



How to Identify and Sort a Hair Loss Issue

Many hair loss issues are taking place lately as they are linked to some medications especially for long term periods, hormones unbalanced or developed by our own genetic.

Any of them is called alopecia and we are talking today about types of alopecia that may occur and how to treat them.

Alopecia Areata (AA)

It is an autoimmune disease that causes hair to fall out in small and random patches, but it can also occur in other areas of the body. The exact cause of AA isn't known. However, it takes place most often in people who have a family history of other autoimmune disorders, such as type 1 diabetes or rheumatoid arthritis. Although there's no cure, treatment can help the hair grows back more quickly and may prevent future hair loss. It is developed when the immune system attacks the hair follicles, resulting in hair loss. Sudden hair loss may come about on the scalp and other parts of the body but rarely impacts in total hair loss or alopecia universal. When hair does grow back, it's possible for the hair to fall out again and the extent of hair loss and regrowth varies from person-to-person. Once it is developed the patient need to take care of it even the hair has been recovered, only using a specific treatment for long period after.

Diffuse alopecia

This befalls in abrupt and unexpected thinning of the hair all over the scalp. It is very common affecting up to 50% of men and women at any age though it is more frequently in women.

We'd say that it is caused by the abnormal hair effluvium during the telogen or anagen phase in the hair cycle. Up to 30-50% of scalp hair may be lost. Many triggers have been implicated as follows;

- * Severe illness
- * Childbirth
- * Iron deficiency
- * Thyroid disease
- * Kidney or liver disease
- * Malnutrition or crash diets
- * Infections
- * Medications
- * Emotional stress

Men and women pattern hair loss

This kind of alopecia is caused by a genetic predisposition that affects the sensitivity of hair follicles to circulating androgens called androgenetic alopecia. The characteristic pattern is a bitemporal recession and balding at the vertex and frontal regions.

Female pattern hair loss has a strong genetic component, but the role of androgens is unclear. The pattern is thinning over the top of the scalp with a widening of the midline part. Pattern hair loss in females occurs earlier on exposure to an exogenous testosterone or menopause process and more severely in polycystic ovary syndrome.



Written by Ana Romero, Chemist specialized in Trichology from Rueber

Ophiasis alopecia

It is a subtype of AA and has a unique pattern of hair loss, which includes the sides and lowers back of the scalp called the occipital region, in the shape of a band. Ophiasis alopecia can be more difficult to treat, because it does not respond as quickly to medication. Although for some people, hair may regrow and not fall out again. Currently there is no cure however the hair follicles remain alive no matter what type you have. This means that hair regrowth can happen after many years of severe or widespread hair loss.

Frontal fibrosing alopecia (FFA)

It's a form of lichen planopilaris that is characterized primarily by slowly progressive hair loss near the forehead. The eyebrows, eye lashes and/or other parts of the body may be involved as well even though it has been suggested that FFA may be due to hormonal changes or an autoimmune response. The exact cause of this condition is not known yet and there is currently no cure for FFA, however,

treatment with certain types of medications may stop or slow hair loss in some cases and hair prosthesis as a main and most popular capillary solution.

Where to refer

The only way to be sure what type of alopecia you may have and the best course for treatment is making an appointment in your pharmacy for diagnose and treatment which is specialized in Trichology, otherwise you will be sent to your regular doctor in case the need of treatment by prescription.

It is not recommend to Google for information and decide yourself which product use as the best way should be to identify the type of alopecia by an expert and how to face it applying the right treatment. Many hair loss products can be found in the market and everybody has the access but it is absolutely indispensable to visit an expert to make sure what is exactly for your case and for how long you need as they need to look into your lifestyle.

Please check here below for further information and your closest pharmacy, romeroma@cesif.com

Treatments

There are certain products to prevent and treat hair loss such as shampoos, lotions, creams or food supplements. Shampoos only are useful to help the scalp conditions but will never treat any hair loss, this is a wrong thought. Many shampoos in the market are suggested to help kinds of alopecia and they are only to boost the hair beauty but don't cure any. When any type of hair loss occurs shampoo should be used only to treat the scalp specially if there is associated any scalp disorder such as seborrheic dermatitis, dandruff or psoriasis. Therefore, in all those dermatological problems that involve an alteration of the state of the scalp and consequently acceleration or triggering of hair loss, shampoos can play a relevant role.

It is convenient to take into account what are the requirements that a product of these characteristics must meet according to the expert criteria as the objective is to clean, care for and beautify the hair at the same time as normalizing the condition of the scalp, stopping hair loss. In my opinion and under my experience, the ingredients that can allow a shampoo to meet these requirements are these: Fatty acids, saw palmetto, B vitamins, zinc, castor oil, keratin, hyaluronic acid, wheat proteins, hydrolysed collagen, climbazole and lactic acid.

