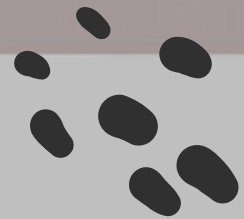


8 REASON OF MEN/WOMEN HAIR LOSS YOU MUST BE AWARE OF !



Free Ebook



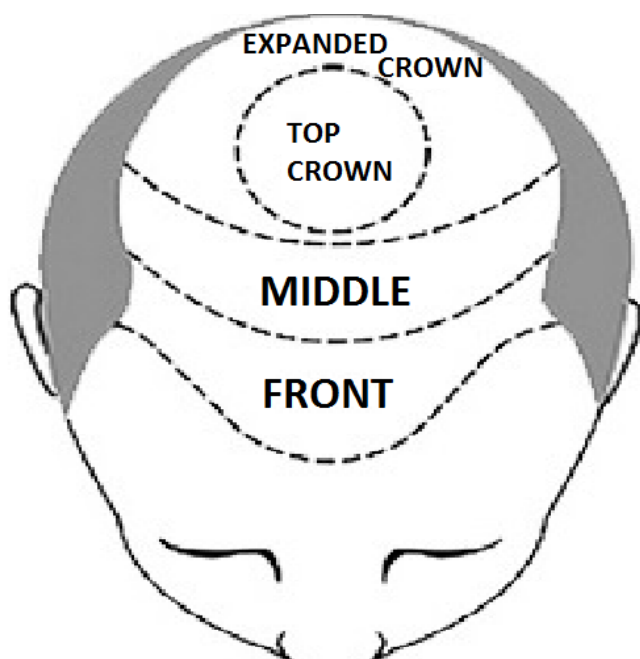
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8 Common Hair Fall Reasons You Must Be Aware Of!



Hair fall can be caused due to environmental pollutants or poor hair care routine. In some cases, it could be due to an underlying health problem. Whatever is the cause of the hair fall, knowing about it is important for getting the right treatment.

But before knowing about the common hair fall reasons, it is important to understand the hair growth cycle and whether your hair loss is temporary or permanent.

