

Hair loss

It's very normal for everyone to shed some hair each and every day, but excessive hair loss is a big concern for both men and women. It can start with a just a few hairs falling out, or losing some when you comb your hair. Sometimes, this excess hair falling off may later progress to baldness. Baldness refers to excessive hair loss from your scalp which can be either inherited or can be due to certain medications. Hair loss can also be a symptom of an underlying medical condition. Men, women, and even children can experience hair loss. In this article we will look closer at what hair loss is and how you can use PRP for hair loss.

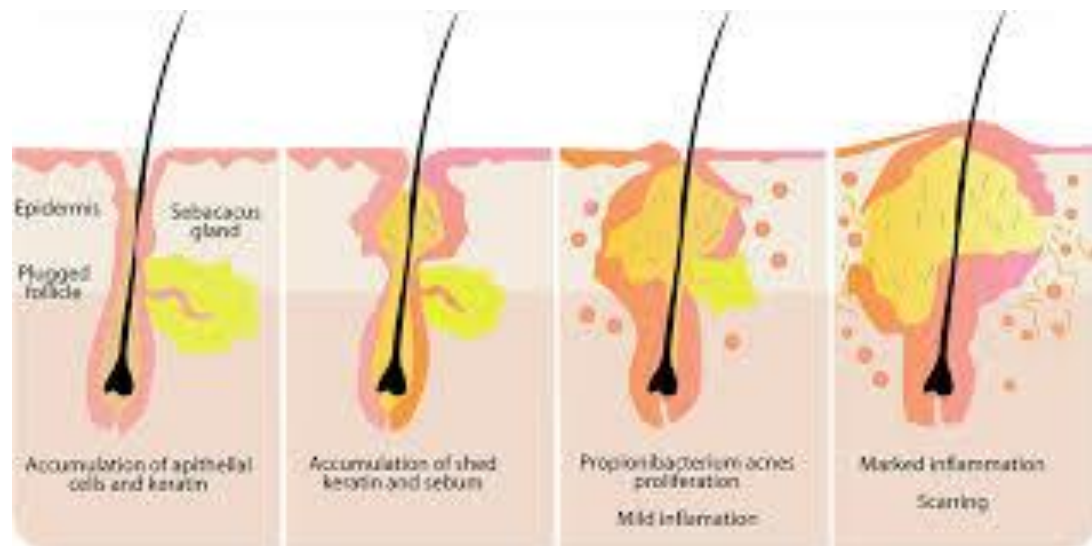
Some people who are less conscious about their appearance do not have any objection to hair loss and they let their baldness run its course without any treatment. However, others who are self-conscious about their thinning hair try to cover it up with hairstyles, makeup, hats, or scarves. Lastly, some are extremely self-conscious about their hair loss and they choose either medications or some kind of surgery that is available to treat their hair loss.

It is normal for us to shed about 50 to 100 hairs a day, and since we have about a million strands of hair on the scalp, this amount of hair loss does not matter and does not cause noticeable thinning of the hair. Also, gradual thinning is a normal part of aging. As one becomes old, the hair naturally starts to thin out. However, you may become bald if the rate of shedding is more than the rate of re growth or when the new hair is thinner than the old hair that is shed.



HAIR LOSS RISK FACTORS

- Family history: parents, grandparents, siblings, other blood relatives
- Nutrition / Diet / Weight Loss or Gain
- Smoking
- Heavy Athletic Training/ "Performance" Supplements (men: Creatine)
- Hormonal Changes (women: childbirth, menopause)
- Medications (HTN, Cholesterol, Mood, hormones)
- Surgery – general anesthesia
- High Fever / Virus
- Stress – emotional or physical
- Over-styling



Hair Loss Causes

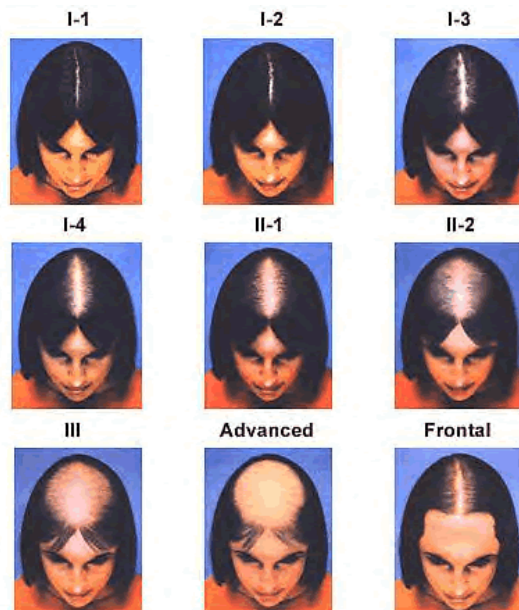
HAIR LOSS IN MEN

- 98% of all hair loss in men is Genetic Male Pattern Baldness
- Receding hairline, thinning crown progressive over time
- Trigger for male pattern hair loss is DHT (dihydrotestosterone)
 - Testosterone! DHT causes hair follicles to miniaturize Decreased time in anagen (growth), Increased time in catagen/telogen (resting)



