

Risk factors

Your hair may thin out if you poor nutrition, because this problem related to poor nutrition and very often accompanies crash dieting and eating disorders. Improper or overuse use of hair-coloring products, permanent waves and hair straighteners can leave your hair prone to breaking off at the scalp and very brittle . If your relatives have hair loss (especially on either side of your family),your risk of hair loss increases. Heredity also affects the age at which you begin to lose hair and the developmental extent, speed, and pattern of baldness