Alopecia

What is Alopecia Areata?

Alopecia areata is a hair loss condition that causes the rapid onset of round patches of baldness. The cause of alopecia areata is unknown, although in some cases, alopecia areata has been associated with autoimmune diseases.

People are often in good health. In approximately one-fifth of people who develop alopecia areata, there is a family history.

Causes of Alopecia Areata

There are several different hypotheses as to what causes alopecia areata. Genetic factors seem to play an important role since there is a higher frequency of a family history of alopecia areata in people who are affected. Alopecia areata appears to also have an autoimmune factor causing the patient to develop antibodies to different hair follicle structures. Certain chemicals that are a part of the immune system called cytokines may play a role in alopecia areata by inhibiting hair follicle growth. Some studies show that emotional stress may also cause alopecia areata.

Hair loss occurs because the hair follicles in a discreet area all enter the telogen or late catagen stage of hair growth. In the catagen stage the hair follicle stops growing and in the telogen stage it falls out. Normally hairs are going through these stages at random and the growing hairs on the rest of the head outnumber the hairs that fall out. In alopecia areata, something causes all the hairs in a certain area to enter the telogen or catagen stage at the same time.

Treatment

For intralesional steroids, few studies are available regarding efficacy; however, they are used widely in the treatment of alopecia areata. Intralesional steroids are the first-line treatment in localized conditions. In a study including 84 patients, regrowth on treated areas was present in 92% of patients with patchy alopecia areata and 61% of patients with alopecia totalis. Regrowth persisted 3 months after treatment in 71% of patients with patchy alopecia areata and 28% of patients with alopecia totalis. Regrowth usually is seen within 4-6 weeks in responsive patients. Patients with rapidly progressive, extensive, or long-standing alopecia areata tend to respond poorly.

Types of Alopecia

On clinical examination, alopecia areata appears as a smooth bald patch, which at times may further expand in size. Similar bald patches may appear subsequently in other areas. Alopecia areata has been classified into different types according to the severity of the disease and its various forms.

1. Alopecia Totalis: In this the scalp is affected and all the hair from the scalp is lost resulting in a smooth bald head.

2. Alopecia Universalis: This is a severe form of alopecia where there is loss of all body and scalp hair including eyebrows, eyelashes, underarm and pubic hair.

3. Alopecia Areata Barbae: When alopecia affects the hair of the beard region, it is known as alopecia areata barbae.

4. Reticulated Areata Barbae: In this form of disease, bald patches may not be found but there is hair loss in irregular patterns in a net like fashion. In the scalp, there are regions of hair loss interspersed with areas with normal hair growth. When affected with reticulated alopecia, patients may have hair falling from one region but new hair growth in another region. This phenomenon may for many months or years.

5. Ophiasis type of alopecia areata shows a band like hair loss. It occurs mostly in the temporal or occipital regions of the scalp and is therefore more difficult to treat, as most medicines have a delayed action on these areas. Ophiasis type of alopecia is identified by a turban or snake like pattern on the periphery of the scalp. Ophiasis in Greek means serpent and this is how the disease gets its name.

6. Diffusion Type of Alopecia Areata: In this case, there is a premature cessation of anagen growth, which causes partial hair loss throughout the scalp. No distinct patches are evident. It may not be possible to identify the disease clinically, as it can be mistaken for telogen hair loss, which is diffused hair loss caused by stress, certain physical conditions like puberty or childbirth, chronic illness, or trauma. It is also similar to anagen effluvium, which is hair loss in the anagen stage due to chemotherapy or radiation treatment. In some cases of hair loss on top of the head, it also resembles typical male or female pattern of hair loss or even trichotillio where people pull out their own hair. A biopsy is perhaps the best way to diagnose the disease specifically. Dermatologists also look for the exclamation type of broken hairs as indication of alopecia areata.

7. Perinevoid Alopecia Areata: This is a relatively unusual type of alopecia areata where spots of skin are found having properties different from the surrounding general skin area. Around these pigmented spots or nevi are found patches having characteristics of alopecia areata.
Dandruff & Oily Scalp

Dandruff is a problem, common to both man and woman. All of us have suffered from dandruff at some time or the other. It is a scalp condition. In its mild form, it consists of loose white flakes that fall off and may be noticed on the shoulders, back or scalp. Sometimes, the flakes may be yellowish in color. Even mild dandruff causes itching. Dandruff is a problem that is uncomfortable, annoying, and embarrassing. Fortunately, dandruff isn’t contagious and dandruff control and treatment is fairly easily.