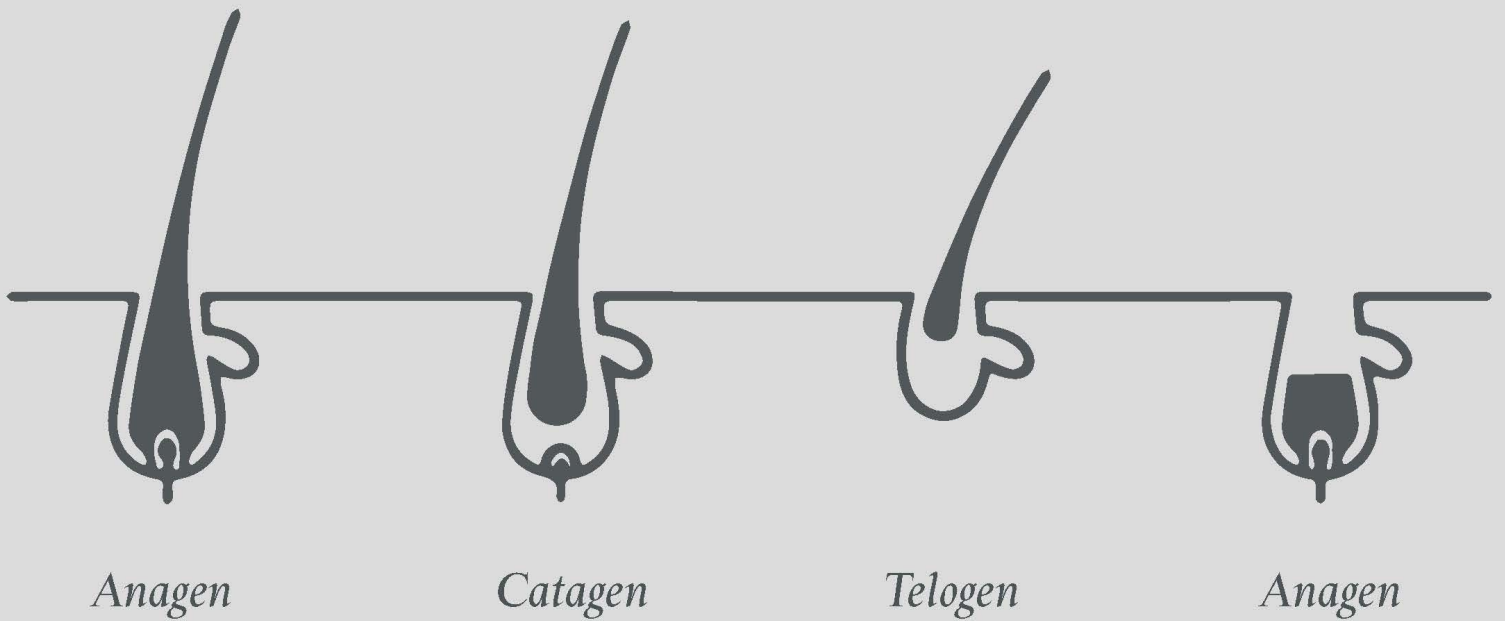


**Are You Suffering
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Hair growth cycle



Each hair follicle goes through three phases:

Anagen phase is the active phase of hair growth that usually lasts for about two to six years. Around 85-90% hair on the scalp is in this stage at a given point in time.

Catagen phase is the transitional phase that lasts few weeks (2-3 weeks). Only 1% hair is in this stage.

Telogen phase is the end phase of hair growth, which is the resting phase. Around 13% of our hair is in this stage.

At the end of the telogen phase, hair follicles shed, which is replaced by new hair and the cycle continues. However, the hair growth cycle can be influenced by an individual's age, diseases, hair care routine, and diet.



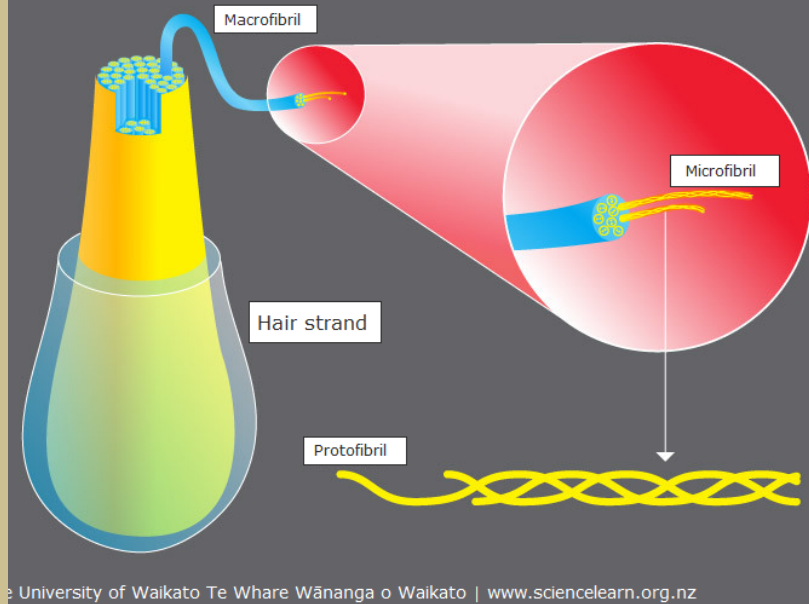
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Fact

Hair is made of protein strands. A single strand of hair has a normal life of about two to seven years. Hair grows an average of 0.5 inches a month and six inches a year



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Tips

Wash less frequently
How frequently you wash your hair really depends on the type of hair you have

COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

1. Age: With age, there is a gradual decline in hair growth and an increase in hair fall. This could be due to the changes in the hormones and the weakened immune system. Moreover, as you age the hair follicles die and thus, there is more permanent hair loss.

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In early stages the thinning starts gradually like this and the patient is never sure if she is going bald or not.



However as the stage advances it becomes quite clear that she is balding out.



COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

2. **Heredity (Genetic)***: Genes do play a key role in hair loss. Hereditary hair loss, commonly known as male-pattern baldness or female-pattern baldness, is one of the common reasons for hair fall in both men and women. It mostly occurs with age and the hair loss pattern is quite predictable. For example, hereditary hair loss causes bald spots and receding hairline in men whereas in women it causes hair thinning beginning from the parting.



