



What To Do About Hair Loss

by Dr. Robert E. Beer, MD

Primary care doctors refer to dermatology, often because dermatology is the specialty of skin, hair and nails.

Most people are surprised to learn that a dermatologist is the doctor to go to for hair loss and the workup is usually covered by insurance.

Hair loss is very common as we get older. There is some importance to genetics, or maternal familial hair patterns, but many people do not follow their expected genetic pattern. This can be scary if it is happening to you, but you can rest assured that most dermatologists have a set workup plan for your hair loss.

Navigating your hair loss without seeing a dermatologist can be confusing, but there are many options, and it seems everyone has an opinion to share. However, to trust these opinions randomly can make for a long road to recovery and add to your frustration.

There are thousands of causes for hair loss, and it is very common. We expect it in men after a certain age, but 45 percent of women over 40 have chronic hair loss. The sooner you start on an accurate diagnosis and treatment, your potential to preserve more hair is better.

There are many places to start before you seek an expert opinion from a dermatologist. A primary care provider will generally rule out any life-threatening causes of hair loss. They will often start with blood tests, which are important to bring with you to your visit to a dermatology appointment, as there may be more blood tests to order for most adult cases of hair loss.

What is alopecia? The definition of alopecia is simply hair loss, although many specific conditions start with the word alopecia, such as alopecia areata.

I often get asked the question, "Do you

treat alopecia?" and that answer is an easy, "Yes, I studied it as part of my dermatology residency and training."

But the next question, "How do you treat alopecia?" is infinitely more complex. Causes can include nutrition, autoimmunity, hormone abnormalities, infections and structural damage.

With regard to hair loss in adults, some of the treatments we recommend are universal. Ducray Healthy Hair Kit includes a specific shampoo, topical and oral botanical supplements. Glycine soja seed extract stimulates hair growth and Ruscus increases the demand for hair-bulb nutrients. In other words, it makes the hair bulb hungry again.

This will spark new hair growth and thicken existing hair. Finally, preservation of the delicate hair follicle is an important step. New growth is at risk and needs preservation. Cystine and methionine have been shown to help preserve existing and recent hair growth.

A large study of more than 2,000 adults showed a significant improvement of 86 percent of chronic hair loss sufferers just on this botanic regimen alone. This may be a good place to start, especially if you do not have insurance or have a busy schedule. The Ducray system should be done for six months. Accurate diagnosis can take several visits and occasionally a hair sample or biopsy of the scalp. Treatments can take as little as a month or as long as two years, depending on the causative factors.

Hair loss can be very stressful, but rest assured that most cases in adults and children can be treated effectively.

Feel free to call us at 240-9116, or visit our website, www.SkinQuestion.com.

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