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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!

Menopause and Hair Loss

By Cathy Taylor

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The onset of menopause can often lead to hair loss and has long been a part of aging that many women fear the most. These days many more women are also experiencing thinning and bald spots as they mature, and both men and women are reaching out for new solutions. Even though there is no real 'cure', there are many things that can be done to help.

Both hormones and genes are to blame for menopause causing acute hair loss, as is the aging process. Confirming the causes of your loss with a competent and experienced dermatologist is the first step in determining your best treatment options.

It's possible to have temporary loss of hair caused by physical stress, emotional stress, thyroid abnormalities, medications and hormonal changes (such as androgens and estrogens during menopause) normally associated with females. Tension on the hair by prolonged use of hair weaving or corn rows can also cause permanent loss.

There are autoimmune disorders such as Alopecia Areata that cause patchy loss of hair often in small circular areas in different areas of the scalp. Alopecia Totalis is a total loss of hair on the scalp and is considered an advanced form of Areata. Alopecia Universalis is total hair loss of the entire body. People with diseases such as diabetes and lupus have also reported losing hair as a result.

It's normal to shed some hair each day as about 90 percent of the hair on your scalp is growing at any one time during a normal phase that lasts for 2 to 6 years at one time. Some women notice they are losing hair about 3 months after delivering a child. This is related to a hormone loss and is usually temporary.

Several medicines have been known to cause hair loss such as blood thinners (anticoagulants), medicines used for gout and in chemotherapy to treat cancer. Also, the use of vitamin A, birth control pills and antidepressants has been known to cause hair loss.

Menopause and Hair Loss

Male pattern baldness is usually inherited from your genes. An over abundance of the male hormone dihydrotestosterone (DHT), which is an active form of testosterone, within the hair follicle can create this type of hair loss. Current medications are aimed at slowing this common type of baldness including Minoxidil which is commonly called Rogaine and is available without a prescription. Both men and women can apply this product to the scalp. Another medicine, Finasteride, and called Propecia is available in pill form without prescription but is meant only for men. It can take up to 6 months in order to tell if these medications are helping.

Remember, the onset of menopause can often lead to hair loss and has long been a part of aging that many women and men fear the most. Even though there is no real cure, there are many things that can be done to help. Select the Hair Loss Doc Shop to locate a doctor near you.

Cathy Taylor is a marketing consultant with over 25 years experience. She specializes in internet marketing, strategy and plan development, as well as management of communications and public relations programs for small business sectors. She can be reached at Creative Communications: creative--com@cox.net or by visiting www.menopauseinfo.org or www.internet-marketing-small-business.com

Female Hair Loss And Menopause

By Kathlene Capelle

Menopause is one of the most common causes of female hair loss and one of the least happily endured symptom. Female hair loss can be pretty devastating to any woman in today's modern society, which emphasizes the importance of an attractive hairdo. Just think on the thriving multi-billion dollar in the hair care industry and the numerous advertisements on shampoo, styling products and hair loss treatments.

Like childbirth, menopause is a natural occurring state for women and - also like childbirth - the changes manifested in the body can be traumatic. Women begin menopause between the ages of 30 and 70, with most beginning between the mid 40s and mid 50s. However, menopause can occur unnaturally, that is, after surgery or medical treatment. In this case, the symptoms may be much more severe and female hair loss is much more likely.

Female hair loss is not a guaranteed symptom of menopause. It is less common than, for example, hot flashes and mood changes. Women experience female hair loss to varying degrees and some don't experience at all.

Exactly what causes hair loss is still not clear. But many experts have said that the most common cause is androgenetic alopecia or genetic balding. This refers to a genetic process whereby individual hair follicles metabolizes the sex hormone testosterone. Menopausal women experiencing hair loss experience a higher rate of testosterone to dihydrotestosterone, or DHT. It is the effect of DHT on hair follicles that results in hair loss.

Menopause and Hair Loss

In the same respect, women who have abnormally high levels of male sex hormones can also experience thinning of scalp hair. Signs that these women display include plenty of body and facial hair, abnormal menstrual patterns and enlarged clitoris.

In addition, factors like anemia, thyroid disorders, fungal infections and stressful life situations can cause hair loss in menopausal women.

In the same way that female hair loss shows itself as a manifestation about three months after the originating cause begins, so too does female hair loss take about three months to show the effects of treatment. Estrogenic treatments like soy isoflavones or hormone replace therapies, will need to be implemented for about three months before you can determine whether or not it's working for you.

How negative a menopausal woman feels towards her hair loss differs from individual to individual. In situations where it affects her quality of life and self esteem, it is best to address the problem quickly. A proper evaluation by a professional for causes of hair loss is necessary to determine the underlying medical conditions and an appropriate course of treatment that produce the condition.

Kathelene Capelle writes on acne treatment, natural acne remedy, eczema, dry skin care and also, on skin massage oils. Get simple and step-by-step recipes for skin care that you can follow with ingredients right out from your kitchen! Read them all



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