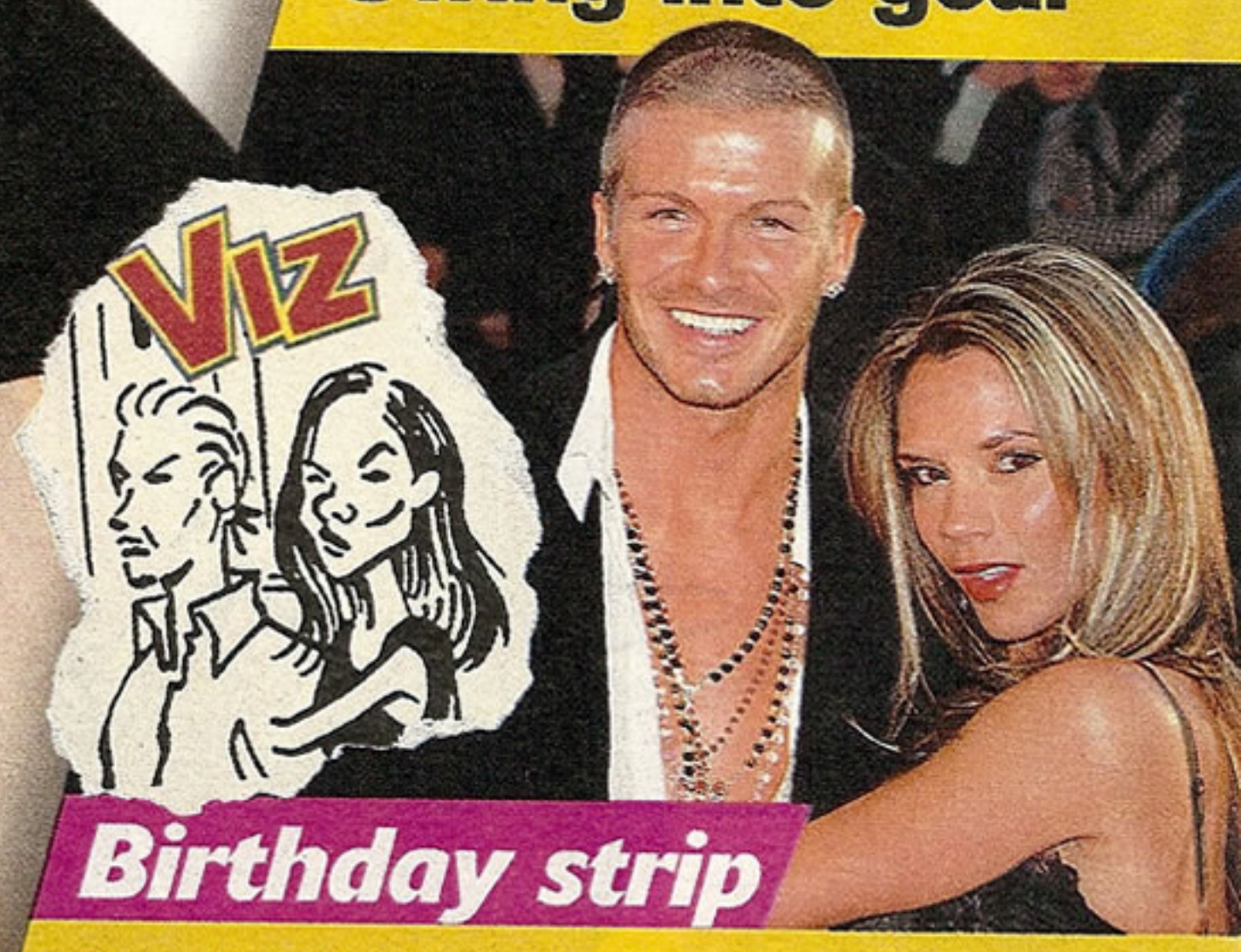
"Don't tell me to lose weight"

Gwynnie

Why she won't bow to post-pregnancy pressure



Fashion
Swing into gear



Birthday strip
Posh & Becks' comic turn

This week **Alopecia**



Before



“New hair changed my life”



During



After

Hair loss facts

Alopecia is surprisingly common – about eight million women in this country suffer from some level of hair loss. Experts think alopecia results from hair follicles being attacked and shut down by the body’s own defences.

No one is sure why it happens, though viral infections or stress may play a part. Hormonal changes can increase immune system sensitivity – the female hormone oestrogen can affect the immune system, explaining why young women suffer hair loss.

Some hormonal conditions can cause hair loss and some drugs thin hair. Sometimes the loss is temporary and hair quickly grows back, although it’s never certain when or if it will.

Doctors can prescribe lotions and massaging the scalp with aloe vera cream or oil-diluted ylang-ylang essential oil may be effective.

Maria Adamo

“I can’t even bear to imagine life without my hair now.”

Hair extensions can be the key to a new life for women who suffer from baldness. By Caroline Blight

Female baldness can wreck confidence and cast a dark shadow over any woman’s life. And that’s exactly what happened to Maria Adamo, who started losing her hair when she was just 11 years old. “By the age of 13, I’d lost about 65

per cent of my hair,” says Maria, now 24.

Her mum took her to the doctor but neither the GP nor a trichologist (hair and scalp specialist) could work out what was wrong, despite countless tests. And all the creams and lotions they prescribed did nothing to help.

Only taking a range of supplements seemed to halt her hair loss – but nothing would make it grow back.

“By the age of 20, I’d had enough. I didn’t want to wear a wig and I knew I had to have a

“By the age of 20 I’d had enough of being bald”

solution that would be with me for the rest of my life. I found Mark Glenn on the internet and learnt about hair extensions.

“I loved the idea because it uses my own hair – I just see it as having my hair filled out. Some people have their breasts enlarged – I was having the same done to my hair!”

“The extensions are attached to a mesh that fits my scalp. My hair is pulled through and more extensions added. I need to have the extensions on my own hair adjusted every five weeks. I’ve had it for 18 months now. If you’re careful and take care of it, it’s like real hair. But you never have a bad hair day – it’s always straight in the morning!”

“My confidence has improved so much – I can’t even bear to imagine life without my ‘hair’ now. I still don’t have an explanation for my hair loss and I’m not sure I ever will – but I am happy to get on with my life.”

● For more information on Mark Glenn extensions, call 020 7495 6969 or visit www.markglenn.com.

MAIN PHOTOGRAPH BY CONRAD HAFENRICHTER. HAIR AND MAKE-UP BY GRACE MCCOURT