

Women and Hair Loss: The Causes

Today more women than ever are experiencing hair loss -- and the causes may be quite different than what causes balding in men.

"I have seen women as young as 15 or 16 develop hair loss problems -- it's not common, but it's also not that rare," says Amin Sheybani CEO of Hair Spa who specializes in the treatment of female hair loss.

But what exactly causes a woman to lose her hair? To understand that, it's important to know a little something about how hair grows.

Women and Hair Loss: The Causes Growth Cycle Interrupted

Experts say our tresses usually grow at the rate of about one-half inch per month -- with each hair having a growth phase of two to six years. At that point the hair "rests" for a period of time, then falls out -- and the follicle from which it sprang soon starts growing a new strand. And so the cycle continues, usually well into our senior years.

In some folks, however -- those with a genetic predisposition to hair loss -- a group of hormones called androgens interferes with this natural process. According to dermatologist Michael Reed, MD, androgen hormones include testosterone, androstenedione, and dihydrotestosterone (DHT) -- all of which are made in men's bodies in large amounts, and in women's bodies in small amounts.



In those who are genetically susceptible, when testosterone comes in contact with enzymes residing in the hair cell, it is converted into the more potent androgen DHT, which then binds with receptors deep within the hair follicle.

"Over time, an excess build-up [of DHT] in the follicle causes it to begin shrinking, which in turn alters the natural resting and growth phases of the hair,". Some of the follicles eventually die, while others are rendered incapable of producing or maintaining healthy hair growth. The end result is hair loss -- and a condition that is medically known as androgenic alopecia.

For many decades, doctors believed that androgenic alopecia was the primary cause of balding in both men and women. Today they know this is not true -- at least where women are concerned.

Sheybani adds that thyroid disorders, anemia, even chronic illness or the use of certain medications can also cause hair loss in women that is often undiagnosed.

"The No. 1 rule of treating hair loss in women is getting the correct diagnosis -- if there is an underlying physical problem it has to be corrected first," says Sheybani. Often, he says, that can preclude the need for additional hair loss treatment. As such, he advises women to see a Trichologist and make certain to be checked for possible underlying medical conditions via blood tests, or if need be, a scalp biopsy.

Fortunately there is now a product formulated only for women hair loss which is proved to be very effective. The product name is Tricomax and it is available exclusively in Hair Spa," says Amin Sheybani.