HAIR LOSS IN WOMEN

- Multiple factors affect hair growth
- Medications, Illness, Diet/Nutrition, Stress, Hormones, Surgery, Heredity
- Female Pattern Hair Loss: Gradual miniaturization, not typically “baldness”
- Loss of Frontal Density
- Receding Temples
- Loss of Volume, Loss of Coverage
- Excessive Shedding

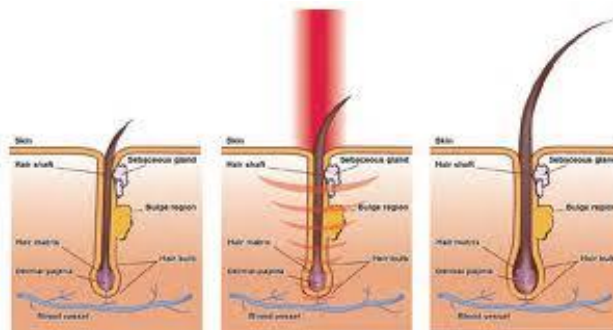
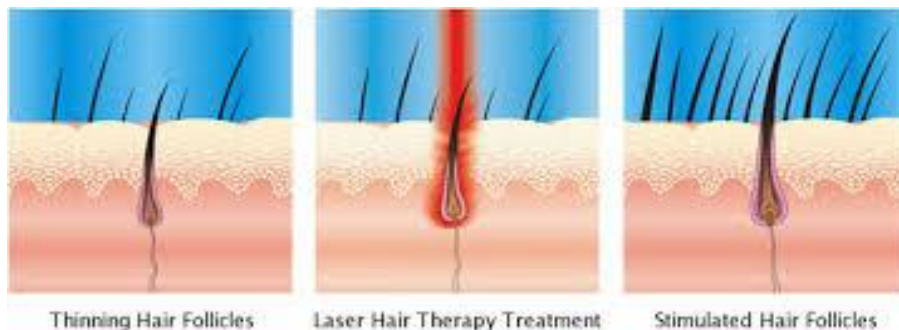


TREATMENT STRATEGEMS

- Eliminate / Reduce Triggers & Risk Factors Medical Conditions, Meds, Social, Styling Habits, Stress, etc.
- Block / Reduce Androgen Effects in Men & Androgen-Sensitive Women, Pharmaceutical & Nutraceutical
- Stimulate and/or Enhance Hair Follicle Function Pharmaceutical, Nutraceutical, Cell Therapy, Phototherapy
- Surgically Redistribute Permanent Follicles into Depleted Areas Hair Transplantation

TREATMENT STRATAGEMS

- **Oral Finasteride** – blocks dihydrotestosterone production
- **Topical Minoxidil** – potassium channel opener, vasodilator
- **Low Level Laser Therapy** – increases mitochondrial membrane potential, ATP production
 Low level laser light is compressed light of a wavelength from the cold, red part of the spectrum of electromagnetic radiation. It is different from natural light in that it is one precise color; it is coherent (it travels in a straight line), monochromatic (a single wavelength) and columnated (it concentrates its beam in a defined location or spot). These properties allow laser light to penetrate with no heating effect, no discomfort and no known side effects. The unique laser light penetrates into the scalp tissue where it stimulates the micro-circulation and improves cellular metabolism and protein synthesis.



- **Nutritional Modification** – supplements like Biotin, Marine Protein, Nutraceuticals
- **Platelet Rich Plasma** – injectable autologous growth factors, anti-inflammatories +/- ECM

- **FUE Hair Transplantation** – redistribution of permanent hair follicles from the occipital scalp to the severely depleted area.

Excellence medical & skin care clinic's staff is dedicated to delivering an unparalleled level of care and focus on your individual hair loss concerns, comfort, and privacy. We invite you to **contact us** and discover how easy it is to restore your hair, and restore your life.

For booking and consultation:

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