

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.

Baldness, also known as male pattern baldness or androgenetic alopecia, is the cause of more than 90% of hair loss cases. Actually, it is estimated that by the age of 35 years, 40% of men lose their hair, while by 85 years, the figure increases to 80%.

There are a lot of treatments, products and procedures that claim to restore lost hair; but only a handful of these work. For instance, a recent study claims that if you are going bald, all you have to do is pluck more hair from your scalp, which will actually stimulate the growth of new hair. There are

creams, and conditioners we are sure of at the moment and what works for Tom might

So, what can you do to help Find the cause of your hair do the moment you notice you are used to. For all you loss caused by either stress, or just poor health. If you find do is straighten out whatever other hand, if your hair loss genetics, then this is when you

Get a hair transplant: Although tion, in UAE there are quite this route. For instance, at perform approximately 85 to every month. By choosing to is fairly costly, you will be will show in about 6 to 9 had a hair transplant procedure having a head full of hair.

Go for hair loss treatment but you have to be consistent.

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.



also some over the top oils, shampoos, which claim to do the same. What is that everybody's scalp is different, not work for Harry.

you along this balding situation? loss: This is the first thing you should that you are losing more hair than know, it might be temporary hair side effects of medicines, bad diet, this to be the case, all you have to is the cause, and move on. On the is permanent i.e. caused mostly by should consider the next tips.

not everybody considers this op- a number of men who opt to follow Dubai Cosmetic Surgery clinic, we 90 individual hair transplant cases undergo hair transplantation, which choosing a full head of hair which months after the procedure. So if you now, by next Christmas you will be

drugs: This choice is not as costly, Unlike hair transplant where you have