



Hair loss product programme

FIVE THINGS YOU MUST DO IN ORDER TO GET THE ABSOLUTE BEST RESULTS FROM USING YOUR HAIR LOSS PRODUCT



Lesson #5: Identify the Root Cause of Your Hair Loss



Identify the Cause of Your Hair Loss

It's **really** important to identify **the root cause** of your hair loss and / or thinning.

This is because there are many factors that can be responsible for hair loss and effective treatments can vary widely; there isn't really a 'one size fits all'.

By *not* exploring the cause of your hair loss you may be doing yourself a disservice; by *not* using the correct treatment for 'your' type of hair loss, it may turn out to be ineffective. Furthermore your condition could continue to worsen.

Allowing a Self-diagnosed hair loss condition to worsen by not using appropriate product/s could be serious. It is possible for some conditions to progress: -

- beyond the point of no return; your hair loss may become irreversible; so it can never grow back, or
- into a condition that doesn't respond as efficiently as your current condition might do (if the correct products were to be administered)

Whilst such negative outcomes may be found towards the extreme end of possibilities they can and do occur. All too frequently such outcomes become the stories of 'Self-diagnosed, cyclic product users'.

If you have chosen to 'Self-diagnose and prescribe' and are certain what the cause of your hair loss and / or thinning is then this is perfectly fine if. If not then it's risky.

In Carl's real life account (lesson one) we saw how he experienced the poor results of a typical 'cyclic product user'. Once Carl consulted with a trichologist



– a hair loss and scalp expert – the root cause of his condition was able to be quickly identified and an appropriate treatment prescribed.

Carl's had a hair loss condition known as Telogen Effluvium. Once his treatment was appropriate for his condition he saw a significant improvement in a relatively short space of time.

So Will My Treatment Work?

There certainly *are* hair loss conditions that can be treated with confidence with the use of topically applied scalp lotions, shampoos and nutritional supplements. The condition Carl had (lesson one) was one of them telogen effluvium.

Other hair loss conditions are treatable with the caveat that hair already lost will not re-grow. The treatment for these types of conditions may dramatically slow down the hair loss process and may even thicken some of the finer remaining hairs (those caused by shrinking of the hair follicle).

The first question to be addressed should always be “which type of hair loss am I suffering from?” rather than “will my treatment work?” because once you know the answer to question one the answer to question two is ‘Yes’, though as made clear above to varying degrees.



How Long Should I Give My Current Treatment?

This question is the one that is most often asked. By nature most people would like a magic wand waved and the problem to be solved.

Treatments for any type of hair loss are not like a course of anti-biotics which can usually clear a medical problem in a couple of weeks. It can take quite a while for treatments to stabilise a hair loss condition before the scalp can begin to produce a better quality hair and sustain that improvement.

Whatever the cause of your hair loss, it does not *begin* overnight and the success of any treatment is usually proportionate to the length of time you have suffered from hair loss.

For example, if you suffer from an acute hair loss condition, the trigger is usually about three months before the hair loss actually begins. In the majority of these cases, improvement with treatment will usually take approximately three to four months.

If you suffer from a chronic hair loss condition such as Male or Female Pattern Hair Loss, then this has been happening slowly but surely since puberty. You probably would not notice for many years until suddenly you would become aware that your hair was thinner and the daily hair loss has increased.

In these cases the success of treatment can take many months and therapeutically would may need ongoing treatment at a lower level. Cases do vary and it is important not to become disheartened by these statements.

It is important to realise that from the day you begin treatment for any type of hair loss the improvement also begins from that day. Consistency of treatment application is of prime importance in order to achieve optimum results.



You will not see the improvement, but it is happening. It may be slower than you would like but as always, patience is a virtue. It is important to realise that in the treatment of hair loss that the absence of evidence is not evidence of absence.

At our Hair & Scalp Clinic in Greater Manchester we use a trichoscopy camera, which greatly enlarges the view of your hair and its follicles. We keep these images and take further images when you return for a follow up assessment at a date recommended by us. The before and after treatment images show you what improvement has been made and if your treatment preparation needs 'tweaking'.

So, we're able to disprove any 'absence of evidence' to the naked eye by showing hair growth improvement activity at almost cellular level.

So the answer to how long should I give my treatment for hair loss to show results is three to six months depending on your type of hair loss.

In Summary:

In the medical world it is said: "Prescription without diagnosis is malpractice."

The **only** way to be **absolutely certain** of using the right treatment for your type of hair loss is to know the root cause of your condition.

The **only** way to be **absolutely certain** of what is the root cause of your hair loss is for your condition to be assessed by a trichologist - a medical qualified hair and scalp professional.

We would also recommend **only ever** seeking advice from a registered trichologist. There are many 'pseudo-clinics' out there that use unscrupulous methods and seemingly good offers to get unsuspecting people through the door.



THE VITAL ELEMENTS OF SUCCESSFUL TREATMENT

LESSON #5

For example, by offering free consultations or full scalp health reviews then using 'pressure' selling techniques to sign visitors up to products costing hundreds or thousands of pounds.

For your benefit we have built a free list of registered trichologists that are local to you. You can use the simple search function or zoom into your town or city on the embedded Google map at the following URL:

<http://www.hairlocal.co.uk/>