



**Desert Safari
and
Dhow Cruise**
AED 325/- Only

**Call : (+971)
050 1130874
for booking**

Tips on dealing with baldness

Going bald can easily make a man feel embarrassed and inferior, which can be a big blow to your psych. The only way to get your identity back, and get through this difficult period is to learn how to deal with this mental quagmire. Anisa Vrabac, Head of Hair Transplant Department at Dubai Cosmetic Surgery clinic, gives you tips on the realistic measures you can take to get you jolly again.



this balding situation?

Find the cause of your hair loss: This is the first thing you should do the moment you notice that you are losing more hair than you are used to. For all you know, it might be temporary hair loss caused by either stress, side effects of medicines, bad diet, or just poor health. If you find this to be the case, all you have to do is straighten out whatever is the cause, and move on. On the other hand, if your hair loss is permanent i.e. caused mostly by genetics, then this is when you should consider the next tips.

Get a hair transplant: Although not everybody considers this option, in UAE there are quite a number of men who opt to follow this route. For instance, at Dubai Cosmetic Surgery clinic, we perform approximately 85 to 90 individual hair transplant cases every month. By choosing to undergo hair transplantation, which is fairly costly, you will be choosing a full head of hair which will show in about 6 to 9 months after the procedure. So if you had a hair transplant procedure now, by next Christmas you will be having a head full of hair. **Go for hair loss treatment drugs:** This choice is not as costly, but you have to be consistent. Unlike hair transplant where you have only one procedure, with the hair loss drugs like Minoxidil, you have to use it twice a day.

In most cases it restores hair density and encourages hair growth; but as we said, all our heads are not the same. So it might not work in some cases. The only downside to this is that when you stop using the drug, the hair also goes back to what it was before you started.

Go bald and proud: Although this might sound harsh and insensitive, as a way of dealing with male pattern baldness, you can just shave all the remaining hair and embrace a bald head instead of a bald patch. This will take a lot of willpower, but after giving your head a clean shave; you will most likely feel renewed, with a bolder sense of identity. Maybe celebrities like Andre Agassi, Dwayne Johnson, Vin Diesel, Bruce Willis, and lots of others can be your source of inspiration. Don't try to hide your bald patch: Sometimes it's easier said than done but

most people try to hold on to their full-head-of-hair look by trying to hide the balding spot. Some use the remaining hair to manipulate some styles, while others choose to wear a toupee. The problem with this is that people will notice you are trying too hard to hide your hair loss, which will make you look ashamed. So do not try to hide it. If you can't follow the tips above, just let it be. Embrace it bald patch and all, and soon enough, you will realize you are not alone, what with the hair loss statistics above. This will also restore your self-esteem, because it all starts from the inside.

Go short: Some balding men choose to go short, not entirely bald. This makes the balding areas less noticeable, and if you throw in stylish facial hair, you might even look better than you have for years. Just take a look at celebrities like Jason Statham, Ed Harris, Corey Stoll, and Woody Harrelson among others, and then try to imagine how they would look like if they had a full head of hair. Having to face baldness is not the end of the world although it comes with a mixture of feelings that makes it seem so. It might be easy dealing with these feelings but you have to know it's a process. You cannot deal with it over night just as the balding did not appear over night. Take your time, think about the next step then follow it through and



empower yourself.

Authored by: Anisa Vrabac – Head of Hair Transplant Department and Hair Loss Expert at Dubai Cosmetic Surgery clinic

**DESERT SAFARI
TOUR**
**AED 200
Per person**

**For reservation:
Please Call -
+971 52 9202121
+97155 5541280
+97155 5540897**