

# DON'T BRUSH OFF HAIR LOSS

How Do I Know If I'm Losing TOO MUCH HAIR?

IT'S NORMAL TO LOSE UP TO **100 STRANDS OF HAIR FROM YOUR SCALP EVERY DAY**

But if you do start to notice **larger amounts** of hair falling out than you would typically lose each day, it's time to **talk to your health care provider** about next steps.

## HAIR LOSS CAUSES



GETTING OLDER



THYROID DISEASE



PREGNANCY



SIGNIFICANT STRESS



POLYCYSTIC OVARIAN SYNDROME



ANDROGENIC ALOPECIA  
*(male/female pattern baldness)*



MEDICATIONS  
*(For example medicine for cholesterol, blood thinners, and some antidepressants)*



NUTRITIONAL DEFICIENCIES



EXTREME HAIR STYLES  
*(tight braids or bun)*



IN ADDITION TO CLUMPS OF HAIR FALLING OUT, YOU MIGHT ALSO NOTICE:

BALD PATCHES ON YOUR SCALP

BURNING SCALP SKIN

FLAKY SCALP SKIN

ITCHY SCALP SKIN

## TREATING HAIR LOSS

If you have concerns about your hair loss, your health care provider can help you find a treatment option that's best for you.

### MEDICATIONS

There are medications available to help with hair loss. Over the counter, people commonly try remedies such as Rogaine. Depending on the type of hair loss that you have, your doctor might prescribe a medication.

### CHANGE EXISTING MEDICATION

If medication is causing your hair loss, your doctor might find a similar medication that doesn't have the same side effect.

### LIFESTYLE CHANGE

- Eating a healthy diet
- Exercising
- Getting plenty of sleep
- Making sure you don't have a nutritional deficiency
- Reducing stress

For more information on hair loss, visit [PremierPhysicianNet.com/familyhealth](http://PremierPhysicianNet.com/familyhealth).

SOURCE: Erin McKibben, APRN, FNP-C, Stillwater Family Care; National Institutes of Health