



Most men have some degree of baldness by age 60. After age 60, 50% of women do.

Signs & Symptoms

- Thinning of hair on the temples and crown.
- Receding hair line.
- Bald spot on back of head.
- Areas of patchy hair loss.

Treatment

- Medications. These include over-the-counter Rogaine and prescribed ones.
- Hair transplant with surgery.



Get more information from:

HealthyLearn®
www.HealthyLearn.com

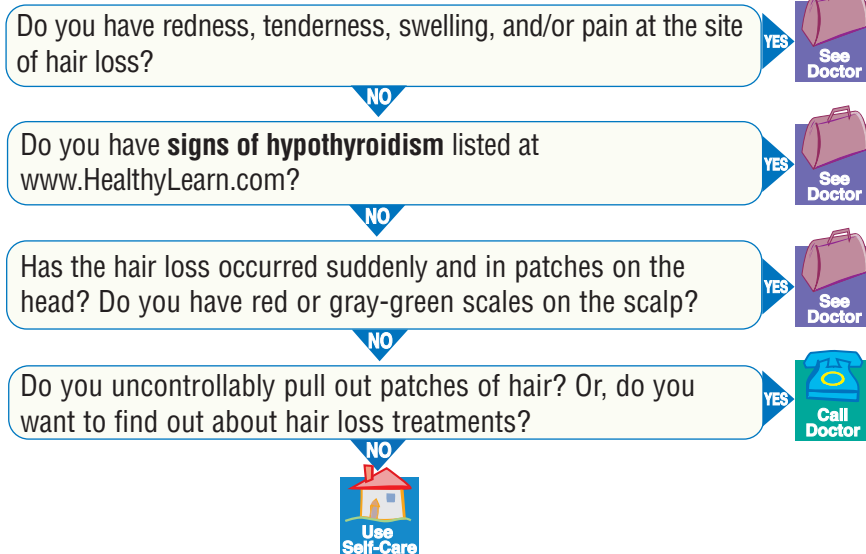
American Academy of Dermatology
 866.503.SKIN (503.7546)
www.aad.org

Hair Loss

Causes

- Normal aging. Family history of hair loss. Hormonal changes, such as with menopause.
- A side effect of some medicines, chemotherapy, and radiation therapy. Crash dieting.
- A prolonged or serious illness. Major surgery. Thyroid disease.
- **Alopecia areata.** This causes areas of patchy hair loss. It improves quickly when treated, but can go away within 18 months without treatment.

Questions to Ask



Self-Care / Prevention

- Try the over-the-counter medication, Rogaine.
- Avoid (or don't use often) hair care practices of bleaching, braiding, cornrowing, dyeing, perming, etc. Avoid hot curling irons and/or hot rollers. Use gentle hair care products.
- Air dry or towel dry your hair. If you use a hairdryer, set it on low.
- Keep your hair cut short. It will look fuller.
- Don't be taken in by claims for products that promise to cure baldness.