

# Hair Loss Treatment Guidelines

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Hair loss is a common condition that affects both men and women. It is characterized by the gradual or sudden loss of hair, usually from the scalp, but it can also occur on other parts of the body. Hair loss can be temporary or permanent and can vary in severity.

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## Causes of hair loss

There are many different causes of hair loss, some more common than others. These include:

- **Hereditary factors:**  
The most common cause of hair loss is genetics. This type of hair loss is known as male or female pattern baldness and can run in families.
  - **Hormonal changes:**  
Hormonal imbalances such as those experienced during pregnancy, menopause, or thyroid disorders can cause hair loss.
  - **Medical conditions:**  
Certain medical conditions, such as alopecia areata, scalp infections, and autoimmune diseases, can lead to hair loss.
  - **Medications:**  
Some medications for chronic illnesses like cancer, depression, heart problems, and high blood pressure may have hair loss as a side effect.
  - **Stress:**  
Extreme physical or emotional stress can lead to temporary hair loss.
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## Treatment options

Treatment for hair loss depends on the underlying cause and the severity of the condition. Some common treatment options include:

### Prescription medications

Medications like Minoxidil and Finasteride can stimulate hair growth. Minoxidil is often more effective when combined with other hair loss treatments. Many users notice some regrowth, but results typically take 6 to 12 months to become visible. Finasteride, though not FDA-approved for women and individuals assigned female at birth (AFAB), is approved for men and those assigned male at birth (AMAB) to treat pattern baldness.

## Grafting

Hair follicles can be surgically removed from areas of the scalp where there is thick hair growth and transplanted to thinning or balding areas. This treatment works best for individuals with male or female pattern baldness.

## Low-level laser therapy

Low-level laser therapy has been proven effective in stimulating hair growth and improving hair thickness. It works by increasing blood flow to the scalp and promoting cell activity within hair follicles.

## Microneedling

This process involves using a small roller with tiny needles to create micro-injuries in the scalp. These injuries stimulate the body's natural healing process and can help promote hair growth. While patients can buy microneedling rollers to use at home, it is recommended to seek professional treatment for best results.

## Injections of corticosteroids

Corticosteroids can be injected into the scalp to reduce inflammation and suppress the immune system's response, which may help stop hair loss. However, this treatment is not recommended for long-term use due to potential side effects.

## Platelet-rich plasma (PRP)

PRP is a treatment where a patient's own blood is drawn, processed, and then injected into the scalp. The growth factors in the PRP can help stimulate hair growth and improve overall hair health.

## Hair transplant

Hair transplant is a surgical procedure where hair follicles from a donor area are transplanted to the thinning or balding areas of the scalp. This treatment is most commonly used for individuals with male or female pattern baldness and can provide long-lasting results.

## Vitamins, minerals, and other supplements

Taking certain vitamins, minerals, and supplements can also help promote hair growth and improve its overall health. Some popular options include biotin, iron, and zinc, which are known to promote hair growth and thickness.

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## References

American Academy of Dermatologists Association. (n.d.). *Hair loss: Diagnosis and treatment*. <https://www.aad.org/public/diseases/hair-loss/treatment/diagnosis-treat>

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