**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)

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**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

**How Do I Know If I’m Losing TOO MUCH HAIR?**

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- Bald patches on your scalp
- Burning scalp skin
- Flaky scalp skin
- Itchy scalp skin

In addition to clumps of hair falling out, you might also notice:

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