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**The Main Causes Of Hair Loss In Women**

**By Richard Mitchell**

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When you think of hair loss it's natural to assume that it's a condition that predominantly affects men. Some experts however suggest that as many as one in four women will experience hair loss at some time in their lives. So why don't we see and hear more about it? Perhaps the answer has something to do with one or more of the following:

Women are better at disguising hair loss.

Women's hair loss is generally less extensive in terms of severity.

Women's hair loss tends to be spread evenly over the head rather than concentrated in one or two spots.

So why do women lose hair – are the causes very different to those that result in male baldness? There are probably three common reasons for hair loss in women:

Female pattern baldness – believe it or not, most women affected by hair loss lose it for the same reasons as men. They suffer from androgenetic alopecia which is a reaction to male hormones in the body, specifically the conversion of testosterone into the hair-unfriendly DHT. In the case of women, pattern baldness may start later and the effects may be less extreme due to the influence of female hormones, but the condition is nonetheless the same as that found in male pattern baldness.

Telogen effluvium – this is regarded as the second most common cause of women's hair loss and this is unsurprising given the nature of the condition. Telogen effluvium is characterized by a general thinning of the hair and is usually brought about as a result of some traumatic event causing sufficient stress to interfere with the normal hair growth cycle. Given that pregnancy is a prime example of the type of event that can shock the hair growth cycle then perhaps the high incidence of telogen effluvium amongst women is only to be expected.

## The Main Causes Of Hair Loss In Women

Alopecia areata – this is the third most common hair loss condition to affect women. It is characterized by patchy areas of hair loss on the head or it can be more widespread over the body. It is thought to be caused by deficiencies in the immune system but much is still not known about the condition. In many cases the hair regrows spontaneously after a variable period of time, but in a minority of cases the problem may be more severe and longstanding.

If you experience any form of hair loss arrange to visit your physician to discuss the treatments that may be suitable for your particular condition.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

### **Female Pattern Hair Loss - It Depends On The Genes**

**By Ash R**

Female pattern hair loss is very common nowadays due to hectic schedules and stress. Stress is the main cause of female hair loss. Women rarely become bald, but hair loss is common. If more than 100 hairs falls from your head while applying oil or when you shower then you need to take proper steps to control hair loss.

Men usually become bald if their hair becomes thin, while women do not completely become bald. It is very rare and if it happens then it could be due to genetic factors. Women could lose some hair or sometimes the hair becomes thin which could be treated if proper care is taken or by consulting a hair specialist.

Androgenic alopecia is the most common type of hair loss in females. If lots of hair falls in a day and if you feel your hair is becoming thin then it is the perfect time to visit a dermatologist. If your parents were bald then the chances of you becoming bald is more. Hair loss or balding depends on the gene of the parents. Female hair loss could start at puberty and it is mainly due to hormonal imbalance. Women could also lose hair once they discontinue birth control pills, or even when they are pregnant. Physical and emotional stress could also cause hair loss.

There are various medications available for female hair loss. Homeopathic, ayurvedic, allopathic medication can be bought from stores. There are many homemade remedies, which would help in gaining hair and also thicken hair. While going for a treatment or hair restoration surgery it is advised to take professional advise. Consultation with dermatologists would help in determining the root cause of your hair loss. Around 25 million American females are affected with this type of hair loss.

To learn more visit

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