

Hair Loss Prevention

Hair loss is a common problem for a number of men as well as women. Locating a successful hair loss prevention remedy is a difficult search. If you are dealing with hair loss, or are trying to proactively prevent it, there are several things that to consider. By understanding different resources available to combat hair loss, you can maintain thicker and healthier hair.

One of the initial products to consider for hair thinning or hair loss is available medication. While medications will not completely prevent hair loss, they may slow down the effects and allow you to retain some of your hair. Minoxidil and finasteride are two medications that are most commonly prescribed. Minoxidil, or Rogaine, is most effective in topical cream formula which is applied to the head twice daily. It will lead to a reaction from the hair follicles that encourages hair to grow. Finasteride workw by preventing enzymes in the hair to interact with the hormone testosterone. This prevents the production of a chemical that affects the hair follicle.

Another consideration in the hair loss prevention battle is your diet. If your hair loss is not genetic, you can take vitamins and supplements, and eat certain types of food that will help to combat hair loss. Your hair then stays healthier. Talk to your health care provider or holistic medicine practitioner for suggestions of treatments for hair loss. There are many creams, oils, and herbal remedies available that also help to prevent hair loss.

If you are experiencing hair loss, it is worthwhile to do a little research into the causes. The cause for your particular hair loss will directly impact what you should use and what will be most effective in your situation. For example, if the hair loss is stress-related, you may want to try a different type of treatment than if it is related to genetics. No matter what the cause, you will find a variety of recommendations available to you. If you are experiencing sudden hair loss that is coming out in clumps, you will want to consult your physician. This may be as a result of disease and should be treated immediately to prevent complications. With disease-related hair loss, you may expect it to grow back once the disease has been treated.

If you are currently losing your hair or are interested in trying to prevent future hair loss, there are a lot of options to consider in finding the solution to your situation. By treating your hair loss, you will be able maintain healthy-looking hair as well as potentially helping retain a full head of hair. You may then find that you feel better and are more comfortable with your looks. Knowing where to look for help and what the various products can do for you is the first step in a battle in which you can have success.