




Hair Loss in Men.

Things you should know ...

RAHN



Hair loss is a typical **male** condition and is a big **issue** for many, but one that is rarely talked about.

Symptoms of hair loss vary widely and may include:

- Temple hair loss
- Less hair growing back and the hair generally becoming thinner
- Decreasing hair volume
- Receding hairline
- Bald patches on the back of the head

Reasons for hair loss

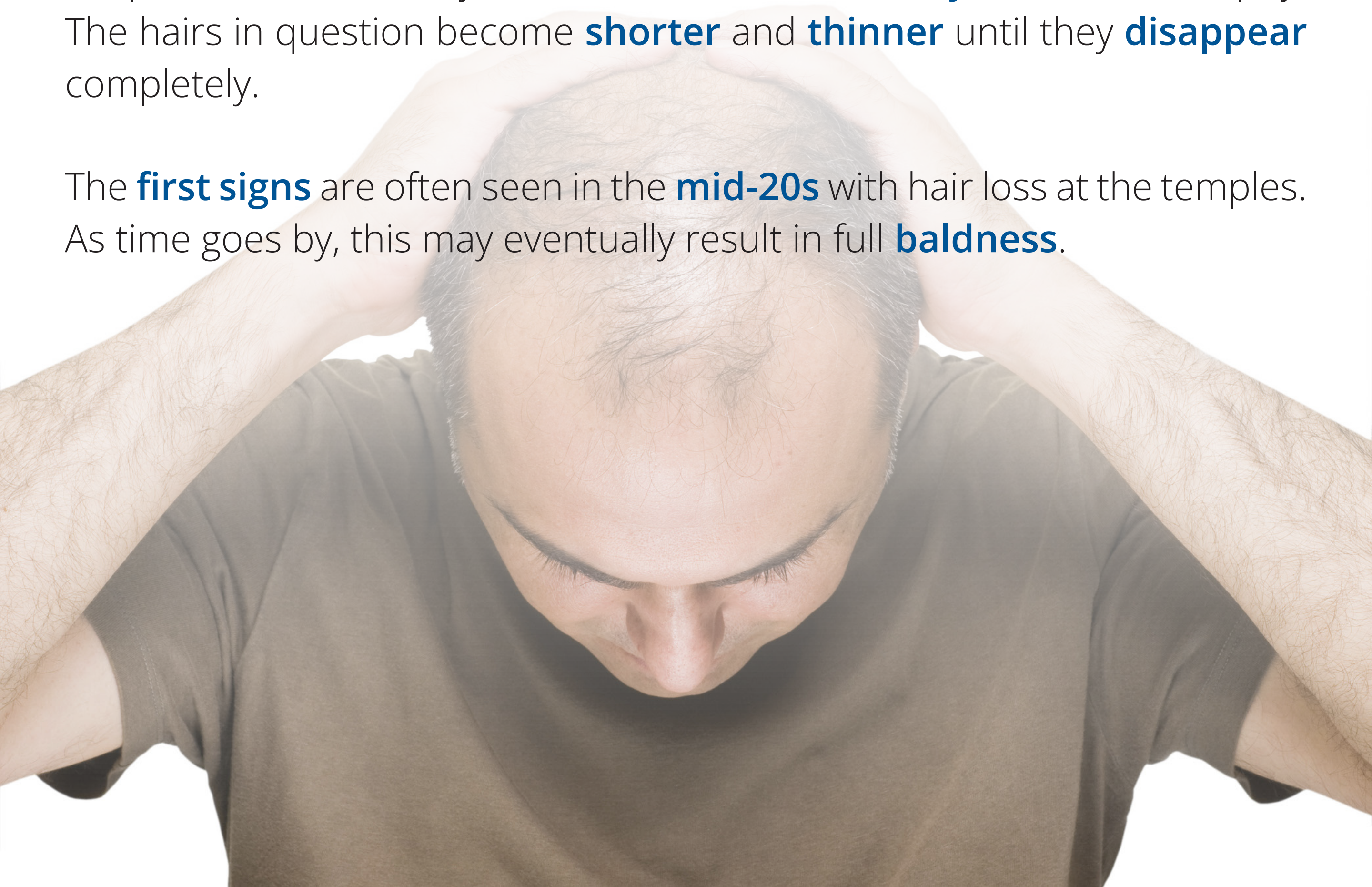
Half of men over the age of 20 expect to suffer hair loss. Losing up to 100 hairs a day is no reason to panic but quite normal. Only when this amount is significantly exceeded over a longer period, do doctors speak of pathological hair loss.

1 – Hereditary hair loss

The most common cause is **hereditary** hair loss. About 80 % of men who lose their hair prematurely suffer from this form. This type is also known as **male-pattern hair loss**.

