



Alopecia Will Cause Hair Loss

Alopecia areata is a condition that causes round patches of hair loss. It can lead to total hair loss.

Alopecia is thought to be an autoimmune condition. It occurs when the immune system mistakenly attacks and destroys healthy body tissue.

Some people with this condition have a family history of alopecia.

Alopecia areata is seen in men, women and children. In a few people, hair loss may occur after a major life event such as an illness, pregnancy or trauma.

Hair loss is usually the only symptom. Alopecia usually begins as 1 to 2 patches of hair loss. Hair loss is most often seen on the scalp. It may also occur in the beard, eyebrows, pubic hair and arms.

If alopecia areata leads to total hair loss, it often occurs within 6 months after symptoms first start.

If hair loss is not widespread, the hair will often regrow in a few months without treatment.

—*Medlineplus.gov*

Losing Your Hair? Could Be Hereditary, Stress or Poor Diet

You lose up to 100 hairs from your scalp every day. That's normal, and in most people, they grow back.

But many men — and some women — lose hair as they grow older.

You can also lose your hair if you have certain diseases or if you take certain medicines or have chemotherapy.

Other causes are stress, a low protein diet, a family history or poor nutrition.

Hair loss occurs when the cycle of hair growth and shedding is disrupted or when the hair follicle is destroyed and replaced with scar tissue.

Hair loss can affect just your scalp or your entire body. Anyone can experience hair loss, but it's more common in men.

Hereditary hair loss with age is the most common cause of baldness.

Before pursuing hair loss treatment, talk with your doctor about the cause and treatment options.

Hair loss can appear in many different ways, depending on what's causing it. It can come on suddenly or gradually and

affect just your scalp or your whole body. Some types of hair loss are temporary, and others are permanent.

See your doctor if your child or you are distressed by hair loss and want to pursue treatment.

Also talk to your doctor if you notice sudden or patchy hair loss or more than usual hair loss when combing or

washing your hair.

Sudden hair loss can signal an underlying medical condition that requires treatment.

These tips may help you avoid hair loss:

- Avoid tight hairstyles, such as braids, buns or ponytails.
- Avoid harsh treatments such as hot rollers, curling irons, hot oil treatments and permanents.
- Avoid medications and supplements that could cause hair loss.
- Protect your hair from sunlight and other sources of ultraviolet light.
- Stop smoking. Some studies show an association between smoking and baldness in men.

—*Mayoclinic.org*



What To Know If You're Considering A Hair Transplant

What are hair transplants?

In punch transplanting, a plug containing hair follicles is removed from a part of the scalp where hair is more dense and transplanted to the treatment area. Hair transplantation has a high success rate as long as there is enough donor hair. This procedure does not have any long-term or major side effects.

Who is not a candidate for a transplant?

Candidates must have healthy hair growth at the sides and back of the scalp. Hair color, condition and texture also are considerations.

What are the potential complications?

- Excessive bleeding
- Wide scarring

- Follicle grafts won't "take."
- Unnatural look, especially if grafted hair lies next to a patch that continues to thin out.

What can I expect after a hair transplant?

The success and amount of hair coverage on a treated area depends on how many hair follicles remain healthy after being transplanted. Often hair will fall out of a transplanted follicle, but a new hair will eventually grow to take its place.

Patients will probably need several surgeries to get the hair coverage they want.

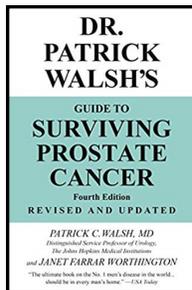
Healing between surgeries usually takes several months.

— American Society for Dermatologic Surgery

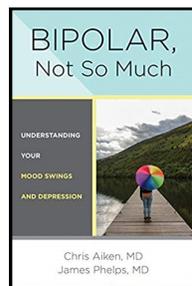


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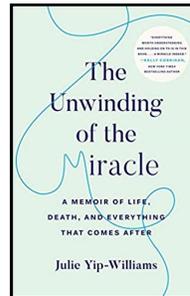
These health-related books can be found in the "New Books" area:



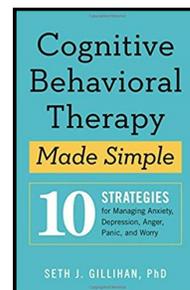
Dr. Patrick Walsh's Guide to Surviving Prostate Cancer by Patrick C. Walsh and Janet Farrar Worthington, 616.994 WA



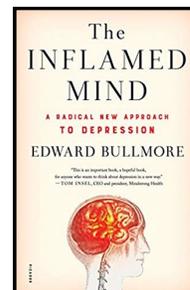
Bipolar, Not So Much: Understanding Your Mood Swings and Depression by Chris Aiken and James Phelps, 616.895 AI



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