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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Modern Hair Restoration Can Be Successful

By Jerry Blackburn

Before seeking the services of a hair replacement center, it is important to understand some basic information about hair loss and what can do about it. Hair Loss Background Approximately 95% of the estimated 60 million men and women in the United States who experience abnormal hair loss suffer from a hereditary condition called androgenic alopecia. This is the gradual loss of hair that usually begins somewhere between 30 to 40 years of age in men and is essentially a cosmetic disorder, which is relevant because most health insurance plans will not pay for cosmetic care. In women, the onset of hereditary hair loss usually does not occur until after menopause.

The incidence of androgenic alopecia is highest in white males but can also be found women, Asians, and African Americans. Usually, the thinning hair begins in the frontal area and progresses back over the head. In general, the growth transition begins with large, thick healthy hair, then progresses to thinner, shorter, indeterminate hairs, and finally, short, nonpigmented vellus hairs cover the area sporadically. During this transition, the patient may notice more shedding than normal. Some shedding is natural, as up to 10% of a person's hair so prone to shedding at any given time. Lab studies can be done to determine whether the hair loss is genetic or caused by other sources. What can be done about it? Once the cause of thinning hair is determined, a hair replacement center can offer several viable solutions for hair restoration . If the cause is not genetic, changes in medication, diet, or hairstyle products may take care of the problem without any significant out-of-pocket cost to the patient. In the event the patient is losing hair due to genetic reasons or the changes mentioned above do not create a regrowth of hair, other options are still available.

· Surgery offers a couple of solutions. One is a scalp reduction. This is where a portion of the bald scalp is removed, and then the skin is stretch to cover the area of the scalp where the skin was removed. The other option is probably the most commonly considered option. Hair follicles can be transplanted from a donor or from thickly haired sections of the head. The main problem with hair plugs is covering the bald area with enough plugs to provide satisfactory results.

· The last option is hair weaving. Hairpieces are weaved into the patient's natural hair to create a prosthetic method of covering the baldness. While the hairpieces of the past were often horrendous failures, many of the modern prosthetics are indistinguishable from the patient's own hair.

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Conclusion for modern hair restoration technologies Now that you have a general idea what to expect from a hair replacement center, you can more effectively prepare a list of questions for the doctor. You can also go prepared to ask questions about your family history, medical history, current medications, diet, and general hair care regime.

While beauty is in the eye of the beholder, it is also an integral part of self-image. As such, concern over hair loss is a normal reaction and should not be taken lightly.

Jerry Blackburn distributed a lot of articles for

<http://www.hair-loss-tips.com>

an online source of

information. Jerry is publishing from hair loss to hair restoration

<http://www.hair-loss-tips.com/news/medical-hair-restoration-techniques/>

and other areas in this field.

Simple Tips For Hair Restoration

By Martin Stoleman

One of the biggest annoyances in life is hair loss. As a physician, I encounter people every day that are experiencing different levels of hair loss. Some have just started to notice that their hair is thinning while others barely have any hair left at all. I don't want to minimize the seriousness of many people's condition or of the process of hair restoration. In this space, however, I'll simply share a few tips that will help most people (not all people) dealing with hair loss in the process of hair restoration.

One of the first things I look at closely with a patient dealing with hair loss is their fitness and diet habits. While this might seem disconnected to hair loss or hair restoration, it is not. In fact, take a moment to think about it. Everything you eat and drink goes directly into your body and is the fuel that keeps your body working properly. So there is a good chance that poor eating or fitness habits will spill over into various areas of your life and have negative affects. So I look for areas where a patient needs to improve the things they are putting into their body and the things they are doing with their body. I will rarely prescribe medication before I see what kind of difference health and fitness changes will make.

Another key thing I look for in patients desiring help with hair restoration is stress levels. I put them through a variety of stress tests to see how their current situation is affecting them. Stress that is not managed properly is one of the biggest factors that will promote hair loss and make hair restoration more difficult. I will work with a patient in figuring out the best methods for stress management long before I will have them pop a pill for hair restoration.

Besides nutrition, fitness and stress, I start with simple things like getting my patients to add dietary

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supplements of key vitamins and minerals to their daily diets. I also look to help them be aware of what kinds of hair products and treatments are available to help aid in hair restoration.

So if you are noticing signs of hair loss, make an appointment to see your physician today. Ask about ways that you can help the process of hair restoration. Be willing to see where your lifestyle might need to change in the process. Hair loss doesn't have to happen, and hair restoration really can happen.

Martin Stoleman is a family practice physician that specializes in helping patients with hair restoration. See

<http://www.hairrestorationgoods.info>

for more.



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