

Causes of Hair Loss What are they?

The causes of hair loss can be many and varied. It could quite easily be scarring alopecia, effluviums, congenital hypotrichosis, alopecia areata or even fungal infection.

You may also be affected by hairloss according to your sex i.e. male-pattern or female-pattern hair loss.

There are also various diseases, conditions, adverse reaction to medication and high levels of stress that can be behind the cause of thinning hair.

Seeing a hair loss specialist is vitally important so they may accurately diagnose the type of condition you are suffering from. Once the cause, or multiple causes, is identified, treatment can begin.

You must provide your doctor or dermatologist with a clear picture of all the symptoms you have been having, including how long you have been experiencing excessive hair thinning.

A list of your symptoms, what your diet is like and whether you are experiencing any stress in your life, can help to arrive at the correct diagnosis.

Effluviums, which means "outflow", causes people to lose hair by affecting differing phases in the cycle of hair growth.

A second cause of hair loss, Alopecia Areata, is a type of condition affected by your own immune system. The hair follicles are where all hair growth begins and it is here where Alopecia Areata attacks. Although it occurs at any age, this type of thinning happens most often in those younger than age 20.

Cicatricial alopecia, also known as scarring alopecia, leaves behind scar tissue over the scalp after first causing irreversible damage to the hair follicles.

The genetic disease, Congenital Hypotrichosis, is when there is no hair growth at all, so it is technically not a hair thinning condition but a situation in which no hair at all appears on the scalp. There are not usually any treatments for this type of baldness so sufferers will need to either accept baldness or get creative in covering it up or using hair pieces and wigs.

Fungal Infection is another of the causes of thinning hair and is most commonly seen in children and teenagers. Easily treated with antifungal medications, the hair will grow back after treatment.

With so many causes of hair loss, it is critical that you seek an accurate diagnosis, in turn leading to the correct form of treatment.

Most types of hair loss are reasonably easily diagnosed conditions. Your specialist will be able to explain about the different types and help you choose the best treatment option available to specifically suit your problem.

About the Author

Looking to find a way to find out the causes of thinning hair, then visit Allan at <http://www.betterhealthcentre.com> and you will find all the best advice for your hair problem.

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