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Fact

Women and men experience hair loss for a variety of reasons as they age, such as hereditary traits, endocrine disorders, thyroid disorders



Tips

Eat a complete, protein-rich diet

COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

3.Nutritional deficiencies: Nutritional deficiency can also lead to hair loss as it can impact the structure of the hair follicles and also hair growth. Studies have shown the link between nutritional deficiency and telogen effluvium, alopecia areata, androgenetic alopecia and female pattern baldness[1]. Some of the common nutritional deficiencies

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COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

4. Hairstyles: One of the common but preventable causes of hair loss in women is sporting tight hairstyles such as ponytails, bun or braids. When you pull the hair too tight it exerts pressure on the hair follicles that can damage the hair and cause permanent hair loss. Moreover, use of hair styling products and tools such as straighteners and hair dyes can rip off moisture and oil from the hair and make it dry, frizzy, which ultimately causes hair fall.



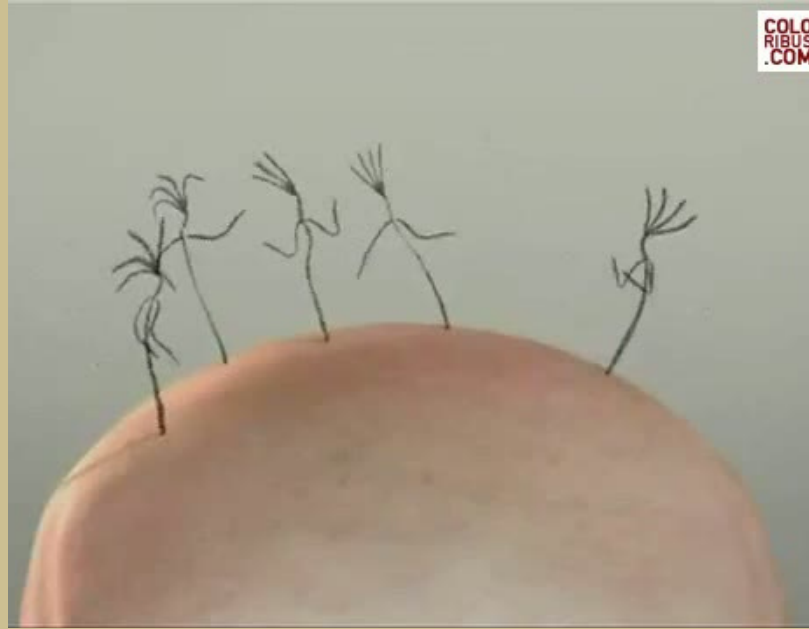
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Fact

On average, you shed around 50-150 strands of hair a day



Tips

Use Paraben FREE Shampoo

COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

5. Medications: Hair loss is one of the common side-effects of medications such as blood thinners and anti-hypertensive medications. Chemotherapy drugs used to treat cancer can also lead to hair loss. Medications such as birth control pills and hormonal pills to treat symptoms of menopause can also lead to temporary hair loss in women

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COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

6. Scalp infections: Bacterial or fungal infections of the scalp such as ringworm or dandruff can lead to hair fall. If left untreated, ringworm infection of the scalp can lead to balding or permanent hair loss.



**Scalp Infection
hairloss?**

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Fact

A new hair begins to grow as soon as it is plucked from its follicle.



Tips

- **Blood tests.** These check for vitamin and mineral levels (like vitamin D, vitamin B, zinc and iron) and hormone levels (including thyroid and sex hormones).

COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

7. Stress: One of the major hair fall reasons that can be managed is stress. When stressed the body release cortisol, stress hormone and also impact the proper functioning of other hormones in the body. This causes a shift in the normal hair growth cycle which causes majority of the hair follicles to enter the telogen phase and lead to hair loss (telogen effluvium).

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COMMON REASONS FOR HAIR FALL AND HAIR LOSS IN MEN AND WOMEN

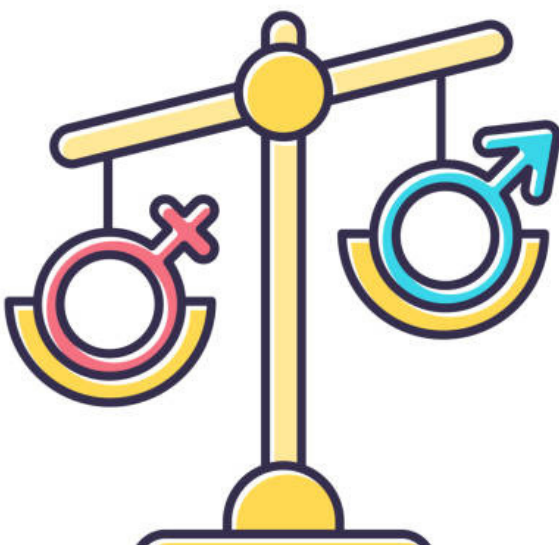
8. Hormonal conditions: It is a known fact that changes in the hormonal level can have a significant impact on the body including the hair. Hormonal conditions that can lead to hair loss include:

