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## [Are you losing your hair...This may be why - Aug 22,2009](#)

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Several years ago I lost a tremendous amount of hair after, what I believe, was an allergic reaction to toxic ingredients in a product I used in my hair. I went to several professionals and received injections in my scalp for treatment of alopecia, but not one could give me a definite diagnosis or treatment for the severe hair loss. For about 8 or 9 years; I struggled to grow my hair back; and still to this day, my hair grows slower and thinner in the affected areas, although it is not very noticeable to anyone other than myself

Many women may suffer from some form of hair loss throughout their lives, especially a woman over the age of 40. Studies have shown that women in this age group can experience an average of 20% thinning throughout their entire head. (The percentage can be greater if a person had mishandled and chemically altered their hair for long periods of time). Other culprits for hair loss may be heredity, medication, illness or a hair disorders.

Heredity, medication and illness are all causes that can be easily noticed and diagnosed by a doctor, but disorders aren't as detectable. Hair disorders range from hair shaft abnormalities, genetic hair disorders, alopecia, and infectious hair diseases; all of which can cause sudden, gradual, permanent, or temporary hair loss.

One of the most common hair shaft disorders is trichorrhexis nodosa, which is a focal defect in the hair fiber. The focal defect develops when there is an absence of the cuticle layer of the hair. This layer provides support against the daily elements the hair faces and protects the cortex. With the exposure of the cortex the hair weakens and becomes damaged more quickly and severely. Acquired trichorrhexis nodosa can be self induced by over processing and manipulating the hair as well as excessive use of heat and chemicals

A very common genetic hair disorder is Androgenetic alopecia, which affects both men and women equally. In men, this condition is known as male pattern baldness and female pattern baldness in women. Male pattern baldness generally shows with a receding hairline, while a woman's hair becomes thinner throughout the top of the head, but the hairline does not recede. There are many medications and procedures on the market to assist in fighting these disorder

Scalp infections and infestations also cause hair loss. They are either caused by fungus, bacteria, viruses or parasites. Ringworm is caused by a fungus which will cause the hair to fall out, leaving only scaly skin. Folliculitis, or inflammation of hair follicle, is acne like and may cause redness around the infected follicle. As the folliculitis progresses the hair often falls out. Folliculities can be either viral, fungal, or yeast induced. Many of these infections are noticeable first by itchy sensation, inflammation, or soreness, but the site generally can't be seen underneath the hair, so be careful when scratching, as they usually are contagious and can spread from scratching and breaking the skin

There are many more causes for hair loss in women; many of which are readily detectable. Sometimes if you are using the best products and taking care of your hair perfectly, you still may suffer mild to severe hair loss. I've included a brief list of possible medications that may be a culprit in hair loss as well as medical conditions

MEDICATIONS:

Birth Control Pills, medication for the thyroid, blood pressure medication, blood thinners, and cholesterol medications.

## MEDICAL CONDITIONS

Anemia, Thyroid Dysfunction, Lupus, severe emotional stress.....

Note: These lists are by no means complete. If you are on any medications or are suffering any medical condition, talk to your physician about possible involvement with hair loss

The easiest place to start is making sure you are using hair care products that are void of the toxin and ingredients that may cause hair loss or damage. Natural hair care products such as Sweet Nature by Eddie (<http://www.fabulousblackwoman.com/>) are all natural and have proven to help grow and maintain healthy hair.

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