

## Hair Loss

### Reasons for hair loss:

For Men: overproduction of male hormones; poor blood circulation; heredity

For Women: pregnancy, stress, fatigue; medical treatment; heredity

Normally a hair will last 5-6 years under normal circumstances. After those 5 years, a new hair forms to fill in for the old hair which will fall out. This happens to about 50-60 hairs that are shed each day. When thinning or baldness occurs, the old hair does not fall out as it should but becomes thickened in the hair shaft and does not allow new hair to grow in to replace it. This causes:

- hair to develop a delicate structure
- hair does not get older than a few weeks or months
- hair falls out without allowing new hair to develop