Also in prevent hair loss and other there is available in pharmacies a cream called Iboderm (no cortisone) which is applied 1h before washing or dye. It has showed amazing results treating and recovering any scalp conditions or alopecia. In addition, some reviews already published spoke about the relation between the hair products use and the breast cancer risk where said that users can present more probability to develop breast cancer than o users.

Carcinogenesis, 2017, 1–10, doi:10.1093/carcin/bgx060, Advance Access publication June 9, 2017

Joined to any shampoo is recommended to rub on the scalp any stimulating and vasodilator lotion to accelerate the growth or very useful too in prevent any hair loss as they will keep longer the anagen phase.

Regarding to food supplement, we find many in the marker but try to look which has cysteine and cystine as main active ingredients.

If we are focused to the androgenic alopecia or any of where the testosterone is involved we can suggest straight away treatment to block the 5-alpha-reductase. There are a couple of them called Finestride or Vicateína, this last no need prescription, provide less side effect as is not by take and besides is suitable for women.

Other common therapies for severe problems include steroid injections or corticosteroid creams and ointments. In some cases, photochemotherapy may be used to promote hair growth. Photochemotherapy is a type of radiation treatment that uses a combination of oral medication and ultraviolet light. The effectiveness of each treatment will vary from person-to-person.

How to prevent hair loss

Everybody starts to look after the hair only at the minute they notice something is wrong but the best way to look after the hair is using daily a gentle shampoo with climbazole and/or lactic acid and following the steps below;

- Balanced and healthy diet is essential to maintain the lifetime in each follicles
- Caring the scalp with Iboderm in especial if you dye your hair often or exists any scalp disorders
- Food supplement which must include at least Biotine, Cystine and Cysteine by time to time (check with any expert in Trichology before any decision)
- Lotions after washing to nourish and stimulate all follicles

Other capillaries solutions

As we know nowadays, alopecia is very hard to manage even though could come back as it is such as a wayward disease. A patient who has lost his hair due to various reasons and is not satisfied with his appearance in the mirror uses to look into to find other solutions such as hair replacement or hair transplant.

If someone decides to have a hair transplant operation, may naturally expect or hope to have the same condition as before. The hairless area may be too large and the number of donor hair follicles may be insufficient. In this case, even the maximum hair image to be obtained with hair transplant surgery will be less than the patient wants. For this reason, the patient may experience disappointment. The operation may be successful in terms of aesthetic medicine but "unsuccessful" according to the patient's point of view.

In this situation, a capillary prosthesis or hair replacement is recommended. It is made by applying on the bald area of the person to be fitted at least one flexible stretched membrane, there is then applied a moldable synthetic resin which can harden on the membrane, the membrane is removed with the resin after the latter has hardened, a skullcap is cut to the desired dimensions then there are traced on the skullcap the coordinates necessary for positioning the false hair then there are positioned on the lower side of the skullcap means for securing the prosthesis to the cranium of the person. Professionals use to take the properly measures to adapt perfectly the system to the person, the result is absolutely amazing and invisible to the naked eye. Also they are made with different designs to be adequate for each patient, nothing standard.

Further information available by email, romeroma@cesif.com

NEWS

HPRA Advises Precautionary Removal



The Health Products Regulatory Authority (HPRA) has stated that based on its advice, retailers are removing the Genrui SARS-CoV-2 Rapid Antigen Self-Test from sale on a voluntary basis pending further investigation.

This follows receipt by the HPRA of over 550 reports in recent days from Irish consumers of false positive results associated with the use of this particular antigen self-test.

Rapid antigen tests, like all diagnostic tests, have the potential to provide false negative or false positive results. However, the HPRA states that the rapid rise in the number of reports of false positive results relating to the Genrui self-test is significant and a precautionary removal from sale is warranted while the matter is further investigated by the manufacturer (Genrui Biotech, Shenzhen, China) and its European representative. The HPRA also advises against the online purchase of Genrui self-tests at this time while the matter remains under investigation.

Individuals who have received a positive result following use of any rapid antigen self-test, including this test, should follow the current public health advice on the HSE website.

The HPRA will continue to liaise with the manufacturer to investigate the matter further, and is also in contact with other European Competent Authorities in relation to this issue.

Individuals who have experienced a false positive or false negative result can report the occurrence via the HPRA's reporting form.

The HPRA wishes to acknowledge the cooperation and swift response of retailers in relation to this matter. Any retailers supplying this product who have not yet received communication in respect of this issue should contact devicesafety@hpra.ie.

Rapid antigen tests used to detect Covid-19 are in vitro diagnostics (IVD) and form part of the public health response to Covid-19 in Ireland.