

3 Potential Causes Of Hair Loss

Description

Hair loss is experienced by many and can vary in degree. Although it is normal to shed [hair](#) every day after combing or brushing, there may be cause for concern when it comes out in clumps. It may be due to underlying medical issues or purely genetic. Hair loss affects both men and women but for men there's an [80%](#) prevalence rate for pattern baldness. With that said, this post takes a look at three potential causes of hair loss.

1. Genetic reasons



[Image Credit](#)

If you have a biological parent losing their hair naturally, chances are you would, too. Science explains this as the hereditary sensitivity to the DHT hormone, which causes the hair follicles to shrink. Families with this trait often experience this as early as their twenties or by age fifty when aging sets in. Understanding your family's genetic history is important to help you understand why you're experiencing hair loss and helps you learn where your susceptibility stems from. Although genetic factors are beyond your control, advancements in science and technology have proven useful. Solutions like topical minoxidil and oral finasteride have proven to be effective in treating hair loss in males and females, although men use them more. The increase in hair transplant procedures also shows that many opt for this technique to regain a headful of hair.

2. Hormonal fluctuations

Fluctuations in hormones can significantly affect your hair follicles, potentially leading to patches on your scalp. This type of hair loss happens gradually, and for women, it may be misinterpreted as a

reaction to a new shampoo or conditioner. Increased androgen production, triggered by certain conditions like PCOS, can cause this reaction in women. Thyroid issues can also be another underlying factor for hair loss. If it happens over time, it would help to see a specialist to ascertain the underlying cause. Also, Vitamin D deficiency is another common reason for hair loss. That is because this vitamin is essential for hormone synthesis, so the more you lack it, the less hair you have. The same goes for Vitamin E, which is influential in balancing hormones. Some [vitamins to balance hormones for females](#) can help restore normal function in the body. And this leads to the next point.

3. Nutritional deficiencies



[Image Credit](#)

The adage “you are what you eat”™ is true at this stage because your body will respond to what you consume. Your hair follicles need essential minerals and vitamins to thrive and grow healthy, but may not always receive the right levels due to diet and other factors. [Iron deficiency](#) is one of the main nutritional issues people face in their diet. It causes reduced blood flow to the scalp, leading to reduced nutrient flow to the base of the hair. The more this occurs, your hair loses zinc, vitamins A and C, reducing the strength and healthy growth of hair. An easy way to combat these nutritional deficiencies is to maintain a well-balanced diet. It shouldn’t™ be a one-off thing because your hair needs constant nutrition to keep growing healthy. A professional can help you bridge the nutritional gaps impacting the quality of your hair and stop the loss in its tracks. Certain supplements rich in essential vitamins can also help manage your hair loss problems.

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