Hyperthyroidism

Hypothyroidism

PCOS

In women, numerous changes occur during pregnancy and post delivery that can lead to hair loss. Also, in some women, post 40 or during menopause, it can lead to hair loss

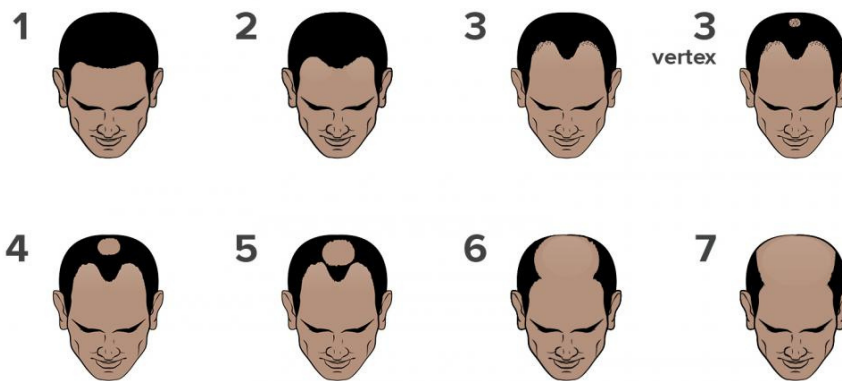


Harmonal hairloss?

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Norwood Scale



STAGE 1

STAGE 1 OF THE NORWOOD SCALE IS THE CONTROL STAGE. PEOPLE IN STAGE 1 OF MALE PATTERN BALDNESS STILL HAVE A FULL HEAD OF HAIR, WITH LITTLE TO NO SIGNS OF BALDNESS OR A RECEDING HAIRLINE

STAGE 2

IN STAGE 2, THERE IS ONLY SLIGHT EVIDENCE OF A RECEDING HAIR LINE, GENERALLY AROUND THE TEMPLES

STAGE 3

GENERALLY, HAIR LOSS STARTS TO BECOME NOTICEABLE DURING STAGE 3. THE HAIRLINE TYPICALLY PULLS BACKWARD FROM THE TEMPLES, GIVING IT A CURVED "M" SHAPE WHEN VIEWED FROM ABOVE.

IN THE CLASS A VERSION OF THE SCALE, OR STAGE 3A, THE DIPS IN THE HAIRLINE MAY BE SLIGHTLY LESS DEFINED.



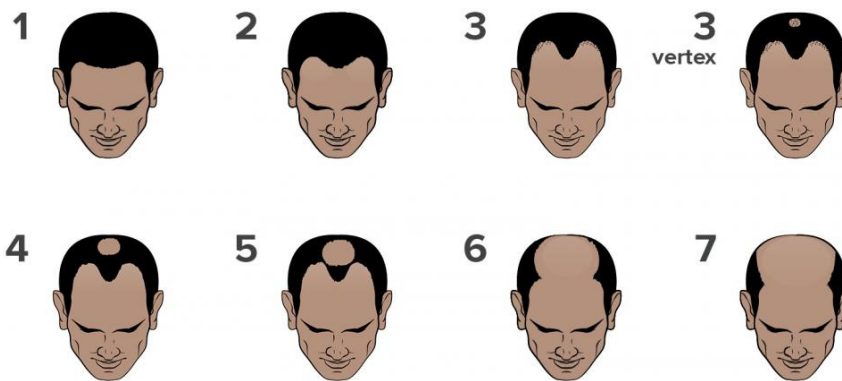
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EVALUATION**

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Norwood Scale



STAGE 4

BY STAGE 4, THERE IS SIGNIFICANT HAIR LOSS. THE HAIRLINE RECEDES FARTHER AND MAY START TO RESEMBLE A "U" SHAPE WHEN VIEWED FROM ABOVE.

STAGE 5

STAGE 5 SHOWS SIMILAR PROGRESSION TO STAGE 4 BUT IS MORE SEVERE. THERE IS STILL A SMALL SECTION OF HAIR BETWEEN THE RECEDING HAIRLINE AND THE BALDING CROWN. HOWEVER, THIS STRIP OF HAIR IS MUCH THINNER THAN IN THE PREVIOUS STAGE.

