



# My Battle Against Baldness

HAIR LOSS PROBLEMS AND SOLUTIONS



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Everyone knows that we dermatologists treat skin conditions, but many miss the fact that we also deal with issues affecting the hair (as well as nails). During my training at Columbia University College of Physicians and Surgeons, I spent five months studying diseases affecting the hair and the available cures and treatments. People are apparently learning about the dermatology-hair loss connection because I am now being consulted about hair loss more frequently than about skin conditions.

Hair loss is a serious problem affecting a vast number of people. By the time American men reach age 35, two-thirds of them will lose a noticeable amount of hair. The number soars to 85 percent by age 50. Twenty-five percent of them began losing hair before age 21. The problem isn't confined to men; between 35 and 45 years of age, one-quarter of the women in America will experience chronic hair loss. The number increases to 45 percent after age 45. Children and young people aren't immune either. An inflammatory pediatric condition called *alopecia areata*, also known as "spot baldness," affects one child out of five.

Contrary to popular belief, we can always slow or stop the hair loss process, and in most cases are able to actually reverse it. Doing so can be complicated, however, because hair loss is a symptom rather than a specific malady. Any of more than 500 factors might be responsible for a person's hair to begin falling out. Male pattern baldness accounts for more than 95% of the cases in men's hair loss, but even that is due to a number of possible causes.

Because hair loss has so many potential contributing factors, we spend time up-front

learning a patient's medical history in order to isolate the particular cause from the list of possible sources including pregnancy, weight loss, stress, medications, hospitalizations, and medical procedures. We ask about recent deaths of family members or loved ones. We investigate the presence of sub-clinical infections that could lead to inflammation, and do blood work to check for such things as hormonal imbalance, vitamin and iron levels, and issues with the thyroid. We check to see that the liver and kidneys are operating properly.

Hair loss sufferers typically begin to search for solutions by consulting with family or primary care physicians who might order some basic blood-work while omitting the rigorous assessment that would be carried out by a skin care specialist. In this case, the best scenario would be to refer the patient to a dermatologist who would take whatever steps necessary to stop the hair loss process and even reverse it. We also work with a number of local hair stylists, who usually try to treat hair loss in their clients but when that fails, they will refer their clients to us for professional treatment.

Medical insurance companies acknowledge hair loss as a disease and will cover office visits. We provide comprehensive treatment for each hair loss patient including one or more visits, prescription medicines, and hair loss kits containing a vitamin supplement, hair growth liquid, and especially supplements containing Cystine and Methionine the first of which slows hair loss while the second reverses it.

The kits also contain a Glycine Soja (Soybean) Seed Extract, which is an amino acid-rich substance that works in combination

with the other elements to promote hair growth. The seed extract is from six flowering plants belonging to the *ruscus* family, which are native only in a few places in Europe, the Azores, and Northern Africa. The seeds are organically sourced in France and the hair loss kits are manufactured by a French pharmaceutical company called Ducray. Even though it is one of the largest pharmaceutical companies in the south of France, the owner set Ducray up as a not-for-profit organization, dedicated to creating organic and natural treatments for dermatological conditions in children and adults.

A large field research study involving more than 2,000 volunteers in all ethnicities found that the hair loss kit we sell resulted in noticeable improvement in 92 percent of the cases and dramatic improvement in 86 percent of them. The kits are sold as separate products for men and women. Conditions change from one racial group to another and we will vary the treatment process accordingly. The kits promise to "Support + Revitalize + Nourish Hair & Scalp." My knowledgeable New York contacts in the industry tell me that the kits are the most effective remedies for hair loss that they have ever seen.

That's been my own experience with the product and the experience of many of my patients.

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