

WOMEN & hair LOSS

How to stop it in its tracks...

Poets have written odes to hair's beauty, while the strength, richness and density of long tresses, full-bodied and perfectly coiffured head of hair features in every woman's fantasies. So, any form of hair loss among women can lead to a loss of confidence in addition to other forms of emotional torture. This happens with all forms of hair loss or thinning hair. When a woman starts losing her hair, the effects are more severe than when a man starts to lose his hair. This is why knowing how to stop this event is important.

Although there are some forms of hair loss that are permanent, there are others that can be stopped or slowed down. The moment you start noticing that you are losing more than the 100 strands of hair per day your chances of facing potential hair loss become very high. If this happens, and before you start worrying yourself sick, you have to figure out what's happening within and without, to understand the condition eliciting such a reaction from your body and what you can do to stop it.

Anisa Vrabac, the Head of Hair Transplant and Hair Restoration Department at Dubai Cosmetic Surgery, outlines the ways, through which you can contain hair loss. Address any hormonal imbalances you might have: Excess Oestrogen is one of the leading causes of hair loss among women. For instance, most women face hair loss when they are pregnant. This is because the oestrogen levels during this time are very high. Once the cause of your hormonal imbalance is addressed, everything should

be back to normal within no time. Stay away from stressful situations: Since stress is one of the ways that has been proven to cause and accelerate loss of hair, it is important to find a way to overcome any stressful episodes before you end up with an entire head that is hair-less. So if you want your hair to stop thinning or falling off at the rate at which it is doing, do something about your stress levels like exercising, yoga or therapy, and start enjoying a stress free life with a lovely head of hair.

Have a balanced diet: In case you did not know the cool saying about us being what we eat, it happens to include the hair as well. But if your diet lacks all the essential vitamins and fatty acids, you better spruce it up because that might be the key, to having a full and healthy head of hair. For instance, having plenty of nutrients like omega 3 fatty acids, iron, zinc and vitamin D will give you a strong and healthy mane.

Consider using mild hair products: Some hair products like shampoo and conditioners contain elements which can easily affect the health of the follicles, leading to hair loss. These harsh ingredients include silicones and sodium lauryl sulfate, just to name a few. Next time you are out buying your hair care staples and grooming products, look out for the harsh stuff and avoid them.

Pay your doctor a visit: Sometimes hair loss can be a sign of bigger things within your immune system. So the moment you notice that you are losing more hair than usual, it is time to dig out your doctor's business



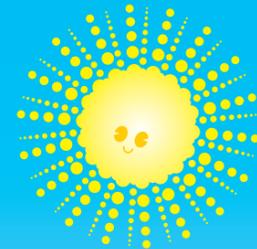
ANISA VRABAC

card and book an appointment. You never know because you might need, just a few supplements and you have your hairline back as it was.

Hair Transplant: Last but not the least, getting a good hair transplant is also another option for slowing down or stopping hair loss. With hair transplant, the surgeon will harvest hair follicles from the back of your head and implant them where you need it most. Also, you might just end up getting growth factor therapy, which is also another way to counter hair loss.

These methods are designed to give you a heads up on the possibilities and reasons that damage hair and the routes that help you to keep the full bodied hair or to acquire it.

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