

# How to Prevent or Reverse Hair Loss

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The most common cause of hair loss in humans is androgenic alopecia, and its variants appear in both men and women. The condition is also known as male pattern baldness as it is more common in men. Sometimes, hair loss is caused by conditions associated with menopause. These include hormonal changes including a decrease in estrogen levels. Menopause can also hamper thyroid function, which may lead to abnormal hair loss.

## Hair Care

- The first step in this direction is to avoid wearing hair in tight ponytails, pigtales, or braids. The tension due to these high stress styling techniques often results in traction alopecia, a condition where there is gradual hair loss caused due to the pulling force such styles apply on the hair.
- One of the common causes of hair loss is the use of synthetic hair care products that contain harmful and strong chemicals. Try to use natural hair care products that contain Aloe Vera and almond oil.

## Diet Modification

## Physiological and Hormonal Conditions

- If you are experiencing sudden hair loss, you would do well to consult a doctor and ask him/her about hormonal imbalance, which is a common cause of hair loss, particularly in middle-aged men and women.
- Hair loss may also be a side effect of a medication that you may be taking for a medical condition. The biggest culprits are chemotherapeutic drugs, but antidepressants, blood thinners, and birth control pills are also known to cause noticeable hair loss.

## Surgical Procedures

- Hair loss can also be reversed by opting for surgical procedures. The most common one is a hair transplant, a procedure where plugs of hair are inserted in the bald areas of the scalp. You may also discuss surgical procedures such as scalp transfers and/or bald patch removal.

Although the results are not very encouraging, you can try using topical medications and oral drugs that stimulate hair growth, but you need to be aware of the side effects of prolonged use of these medications.

If nothing works, you can try using hair extensions to cover bald patches. Hair extensions made from natural hair, particularly virgin Indian hair, will not only cover bald patches, but also add length and volume and give an entirely new look to your otherwise diminishing locks.