There are two forms of dandruff – Oily and Dry. Dry dandruff appears as loose white flakes and the scalp itches a great deal. The oily dandruff is sticky and yellow in color and has a smell. The oily form is found mostly amongst adolescents and adults with an excessively

**Some Causes of Dandruff**

- poor diet
- sluggish metabolism
- stress
- a hormonal imbalance
- infection

**Home Remedies For Dandruff**

Add six spoonfuls water, two spoonfuls pure vinegar and apply it on the scalp with cotton wool before going to bed. Tie a towel around your head to protect the pillow. Wash your hair next morning. After shampooing, rinse again with vinegar water. Continue this once a week for at least three months.

Mix a spoonful of lemon juice with two spoonfuls of vinegar and massage on the scalp. Wash your hair with an egg shampoo after this.

Soak fenugreek (methi) seeds in yogurt overnight and apply the curd on your scalp for half an hour before washing in the morning.

Hair washed with methi seed paste prevents dandruff, falling hair, baldness and dandruff keeping the hair long, healthy and black. Just soak the fenugreek seeds overnight in water to soften the seeds and grind in the morning to make paste. Before hairwash, apply this paste on scalp and hair and leave it on for half an hour. Wash off with shampoo later.

Beat two eggs and add two tablespoons of water to it. Wet the hair and apply the egg mixture over the hair. Now massage your scalp and let the mixture on for ten minutes to fifteen minutes. Then rinse the hair with lukewarm water. This will keep both dandruff and hairfall problem away from you.

**Diet for Dandruff**

It has been established that a fault diet can trigger dandruff or even cause the condition to flare up. Follow the suggestions given below:

- Make sure you eat at least one fruit and raw salad everyday (cabbage, cucumber, tomato, radish, etc.).
- Eat one leafy green vegetable everyday. It contains a lot of vitamins and minerals especially vitamin A – which is excellent for your scalp.
- Yogurt is a wonderful food for your hair.
- Include whole grain cereals like wheat flour, millets and legumes like kidney beans, etc. in your diet. These are high in micro nutrients and proteins.
What is a Derma Roller?

The Derma Roller (also called skin rollers, microneedle rollers, and dermarollers) is a small hand-held rolling device which has micro surgical steel needles that reach the inner surface of your skin to promote skin repair from the inside out. It stimulates elastin and collagen production in the skin without causing any damage.

For hair
The dermaroller painlessly creates thousands of tiny channels in the scalp which increase the absorption of your hair restoration product by hundreds of times.

The Derma Roller can be used by itself to stimulate the production of fine hairs (vellums) in the scalp, or used in conjunction with a pharmacy product called Minoxidil or Rogaine. It works by enhancing the penetration of the product and improving blood flow to the scalp and hair follicle.

Minoxidil/Rogaine is used for the treatment of hereditary hair loss (androgenic alopecia) in men and women and is the only clinically proven way to stimulate hair regrowth.
Platelet Rich Plasma

What is PRP?

Platelet Rich Plasma or PRP is a revolutionary new treatment for hair loss. It is versatile and can be used with hair transplant surgery, or as an independent treatment for thinning hair. Many hair transplant surgeons are already using this technology in their hair replacement surgery. This new therapy is non-invasive.

The stimulation and access to high concentrations of growth factors has been shown to generate new hair growth, thicken existing hair growth healthier. In one case an Alopecia Areata patient was treated, and PRP treatment caused hair regrowth.

Platelets are the key to the body's ability to stop bleeding and repair damaged blood vessels and cells in the body. Platelets contain substances called growth factors that activate and rejuvenate cells in the body. The concentrated platelets in PRP contain tremendous amounts of bioactive proteins, which include the growth factors PDGF and VEGF. These growth factors have been shown to initiate accelerated tissue repair, and, according to experts have also been shown to have positive effects for hair loss. Most importantly, evidence suggests PRP can reverse the miniaturisation process of hair follicles (a result of dehydrotestosterone, DHT), when injected into the balding area of the scalp.

