Hair Growth and Causes of Hair Loss

Prior to delving into the cause of hair loss it is important to understand the anatomy of hair growth as it occurs in a cycle. If this naturally occurring cycle is disrupted the resultant effect is hair loss. The majority of hair loss treatments are designed to restore and maintain this natural hair growth cycle.

Normal Hair Growth Cycle – 3 Phases

Phase	**Anagen**	**Catagen**	**Telogen**
Period	Lasts between 2 to 8 years	2 to 4 weeks	2 to 4 months
Description	Rapid growth of cells in the papilla producing the shaft grows out of the follicle and the follicle matures by growing deeper into the dermis.	The follicle stops growing but remains intact. Follicle will actually shrink in length and the papilla degenerates and breaks away from the bulb.	Follicle is in a resting phase with no growth. At anytime 15% of the follicles are in this resting state.
Misc.	Hair growth at approximately ½ inch per month.		Once the follicle goes back to the Anagen phase the old follicle is pushed out as a new one grows in

Between fifty to one hairs are lost daily due to this normal hair growth process and under completely normal conditions goes unnoticed as these hairs are quickly reproduced by healthy follicles.

Types of Hair Loss

Androgenic Alopecia

This type of hair loss is typical in men "male pattern baldness" and is the cause of approximately 95% of all hair loss in men which is characterized with a receding hairline with or without thinning hair on top of the scalp. There is absolutely no time line as to what age this begins but does becomes more prevalent with age. This type of hair loss results from primarily three factors;

a) Male hormones – testosterone, androsteinedione, dihydrotestosterone (DHT) (also appear in women normally however in lower concentrations)

b) Genetic predisposition

c) Aging

DHT naturally occurs when testosterone combines with 5-alpha-reductase. With an overabundance of DHT (which naturally happens later in life) the Androgen Receptors which lie adjacent to the follicle bind, resulting in a general reduction in growth of the follicle. Hair regrowth from that follicle becomes thinner and thinner until it is nonexistent.

Now it is important to go back to the normal hair growth cycle chart and see the effect of the DHT and the Anagen phase of the cycle which is gradually cut shorter and shorter resulting a thinning of the hair follicle in both length and girth. Shortening of the Anagen phase is when hair loss becomes noticeable.

Now that we understand the effect of DHT and its impact on follicular growth and ultimately the cause of androgenic hair loss we can now appreciate the importance of medical hair loss intervention through the use of FINISTRIDE and natural hair loss remedies http://www.provillus.com http://www.hormonazone.com which inhibit DHT and thus helping prevent follicular degeneration.

Female hair loss although rarer, is characterized by thinning hair on the top region of the scalp and is classified as "female pattern baldness".

The hair follicle gradually becomes thinner and brittle and finally results no new follicle formation.

Incidence: -less than 15% of males under the age of 25

-more than 40% of males by the age of 35

Telogen Effluvium

It is the second most common type of hair loss next to Androgenic Alopecia. Unlike androgenic alopecia which primarily restricts hair loss to the hair line and top the head, Telogen Effluvium is a general hair loss and thinning throughout the scalp and particularly creates small, circular patches of hair loss in no apparent pattern. This results from a sudden severe stressful event and in the majority of cases the hair loss is temporary and will grow back after recovery. Stressful events characterized as; childbirth, reaction to birth control or other drug related reactions and psychological stress

Alopecia Areata

Affects men and women equally and is thought to be auto-immune related. It is patchy hair loss over the scalp at random. In approximately 80% it is an isolated event and the hair re-grows. In 20% of cases the hair loss becomes permanent.

More severe loss of hair throughout the scalp generally is termed as Alopecia Totalis and in rarer cases Alopecia Universalis where hair is lost throughout the body. Even though the hair may grow back there is a high incidence of recurrence. The treatment in these cases are directed to suppressing the autoimmune response through medication such as steroids.

Anagen Effluvium
Sudden hair loss resulting from cancer therapy. Certain types of chemical and radiation therapy result in this type of hair loss. , such as the hair loss that results during certain types of Chemotherapy or Radiation Treatment.

This hair loss is temporary and the hair will regrow once completion of the therapy is accomplished.

Scar Tissue Alopecia

Inflammation of the hair follicle following an infection to the surface of the scalp. Connective tissue disease in the form of Systemic Lupus which causes a scarring and plugging of the follicles and results in follicular death.

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