Testosterone is **converted** into dihydrotestosterone (DHT) by the **enzyme** 5-alpha reductase. Many hair follicles react **sensitively** to DHT and atrophy. The hairs in question become **shorter** and **thinner** until they **disappear** completely.

The **first signs** are often seen in the **mid-20s** with hair loss at the temples. As time goes by, this may eventually result in full **baldness**.

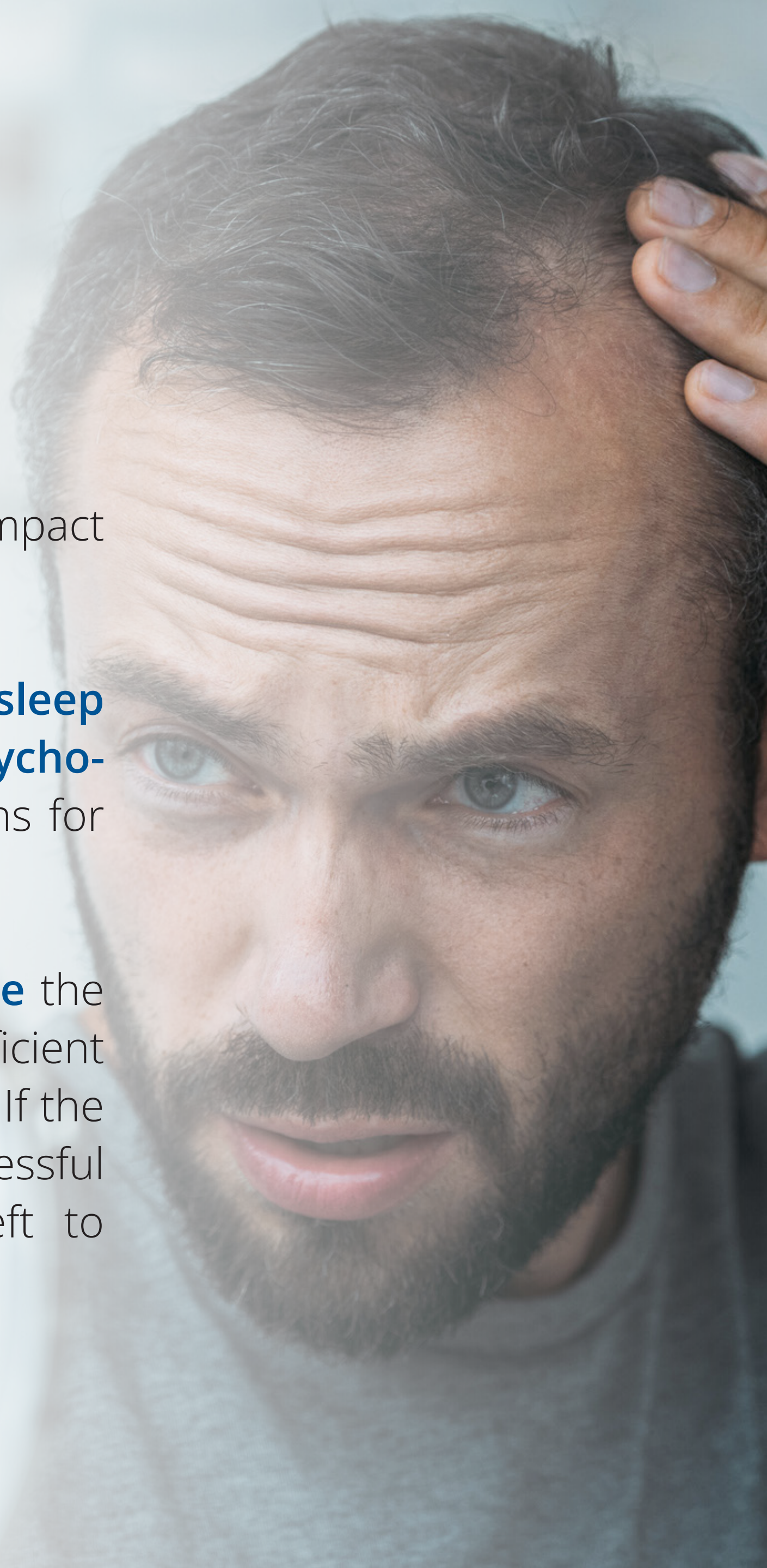


2 – Stress-related hair loss

Stress can **trigger** hair loss and its impact should not be underestimated.

Besides excessive **exercise**, lack of **sleep** and other **physical** stress factors, **psychological** problems can also be reasons for hair loss.

