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Develop a Strategy For Dealing With Premature Hair Loss

By Richard Mitchell

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by: **Richard Mitchell**

The fact you are reading this probably indicates you have concerns about the rate of your hair loss. Baldness may sometimes be a source of amusement to those with a full head of hair, but premature hair loss at any age can be the cause of intense concern to those affected.

But you can do something about this! By following the guidelines suggested in this article you will place yourself in a position to identify a hair loss treatment that not only works but also fits in with your lifestyle and preferences.

To achieve this you must truthfully answer four simple questions:

1. What is the true cause of your hair loss?

Most instances of hair loss in men, for example, can be attributed to androgenetic alopecia (male pattern baldness) but you must be certain as this will influence your choice of hair loss treatment. To be completely certain you should consult with your physician.

2. How far has your hair loss progressed?

It is crucial to realize that the sooner you start treating hair loss, the greater your chances of success. You need to identify the pattern of hair loss as this will help establish both the cause and most effective treatment option.

3. What hair loss treatment options are you prepared to consider?

Your answer to this question will depend on a number of factors including the type and extent of hair loss, what treatments have been tried previously, your personal preferences with regard to using medications or natural remedies and the amount you are prepared to spend.

4. Do you have sufficient patience and determination to succeed?

There really are no miracle cures for premature hair loss. Equally, there are treatments that can halt and even reverse this condition, but none of them will work overnight. Treatments take time to work and there is no such thing as a remedy that suits everyone.

When you have given proper consideration to these questions you will find yourself in a better position to choose the hair loss treatment that best suits your circumstances. If you're still not sure, talk to your physician or carry out more research. But you need to be clear on one point – the longer you delay, the more difficult your path to hair regrowth will be.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

Hair Transplant – Is A Hair Transplant Right For You?

By Vienna Miller

What Is A Hair Transplant?

A hair transplant is a surgical procedure where hair on one part of your head that is not prone to balding (like the sides and back) is taken and transplanted into a balding area.

Generally, most of this transplanted hair will continue to grow for the lifetime of the patient. Hair transplants are thus a popular way to address the problem of premature balding and hair loss.

Patients like the fact that they don't have to mess with questionable hair loss treatments or products for the rest of their lives.

Hair Transplants are becoming much more popular in the image-obsessed culture we live in today. People are realizing that image makes a difference in everything from personal confidence and happiness to the type of salary you earn and even to what kind of mate you can attract.

What Does A Hair Transplant Look Like?

New advances in hair transplants are made every year. Hair transplants today don't need to have the 'pluggy' look they did 10 or 20 years ago. Today they can look so completely natural, no one will be able to tell you had one.

Depending on which doctor you choose you can address the thinning areas on your crown or front hairline. Your doctor may also be able to steer you towards proven hair loss products that can cut down

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on hair loss after your surgery. This will help you so you stave off the natural progression of age-related hair loss.

Is A Hair Transplant Right For You?

Everyone is unique and a hair transplant may not be for everyone as each person's situation is unique. If you're considering a hair transplant, you must choose your surgeon or clinic carefully as there are a wide variety of options for those wanting a hair transplant.

If you are considering a hair transplant, talk to your doctor. You'll also want to educate yourself on hair transplants, methods, costs and options before making a final decision.

Vienna Miller is a contributing writer to

– a website offering the

latest information on hair transplants, surgery & costs. For more information visit

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