

# Experts in Skin & Hair

## Hair Shedding / Telogen Effluvium

### What is hair shedding / telogen effluvium?

Every day we lose between 50-100 hairs. Hair shedding or telogen effluvium refers to a marked increase in hair loss. This can be an acute phenomenon, occurring several months after a specific event or can be more chronic in nature, with intermittent periods of increased hair loss.

### What causes increased hair shedding /telogen effluvium?

Increased hair loss is due to a disturbance of the hair cycle (see over), with hairs shifting from the growing phase (anagen) to the shedding phase (telogen).

Common causes of acute loss (occurring several months after the event) include childbirth, severe trauma or illness, a major life event, marked weight loss or a new medication. Chronic causes can be related to nutritional factors, such as low iron, zinc, B12 or folate, disturbance in thyroid function (either over or under active) or medications.

### What are the symptoms?

Most people become aware of hair coming out in increased amounts. This is most noticeable after washing or brushing the hair, with hair being more noticeable in the plughole or hairbrush. Some women will notice increased hair on the pillow in the morning or around the house. The volume of hair decreases and the scalp may be more visible. There are usually no other symptoms such as pain or itch.

### Can it be cured?

Acute telogen effluvium usually settles completely without any intervention. Chronic telogen effluvium tends to come and go, although it is often improved if a trigger is identified and corrected.

### How can hair shedding / telogen effluvium be treated?

Any acute triggers need to be identified and corrected. If a new medication is suspected as a cause this will need to be stopped. If a nutritional cause is identified, such as low iron stores, this needs to be corrected over several months and the hair cycle will often normalise, although this can take up to 6 months. The actual level that equals a deficiency is controversial and many hair experts will treat a level that may be at the lower end of the normal reported laboratory range until it is in the middle of the range.

### Tricopat treatment of hair shedding

Tricopat is a new treatment that is particularly helpful for the management of hair shedding. It is a two stage procedure that involves the painless and bloodless creation of micro-injuries to the scalp, application of synthetic growth factors and electrostimulation called iontophoresis to help the gel penetrate through the surface and have a biological action. Treatments are spaced at monthly intervals for 4 months.



# Experts in Skin & Hair

