



## From the Desk of Ian D Scofield

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Title: The Causes of Hair Loss in Women

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Have you experienced hair loss? For men hair loss can be embarrassing and saddening but for women it can be even worse. The fashion and beauty worlds have built up a stereotype that all women need to maintain an image that includes long and thick hair. Hair loss can leave women asking themselves what happened to their hair, why is it happening to them?

It comes as a surprise to most people but hair loss among women is not uncommon. Around 21 million women in the United States alone suffer from noticeable hair loss. You should never feel alone and should always remember that you are not in the process alone, 20,999,999 other women are right there with you.

Because it is believed to be uncommon most women don't know why they start losing hair. The first step in the process of living a happier life and starting to try to regrow your hair is to discover why you are losing your hair. Just like with men, there are multiple reasons why a woman may start losing her hair and let's take a look at some of the most common.

The most common cause of hair loss in women is known as female pattern baldness. It is a hereditary condition that is very similar to male pattern baldness but is not the same. The hair thins but it does not usually affect the front of the hair line. When your hair starts to thin due to female pattern baldness it will usually start by widening your part and stick to the top. Very rarely do women see near or total baldness. Another name for female pattern baldness is Androgenetic alopecia in women.

Another leading cause of hair loss in women is other medical conditions. There are many medical conditions that can cause hair loss and they range from hormonal changes to thyroid disease to rarer medical conditions. Even pregnancy has been known to cause hair loss in women. A rare medical condition known as Alopecia Areata can cause non-scarring patchy hair that is due to the immune system attacking hair follicles.

In a world where we are focused on ensuring we get the proper vitamins to keep ourselves healthy it is not hard to take too many vitamins. Too much vitamin A can lead to the loss of hair. Hair loss due to

vitamin A overdose is easy to reverse, simply reduce or stop taking extra vitamin A and your hair should return to its normal growth.

The last common cause of hair loss is a physical or emotional shock. Anyone, male or female, can suffer from hair loss due to shock or stress. Surgery, car accidents, severe illness, or death of a loved one can all cause hair loss. When you lose hair due to shock or stress it is known as Telogen Effluvium. Essentially the shock or stress of a situation causes your hair to prematurely enter the phase where it stops growing and begins to fall out. Telogen Effluvium can cause general thinning or loss of hair up to several months after the incident. The more stressful an incident the more likely it is to cause hair loss.

Weight loss, although good for some people, can cause your body to undergo shock. If you lose too much hair too quickly you run the chance of losing hair. Some professionals have found a link between going through menopause and hair loss but there is no direct evidence linking menopause to hair loss. It is believed by most experts that menopause just happens at the same age that a lot of women start to notice hair loss issues.

There are a few non-medical causes for hair loss. It is possible to inflict thin hair or hair loss on yourself. Those who often wear tight hair styles such as cornrows or tight braids run the chance of losing hair due to traction alopecia which essentially means you are pulling your own hair out. Also using chemicals and dyes in your hair along with bad hair treatment devices can cause you to lose hair. For most non-medical hair loss issues though the damage is not permanent, the hair will grow back. For those who have damaged their hair growth with chemicals or hair care devices and do not experience the regrowth of hair can undergo medical procedures to help regrow their hair.

Just because there are a variety of different causes of hair loss does not mean there is no hope. There are many different treatment methods that can help you get back the hair mass and/or thickness that you want. Come to us and our team of experts will start by identifying what is causing your hair loss issues. Once we know the cause of your hair loss issues we can start to combat them and help you regain the hair you want.