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Hair loss management

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Everyone loses hair, no matter what their age, most people part with 25–100 strands per day but some lose faster than they can regrow. Both male or female are affected by hereditary hair loss, female tend to see a widening part and overall thinning of the hair, hair transplantation, PRP therapy is surgical intervention for hair loss. Another option is minoxidil, the over-the-counter foam or liquid that's applied to the scalp. The prescription pill finasteride, which decreases the levels of dihydrotestosterone (a hormone linked with male-pattern baldness) so baldness is decreased. Lifestyle and health can affect the pace and progress of genetic hair loss. It can be accelerated by stress, smoking, being overweight and thyroid problem. Other reasons why people lose hair include poor nutrition, heavy hair extensions, straightening, tightening, highlighting and hormonal changes during menopause or after childbirth, medications. Carbohydrate, protein and fat are necessary for hair building and regrowth, found in balanced diet. Vitamin B, C, D, A is necessary for hair generation and synthesis. Vitamin A from vegetable source is better than animal source. Ascorbic acid 2 phosphate promotes elongation of hair shafts via secretion of insulin like growth factor 1 from dermal papilla cells. Vitamin D is necessary for anagen initiation. Low serum ferritin and vitamin D2 are associated with hair loss in female with telogen effluvium and female pattern hair loss. Silicon is necessary for hair shine. Cobalamin (B12) may have connection to excess hair loss in woman with anemia depression. Zinc, iron, copper, selenium, silicon, magnesium and calcium play important role for hair growth. Balanced diet, RDA nutritional supplementation can be taken for personal imbalance diet. Oral nutritional supplementation is to be rejected, unless proved by serum level measurement.

Biography

S M Rasel Faruk has received his MBBS from Sher E Bangla Medical College under Dhaka University (2007). He started off his career as a Government Medical Officer in 2010 at Patuakhali Sadar Upazilla Health Complex followed by as a Lecturer at Anatomy Department of Shahid Syed Nazrul Islam Medical College, Kishoregonj. He has completed his Master of Science in 2012. He has received his Postgraduate Master's in Public Health in 2013. He has received a scholarship from Japan Dermatological Association for Postgraduate Diploma in Dermatology and Dermatotomy. He has also completed his Diploma in Dermatology in 2015. Presently, he is working as a Senior Consultant. He has recently published a research article on psoriasis.

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