

# HAIR LOSS in men

Source : The Romano Foundation, Nutritional Consulting facility  
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## **“ Going bald in men could lead to extreme image issues, but in some they turned it into a fashionable sexy look”**

Social – clinical studies show that 50% of the 100 men attended over the course of 12 months have seen hairloss after 25, but in 10% alopecia androgenetica started at the adolescents age.

Baldness or loss of hair is referred to as alopecia. “Alopecia totalis” means loss of all the scalp hair. Alopecia universalis means loss of all body hair, including eyebrows and eyelashes. If hair falls out in patches, it is termed *alopecia areata*. This condition is usually temporary and rarely leads to baldness. Factors that are involved in hair loss include heredity, hormones, and aging. Researchers have yet to determine the exact cause of hair loss, but some scientists believe the body’s immune system mistakes hair follicles for foreign tissue and attacks them. Many suspect a genetic component.

*A less dramatic, but more prevalent, type of hair loss is androgenetic alopecia (AGA), or male pattern baldness. AGA is common in men. As the name implies, a genetic or hereditary predisposition to the disorder and the presence of androgens—male sex—are involved in this condition. Research indicates that the hair follicles of individuals susceptible to AGA may have receptors programmed to slow down or shut off hair production under the influence of androgens.*

Other medical studies reveal this : A species of tiny mite, Demodex follicularum, may be the cause of, or a contributing factor to, balding. These mites are present in virtually all hair follicles by the time a person reaches middle age, and in most cases cause no harm. Researchers believe that the difference between people who lose their hair and those who do not may lie in how the scalp reacts to the presence of these mites. If the body initiates the inflammatory response as it tries to reject the mites, this may close down the hair follicles, thus killing the mites but also killing the hair.

In addition to heredity, factors that promote hair loss include poor circulation, acute illness, surgery, radiation exposure, skin disease, sudden weight loss, high fever, iron deficiency, diabetes, thyroid disease, drugs such as those used in chemotherapy, stress, poor diet, ringworm and other fungal infections, chemicals such as hair dyes, and vitamin deficiencies.

The loss of 50 – 100 hairs a day is normal but for men that realise a balding process going on the following tips would be to avoid crash diets and long exposure to sun.

A diet high in fruits and vegetables and low in starch is essential, the use of shampoos and conditioners containing Biotine and silica. Aloe Vera gels, Vit C, E and jojoba oils are also good for the hair. Stay away from hairdye and don’t handle wet hair roughly. Hair is always fragile when its wet.

Treatments from the physician are needed if the losing hair amounts are large.

**For guidance in proper diet solutions people can contact the offices of Romano Foundation at 622-7550 or 221-0687**

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