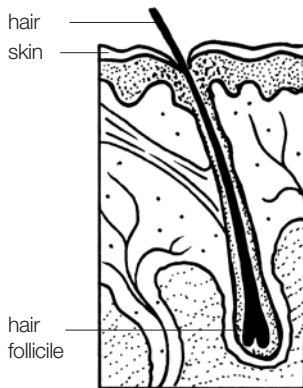


Hair Loss

Hair loss has many causes and can be permanent or temporary. Most people have slower hair growth as they get older and some people, mostly men, go bald. Certain types of hair loss, however, can happen to anyone at any age. Medicines can sometimes help stop hair loss.

Each hair strand grows out of a hair follicle situated just under the surface of the skin. An average scalp has about 100,000 hair follicles. Hair strands grow at the rate of about 1cm a month for three to five years. Eventually, each hair strand stops growing and



after about three months falls out, as its hair follicle starts to grow a new hair strand. A healthy person loses about 50-100 hairs from the scalp every day. If this hair growing cycle is disrupted or hair follicles are damaged, hair strands may fall out early or not be replaced, leading to thinning, or partial or total baldness. The medical name for hair loss is alopecia.

Types and causes of hair loss

Androgenetic alopecia (baldness)

Androgenetic alopecia is a change in hair growth over the front and top of the scalp that happens to many men and some women. Short, fine, pale hair starts growing in place of normal hair, until eventually hair stops growing. Baldness is inherited and may be inherited from either side of the family. It is also related to age and to blood levels of certain hormones.

Male pattern baldness – Hair is lost from the front of the head (receding hair line) and from the top of the head.

Female pattern baldness – Hair loss is less prominent than in men. Hair is lost from the top of the head, without a receding hair line.

Alopecia areata

Hair is lost suddenly, in one or more circular patches on the scalp or body. An immune system disorder may be the cause.

Cancer treatment

Chemotherapy and radiation treatments can affect hair follicles and cause growing hairs to fall out.

Hair-dressing

Overuse of chemicals (e.g., hair colours, perming solutions) can damage hair and hair follicles. Regular tension on hair (e.g., tight rollers, tight plaits) or rough brushing can also cause hair loss.

Medicines

Some medicines can cause hair loss (e.g., oral contraceptives) – ask a pharmacist or doctor for advice.

Medical conditions

Some medical conditions can cause hair loss (e.g., anaemia, thyroid problems, cancer and HIV/AIDS). Stress, anxiety, pregnancy, serious illness and surgery may lead to hair loss a few months after the event.

Poor diet

Poor nutrition, especially iron deficiency, may cause hair loss.

Skin disorders

Some skin disorders cause hair loss (e.g., dermatitis; psoriasis; tinea on the scalp). Tinea (also called ringworm) is a fungal infection which causes a red, itchy, scaly patch on the scalp, with hair loss in and around the patch.

Scarring

Hair does not grow from scar tissue.

Treatment

Unfortunately, there is no permanent cure for male/female pattern baldness or conditions where hair follicles are permanently damaged.

Male/female baldness

Medicines may help and work best if started in the early stages of hair loss. It may be several months before hair re-growth begins and if treatment is stopped, hair loss will continue as before. Medicines for hair loss include:

- Minoxidil lotion – when rubbed into the scalp, it can slow hair loss and in some cases, stimulate re-growth. Minoxidil lotion is available from a pharmacist
- Finasteride tablets – affect male hormone levels and may help some men. Finasteride must be prescribed by a doctor
- Spironolactone and cyproterone tablets – have a hormonal effect and may help some women. These medicines must be prescribed by a doctor.

Wigs, hair transplants or scalp reduction surgery may be options if medicines do not help.

Other types of hair loss

- Hair may grow back in alopecia areata. Some medicines (e.g., corticosteroids, dithranol, minoxidil) may help hair growth.

Important

Consult a doctor if you are losing hair and you:

- are under 18 years old
- have signs of a skin disorder or infection
- have other symptoms of iron deficiency
- feel unwell.

Your **Self Care** Pharmacist

- Fungal scalp infections can be treated with antifungal medicines.
- Hair loss due to medicines, stress, medical conditions or poor diet usually grows back once the cause is corrected.
- Hair lost during cancer treatment usually grows back after treatment is finished.
- Hair transplants and surgery can reduce the size of bald patches.
- Wigs and cosmetic treatments such as hair weaving and tinted sprays can hide hair loss.

Self care

Emotional reactions to hair loss are very personal. Some people become very distressed, as hair loss affects their body image and self esteem. Other people are not concerned by hair loss. If you feel distressed, talk to a doctor.

- Remember that treatments for hair loss take time to work.
- Remember skin on the scalp is easily sunburned. Always wear a hat when outside, and apply SPF 30+ sunscreen to exposed skin.
- Be careful to protect your scalp as exposed skin on the scalp is easily damaged.
- Learn and practice relaxation techniques.
- Eat regular, healthy meals, including plenty of fruit, vegetables and grains. Limit foods high in fat, sugar or salt.

Related fact cards

- *Eczema and Dermatitis*
- *Relaxation Techniques*
- *Sense in the Sun*
- *Tinea*
- *Vitamins*

For more information

DermNetNZ – website www.dermnetnz.org

Health/insite – website www.healthinsite.gov.au

Consumer Medicine Information (CMI) leaflets – your pharmacist can advise on availability.

NPS Medicines Line – phone 1300 888 763 Monday to Friday, 9am to 6pm EST.

The Poisons Information Centre – in case of poisoning phone 131 126 from anywhere in Australia.

Pharmacy Self Care Support – phone 1300 369 772 and ask for the Pharmacy Self Care Field Officer.

Pharmacists are medicines experts. Ask a pharmacist for advice when choosing a medicine.

