

Causes of Hair Loss

Hormonal causes: The hormones which affect mainly male hair growth are androgens, major representative of which is testosterone. Those hormones also appear in women to a substantially lower level and as a result do not affect them to the same extent as men. It should be noted that for hormonal hair loss to be caused heredity is a presupposition. This means that the frontal hair follicles start to weaken, bearing in mind they only hold one hair, they become quite vulnerable to the byproducts of testosterone, the result been that the hair enters the stage of maturity and thus, termination stage much sooner than normally. It is obvious that in most cases ageing maturity is necessary for hormones to start affecting the scalp. In cases though where adverse heredity preexists, the presence of these hormones aggravates the condition.

Heredity: Heredity is one of the major causes of Androgenic Alopecia nowadays. Genetics has proven that it is through the mother that the gene affecting hair loss is inherited. Therefore, if the ancestors of an individual on the maternal side have developed hair loss it is more probable that the individual will also develop hair loss. The rate and the intensity of hair loss do not necessarily follow the same pattern as that of our ancestors, nevertheless in most of the cases a repetitive pattern is observed.

Maturity of the organism with age: Maturity of the organism with age plays an important role in the development of hair loss. More specifically even the presence of hormones that negatively affect the scalp will take many years to precipitate hair loss. Even in cases when there are no hereditary or negative testosterone factors we observe hair loss from an age on. The reason is that hair follicles, as time progresses, lose their strength so they come to produce weaker and generally thinner hair. Finally, some hair follicles become completely dormant and can no more produce any hair. There are, although some areas of the scalp which are not affected and always maintain their healthy form. It is these hair follicles that we use to transplant hair to people of an older age. It is precisely for this reason of high endurance of these particular hair follicles that the results of the process are long-term.

Seasonal Hair loss: Seasonal hair loss is a circumstantial situation that lasts for about two months. A normal hair loss amounts to about 50-100 hairs per day. In the case of Seasonal Hair loss, which appears in autumn and spring the hair loss reaches 100 per day as a rule and rarely more, while the rest of the year a normal individual should be closer to a 50 hair loss per day than a 100. The reason why the hair loss appears in these periods has not been fully clarified, the predominant theory though is that the change of hourly exposure to the sun and the progressive change of the environmental temperature alter the way and the intensity with which certain hormones affect the scalp, resulting in Seasonal Hair loss. This type of hair loss is relatively not dangerous and temporary but if symptoms do not regress within a period of two months the patient should refer himself to a specialist so as to identify the problem.

Psychology (Stress): The Psychological Condition of an individual plays an important role in the development and evolution of hair formation. More specifically, it has been observed that individuals who undergo long term periods of excessive stress tend to observe changes in the scalp. Many a time we not only observe progressive hair loss but also loss of pigment of the remaining hair either at scattered points or, more rarely, at a small sector of the scalp. In most cases individuals who

suffer hair loss as a result of anxiety and stress observe an amelioration of their condition when the causes of stress are relieved. The phenomenon of both students at university and high school to develop hair loss during periods of exams is quite familiar. This kind of hair loss is temporary and depends on the person himself. There are, nevertheless, circumstantial treatments which offer fine results. More than often individuals who suffer from this type of hair loss and follow a treatment are so rejoiced to observe the results of the therapy that they are helped to overcome the problem that has caused it in the first place.

Lifestyle and Diet: Contemporary lifestyle, obligations and lack of free time drive us to neglect our diet both in terms of quantity and quality. It is a fact that through food our organism receives all the necessary nutrients that enable it to function normally, to produce energy (kinetic, thermal etc) and to grow. When an individual does not absorb the required daily amounts of proteins, amino acids, water, carbohydrates, minerals, vitamins and other nutrients his/her organism will underperform. And some functions will become dormant with time. One of these hypo functions, when there is lack of sufficient nutrients, concerns the structural process. More specifically our body, by absorbing nutrients through our diet, can use them as raw material to cover its structural needs. Hair, as well as nails are structural elements which in order to grow and remain healthy need all the necessary substances. In cases when there is no proper nutrition our body hypo functions and consequently stops functioning at the structural level, forcing hairs to enter the final stage of their life faster and within a period of 3-5 months the hairs thin and fall causing a hair loss problem. This form of hair loss subsides within a period of 6 months prior to the proper nutrition standards are reached again and for the hair follicles to fully recuperate in the structural sense some kind of supplementary therapy is also required. Most individuals who suffer from this kind of hair loss are women and mainly after they have exposed their bodies to rigorous diet (lacking in calories and low in proteins) in order to lose weight. It is also a fact that most people who suffer the problem of hair loss do not receive the necessary quantity of water so the body is not hydrated enough to function properly at the structural level. In any case this form of hair loss requires attention and the person should, immediately when a problem is noticed on his/her nails, hair and quality of complexion, consult his/her physician as it is highly likely that some other form of damage to the body has been caused and he/she may not on his/her own restore the normal function of the scalp.

Other reasons: The most common causes of hair loss are heredity and testosterone function combined with age maturity, which lead to extreme forms of hair loss known as Androgenic Alopecia. But psychology and nutritional deficiencies play an important part in the proper function of the hair follicles which is also a common cause of hair loss. More rarely we observe cases when, because of ailments such as diabetes or thyroid malfunctioning, hair loss may appear. Extended pharmaceutical treatment (antidepressants, strong anti inflammatory, steroids etc) may also precipitate hair loss. High fever for a prolonged period and dermatological ailments or problems in the scalp area can also lead to hair loss in some cases. Finally, external factors such as overexposure to the sun or very frequent encounters with sea water or chlorinated water (in swimming pools) or friction while brushing the hair and interventions on hair color and waving or exposure to polluted environment of much dust and microorganisms, even the everyday use of a helmet or any kind of hat may lead to hair loss and result in an obvious hair thinning. In any case, and whichever the causes of hair loss may be, the individual who wishes to enhance the image of his hair has now the means to do so as long as he refers himself to experienced doctors who can help him/her with respect and honesty.

