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## Hair Loss - The Bane Of Both Men And Women

By Carol Evans

Hair loss had long been the bane of men, although it can also effect women and in that case, the effects can be even more emotionally devastating.

Since ancient times, hair loss has been associated with lack of virility and advancing age, even sinister overtones. The claim that bald men are actually less virile than those with hair is actually patently false, as men experiencing hair loss are actually doing so due to large amounts of testosterone in their bodies. Ironically, the hair loss process often slows down around the age of 50, when most men experience a significant drop in testosterone levels.

There are many people looking to make some money off of a man's fear of losing his hair. The advertisements run the gamut from natural remedies to tablets, to surgery. Some of these claims are true, and some will force a balding man to shell out a lot of cash for a hair loss remedy that simply does not work. The following are some methods that do work.

Propecia finestrade is a tablet that is taken daily by men experiencing hair loss. It is prescribed by a doctor after a discussion of possible side effects. Remember that there will be side effects inherent with any working medicine, and that not all and sometimes none of them will come to pass, they are simply a possibility. As propecia finestrade is designed to block testosterone development in part, side effects can include a loss of sexual appetite and fatigue. Propecia finestrade has been shown to re-grow some amounts of hair in 20% of men. In 60% of men, it stops the hair loss process, and in the last 20% it has no effect at all. If the pill is discontinued, men will experience hair loss at increased levels.

Rogaine is also used by men to slow down or halt hair loss. It is more inconvenient than finestrade as it is a cream that must be applied to the hair twice daily. It has the same results as finestrade, although

the side effects are not as pronounced.

A third option for anyone experiencing hair loss is surgery. Laser surgery and hair replacement surgery are both available, and of the two the replacement surgery is the best option as it uses the patient's natural hair to replace the hair that has been lost. As with any cosmetic surgery, however, there is significant cost involved and a large number of scam artists. People wishing to go this route must do their homework before selecting a doctor and should always verify credentials.

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## **The Truth On Hair Loss Myths...**

**By Daniel J.Fox**

You might be surprised to learn that many people are unable to untangle fact from fiction when it comes to hair loss. Some of the blame lies with the many companies and individuals exploiting hair loss myths in order to sell bogus hair products. Other myths may linger because people with hair loss, particularly women, are reluctant to talk about an issue that remains sensitive and sometimes emotional. The timing and pattern of pattern baldness is also different in men and women.

While men tend to start losing hair in the 30s and 40s, hair loss begins in the 40s or 50s in women, though it can occur as early as the 20s. And while men first lose hair in the front and at the top of the head, women's hair thins diffusely throughout the scalp.

Until recently, women have been reluctant to seek treatment, but hair restoration surgeons say that women make up more and more of their practices. In reality, hair loss is just as common in women as it is in men, though the degree of loss tends to vary by gender. 'By the age of 50, over 50 percent of men have significant hair loss.' Dr. McAndrews says.

'For women, about 25 percent have significant hair loss by the age of 50, though it may be less apparent because women are more conscientious about hiding it than men are.' For most people, hair loss is a result of a genetic predisposition. For some, however, hair loss may result from a condition called telogen effluvium. Telogen effluvium is a condition where a lot of hair may fall out in a relatively

short period of time.

The most common causes are childbirth, high fever, severe illness and even high stress. In most cases this type of hair loss is temporary. Other common causes are like inadequate protein or iron in your diet, or poor nourishment caused by fad diets or an eating disorder. Chemicals used for dying, bleaching, straightening or perming hair as well as excessive hairstyling or hairstyles that pull your hair too tight can also cause gradual hair loss.

Learning to Avoid Balding.. Find out more about Hair Loss Remedy at

<http://HairLossRemedy.eabout.info>

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