

MYTH: All men expect to lose their hair and are not affected by the loss.

FACT: Research has shown that many men are disturbed by hair loss. Many become more preoccupied with their hair, more insecure about their relationships and, as a result, can become depressed. It may become necessary for some men to seek professional help to overcome the psychological impact of losing their hair.

MYTH: Cutting and shaving affects the future growth and texture of hair.

FACT: Research has shown that neither of these activities affects the growth or the texture of hair.

MYTH: To have healthy hair, you need to eat a lot of protein.

FACT: Hair is mostly made up of protein. To have healthy hair requires the same balance of proteins, fats, carbohydrates, vitamins and minerals as the rest of the body. Eating enough of a wide variety of foods is the key to a healthy body, including healthy-looking hair.



Telephone: 1-888-HAIR-077

MYTHS AND FACTS



For thousands

of years, hair has symbolized youth, power and virility. A thick head of hair has often been referred to as a “crowning glory”. In fact, for most people, the thought of losing hair can be distressing.

Until recently, hair loss was poorly understood. As a result, a number of myths have developed surrounding this phenomenon. The following facts are aimed at redressing some of the more common myths associated with hair loss.

MYTH: 1. Like father, like son. If my father lost a lot of hair, so will I.

2. Baldness is a genetic trait inherited through the mother's side of the family.

FACT: It is true that susceptibility to hair loss is genetically determined. However, baldness can be inherited from either the maternal or paternal side of the family. It is generally felt that baldness is an orchestration of several genes. Baldness is a dominant trait and those who are born with the genes responsible will likely experience some hair loss in their lifetime.

MYTH: Bald men are less virile.

FACT: This myth dates back thousands of years. In biblical times, Samson's manhood was called into question when Delilah cut off his locks of hair. Today, the advertising and entertainment industries continue to bombard us with images of men with full heads of hair who are attractive, successful, strong and powerful.

Although no scientific evidence exists to link baldness and virility, studies show that balding men are generally less satisfied with their body image and feel that they appear older.

MYTH: Hair loss can begin at any age.

FACT: In general, androgenetic hair loss begins only after puberty. In men, 95% of hair loss results from an inherited condition medically known as androgenetic alopecia or male pattern hair loss. Male pattern hair loss usually begins in the mid-twenties. By age 50, as many as 50% of all men will experience some degree of hair loss. Female pattern hair loss is most commonly seen after menopause and will affect between 40 to 50% of women.

MYTH: Women do not lose their hair.

FACT: Women do lose hair as often as men do, but usually not to the same degree of severity. Approximately 40 to 50% of women will experience some hair loss by the time they reach menopause due to androgenetic alopecia. Female pattern hair loss occurs mostly on the top and sides of the head. Hair loss is more diffuse and occurs over a broader area than in men. Unlike men, women usually do not develop bald spots, but will rather experience overall thinning. Although female pattern hair loss can begin as early as puberty, it is usually experienced after menopause.

MYTH: Hair loss happens randomly.

FACT: On the contrary, hair loss from androgenetic alopecia, the most common form of hair loss, follows a predictable pattern. Women will experience overall thinning on the top of the head. In men, the hairline will recede from the forehead and eventually form an “M” shape. If hair loss continues, hair may eventually be lost on the top of the head.

MYTH: Once I start to lose my hair, it is gone for good.

FACT: Hair **can** grow back but it will depend on what caused the hair loss. Hair lost for any of the following reasons will generally grow back once the underlying cause is addressed: stressful life events, illnesses such as cancer or lupus, recent surgeries, infections, drugs and medications, nutritional deficiencies and excessive dieting. However, the most common cause of hair loss in both men and women, a condition known as “androgenetic alopecia”, must be treated early to stop further hair loss and, in some cases, stimulate regrowth.

MYTH: There's nothing you can do about hair loss.

FACT: While this used to be true, there have been many advances in the battle against hair loss. Depending on the degree of hair loss, women with female pattern hair loss may be prescribed minoxidil (Rogaine®) by a physician, a topical solution applied to the scalp that may help hair regrow. For male pattern hair loss, physicians may choose to prescribe minoxidil or the recently medically proven oral treatment finasteride (PROPECIA®), that helps stop further hair loss and, in some cases, stimulates regrowth. Other cosmetic options also exist to help deal with hair loss: hair transplants, wigs and toupees are some options available.