How PRP is Made

Platelets for PRP are derived from a patient's own blood:

Blood is withdrawn from a patient's arm by syringe, as it would be for any laboratory procedure.

The tubes containing withdrawn blood are placed in a centrifuge and spun for a period of time.

The centrifuging "spins down" the red and white blood cells and platelets and concentrates them at various levels in the tubes. Blood plasma that is rich in platelets is drawn off from the appropriate level. Plasma defined as platelet-rich plasma contains 4 to 8 times the number of platelets per cubic centimeter found in normal plasma. With a little additional preparation the PRP is ready for application.
Stem Cell Therapy

**What is PRP?**
Stem C’rum Anti-Hair Loss – Moisturizes, nourishes and improves the hair and scalp condition.

Promotes blood circulation in the scalp and revitalizes hair follicles; Induces hair growth by increasing the size of the hair follicle and stops hair loss.

It stimulates hair follicles to produce healthier hair shaft. Normalizes hair growth cycle.

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**Separate ➔ Activate ➔ Return**

- Stem Cells are separated from fat cells.
- Your Stem Cells are activated with natural proteins.
- The activated Stem Cells are injected into the scalp.

**Results**

Rejuvenate and repair hair follicle.

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LOOKS FOREVER
HAIR AESTHETIC CLINIC
Male Hair Loss

Looksforever understands what a devastating effect thinning hair or hair loss can have on self-esteem and self-image. Hair has a lot to do with how we see ourselves. Despite the fact that male hair loss is common, in fact 80% of men will eventually experience male pattern baldness or Hair Loss, that doesn’t lessen the blow when it finally happens.

Whatever the cause of male pattern hair loss the ramifications can be extremely emotional as well as becoming a physical issue. Hair loss can have a devastating effect on a man’s self esteem, confidence and sense of well-being.

This loss of self-confidence can have a dramatic effect, from making you feel less able to compete in the dating world or the job market, to losing your edge or sense of self worth, in fact the emotional impact of Baldness or hair loss is as individual as the men who experience it.

Looksforever understands not only how hair loss adversely affects a person’s life but also how to provide a solution.

There are Hair loss treatments for every hair loss condition, but taking the first steps to dealing with your hair loss can be difficult which is why we offer a FREE, confidential and no obligation consultation. Your first one-on-one consultation will be with one of our highly trained Hair restoration technicians who will discuss and advise which Hair loss treatment is best for you in one of our comfortable, private and self contained treatment rooms designed with your comfort in mind.

Contact us today and be all that you can be. Arrange a consultation now
Female Hair Loss

Hair loss is not just a male baldness problem. As many as 1 out of 4 women will suffer from some form of thinning hair or hair loss, also known as female pattern baldness, at some point throughout their lives.

Childbirth can be a triggering factor for some hair loss conditions as well as the natural thinning process that comes with the post-delivery hormonal adjustment for a woman.

Aside from the causes of women’s hair loss, the effects on self-esteem can be devastating. Society puts a high price tag on appearance. We are all expected to try to live up to the perfectly groomed model looks that we see on the covers of magazines.

In many ways, our hair defines us and although the effects of hair loss on a woman’s confidence and well being are often dismissed as trivial, it’s true to say that it affects women in different but significant ways, no matter what their age.

A woman who feels she has lost that feminine aspect of beautiful hair can find it very difficult. In fact, she feels out of step with her friends, the other women at work and with her own self-image. Many women withdraw and simply stop living their life to the full.

There are hair loss treatments and products for every hair loss condition, however, and hair restoration can be achieved, allowing you to get on with your life. However, we also understand that taking the first steps to dealing with your hair loss can be difficult and emotional, which is why we offer a FREE, confidential and no obligation consultation.

Your first one-on-one Looksforever hair loss consultation will be with one of our highly trained hair systems technicians who will discuss and advise which hair replacement treatment is best for you. All consultations are carried out in one of our comfortable, private and self contained treatment rooms designed with your comfort in mind.

Contact us today and be all that you can be. Arrange a consultation now.

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