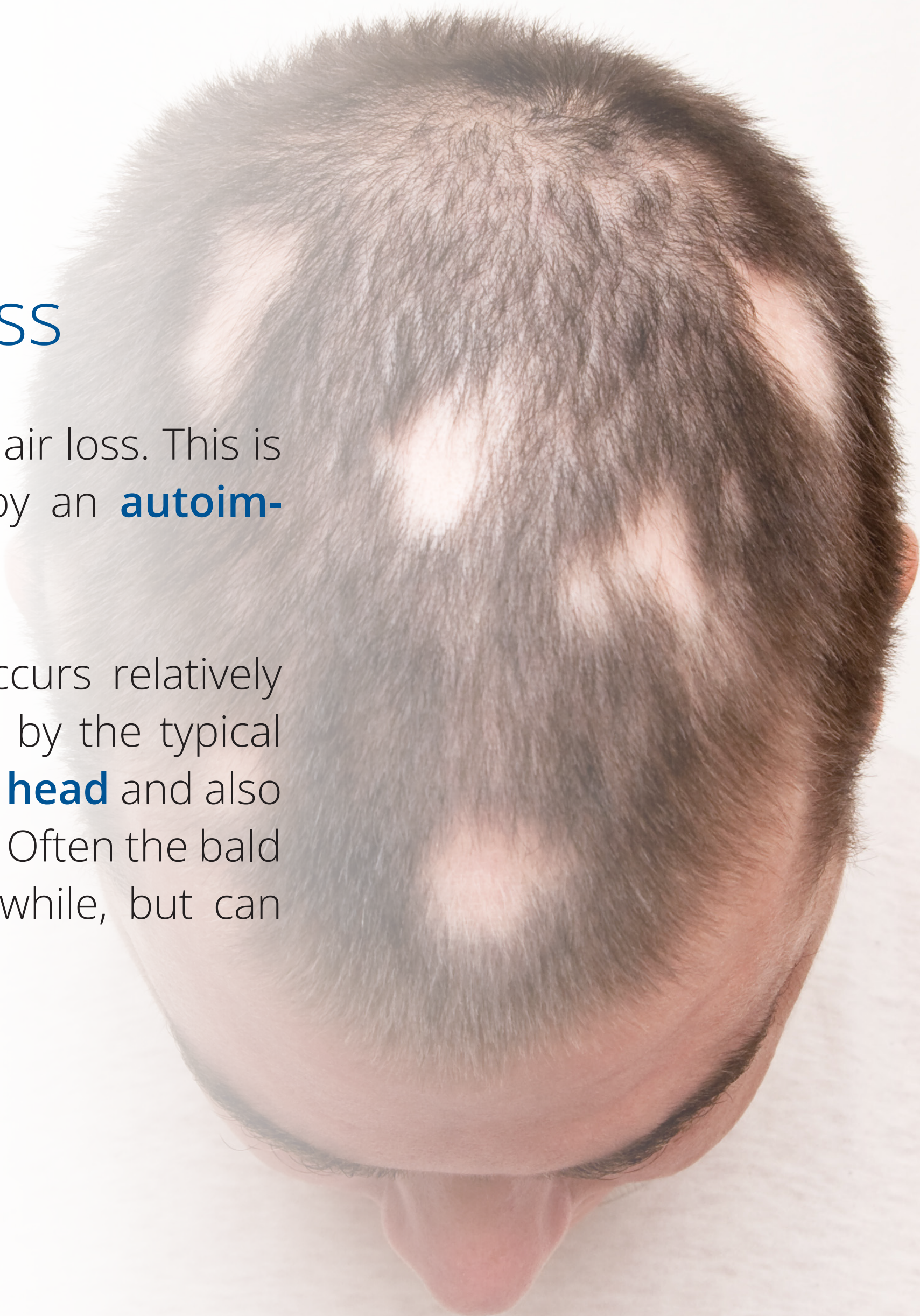
The **longer** the stress lasts, the **more** the hair suffers. The hair needs a sufficient supply of **energy** for healthy growth. If the body uses energy elsewhere in stressful situations, there is not enough left to nourish the hair.



3 – Spot baldness

Spot baldness is a form of hair loss. This is believed to be **triggered** by an **autoimmune disease**.

Spot baldness therefore occurs relatively **rarely** and is characterised by the typical **round bald patches** on the **head** and also on other **parts of the body**. Often the bald patches disappear after a while, but can reappear later.




4 – Diffuse hair loss

This is characterised by the fact that the hair becomes altogether **lighter**.

The reasons for diffuse hair loss can vary and range from an **unhealthy lifestyle** to an **illness**, from **medication** to **stress**.

The hair roots **do not receive** the necessary **nutrients** they need for growth and the hair falls out.



A man with long brown hair and a beard is laughing heartily, his eyes squeezed shut. A woman with long dark hair is laughing behind him, her hands pulling at his hair. They are both wearing casual clothing. The background is a plain, light color.

The **fact** is that **no remedy** can **produce** fresh follicles! What's gone is gone.

However, if there are plenty of **follicles** left, you can still **increase** your hair growth.