

# Hair loss conditions



Hair loss can be caused by different health disorders and conditions, outlined in individual diagnosis. Some people are diagnosed with alopecia, specified by alopecia areata or scarring alopecia, or other hair conditions such as telogen effluvium.

Some of the rare forms of hair loss are hard to identify and people have to wait for a long time to have a correct diagnosis for their condition.

Alopecia is a very common hair loss condition which can be caused by many factors containing environmental and genetic. Androgenetic alopecia is related to male and female hair loss.

Other forms of alopecia or simply hair loss are: telogen effluvium, alopecia areata, ringworm, scarring alopecia, and hair loss caused cosmetic manipulations.



In recent years, the diagnostic methods have been constantly improving and now people with genetic disorders, diabetes, abnormal conditions of hair follicles.

Hair loss condition effluvium can affect any phase of growth cycle of the hair. Anagen (active phase) and telogen (resting state) can be influenced seriously leading to thinning of the hair and to significant hair loss.



Baldness or hair loss can be the result of dietary deficiency. In this case vitamins and minerals, which are insufficient in the body of a patient, should be taken. Still changes in the diet and eating healthy foods containing deficient substances are better than using artificial vitamin and mineral complexes. Overuse of vitamins can be toxic and produce side effects including allergic reactions in some people.

The choice of the treatment depends on the individual condition, its severity and cause. Normally, dermatologist or trichologist are the specialists to whom a patient can address.

Probably, a visit to a doctor is unnecessary if your hair loss is not severe. Otherwise, special diagnostic methods and treatment in clinics are needed. Nowadays there are lots of treatments which a dermatologist or/and trichologist can offer to a person.