STAGE 6

SOMEONE WITH STAGE 6 BALDNESS IS NOW MOSTLY BALD ON THE FRONT AND TOP OF THEIR HEAD. THE TWO BALD AREAS NOW JOIN TOGETHER, AND THERE IS NO STRIP OR PATCH OF HAIR BETWEEN THEM.

STAGE 7

BY STAGE 7, THE BALDNESS ALSO BEGINS TO AFFECT THE SIDES OF THE HEAD, UNTIL ONLY A THIN RING OF HAIR ENCIRCLES THE OUTSIDE OF THE HEAD.



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EVALUATION**

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Marmm is a renowned place for diverse cosmetic, laser, hair transplant, body surgery, and advanced dental treatments. We have the latest technology available today and our team of different specialists keep patients care to the utmost priority.

Dr. Amit Porwal is a famous Maxillo Facial Surgeon who has excellent skills and adequate knowledge in the field. Dr. Porwal has introduces renowned concept of 'Day Care' according to which patient do not require to stay at the clinic for more than one day.

**Dr. Amit Porwal M.D.S, F.F.P.S, F.H.T.
INDORE**



Bhushan Mandle

a year ago

★★★★★ Value for money...it's been 5 months and I can't believe about results.I can clearly see my Hair lines.Thanks to Amit sir and co. .Thank you so much



sadhna tiwari

a year ago

★★★★★ Best center marmm humble staff seema mam very Good great Tretmant Best result👍👍



Zainab Jawrawala

a year ago

★★★★★ Amazing Experience, very nice clinic and highly hygienic clinic all the procedure and surgery taken care very nicely and accurately all the staff member are very helpful please do visit clinic once if u r looking ur hair. Because no hair no life.



Vijendra Shrivastava

a year ago

★★★★★ I had recently done hair transplant here and team is very experienced and expert here and very supportive.



Mister Rg

a year ago

★★★★★ Great exp. Very helpful stop nd trustable dr.



sudhir prajapati

a year ago

★★★★★ I have transplanted my hair they gave good service doctor and team both.i am very satisfied with result.



sunit sharma

a year ago

★★★★★ I have done my transplant here And I am very satisfied with my hair growth.. Very good atmosphere, nice staff, thank you👍👍👍



Anil Kanwar

a year ago

★★★★★ I am very satisfied with marmm klinik and its treatment. I got very good result within 4-5 month. Now i am felling very happy after hair transplant result. thanks to dr. Amit porwal sir and all



Ruchi John

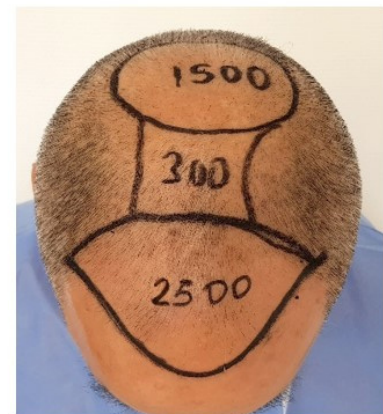
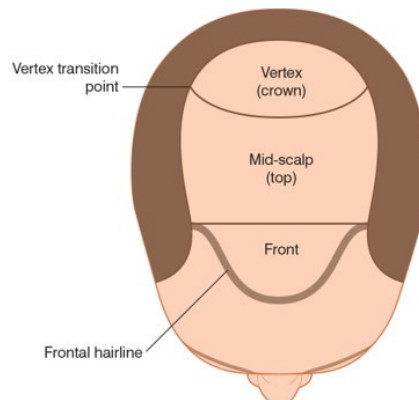
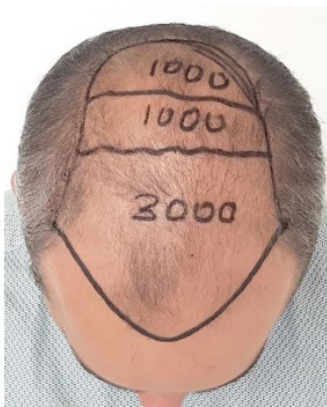
a year ago

★★★★★ I have recently gone through facial treatment and I am so happy with the results. The doctor and staffs are so amazing with very kind nature, help me through out the process.

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