



HAIR DISORDERS

## HAIR LOSS MANAGEMENT

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Abstract: Everyone loses hair , 25 – 100 strands per , some lose faster than they can re grow . Both male or female are affected by hereditary hair loss . Hair transplantation ,PRP therapy is surgical intervention for hair loss . Another option is minoxidil,that's applied to the scalp. The prescription pill finasteride, which decreases the levels of dihydrotestosterone . Lifestyle and health can affect the pace and progress of genetic hair loss. It can be accelerated by stress, smoking , being overweight, thyroid problem. Other reasons, poor nutrition, hormonal changes or after childbirth, medications. Carbohydrate , Protein , Fat is necessary for hair building and regrowth. Vitamin B,C, D, A is necessary for hair generation and synthesis. Vitamin A from vegetable source is better than animal source. Ascorbic acid 2 phosphate promotes elongation of hair shafts via secretion of insulin like growth factor 1 from dermal papilla cells. Vitamin D is necessary for anagen initiation. Low serum ferritin and vitamin D2 are associated with hair loss in female with telogen effluvium and female pattern hair loss. Silicon is necessary for hair shine. Cobalamin (B12) may have connection to excess hair loss in woman with anemia depression. Zinc, Iron , Copper , Selenium , Silicon , Magnesium , Calcium play important role for hair growth.

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