

Brush Up On The Facts...

Women Have Easier Time Reversing Hair Loss *by Mariel Bird, D.O.*

Female hair loss is a common problem that will affect 1 in 3 women at least once in their lifetime. Yet for many women, this condition may go untreated. Psychology research has shown that society perceives a man balding as acceptable, but if it occurs in a woman, it is associated with aging or “illness”. Unfortunately the shock, fear and emotional distress associated with hair loss can have significant impact on a woman’s quality of life and delay her seeking treatment.

There are many causes of hair loss, including thyroid disease, vitamin D deficiency, autoimmune disease, stress, infection, and medications used for common conditions such as high blood pressure. However, the most common cause is due to genetic predisposition and

is known as female pattern hair loss, or FPHL. Unlike men who have regression of the frontal hairline and focal hair loss starting at the back of the scalp, females typically will retain the frontal hairline and have a diffuse, all-over shedding that results in a loss of volume. Hair that was once shiny and full becomes thin and transparent, and visualization of the scalp may occur. Although it is very rare for females with FPHL to bald completely, without treatment hair loss can slowly progress at a rate of up to 10% per year!

Options exist for the treatment of FPHL, including some that can be initiated at home such as adding more biotin to your diet. This essential vitamin is needed in order for the body to produce amino acids, which are the “building blocks” of hair. Biotin occurs naturally in foods

such as cauliflower, carrots, bananas, salmon, and liver. Caffeine has been shown to have antioxidant properties and may increase microcirculation in the scalp. Adding a caffeine shampoo 3 times per week may decrease shedding.

The first step in managing FPHL is to see your physician to rule out any serious underlying medical conditions that could be contributing to your hair loss and for a thorough examination of the scalp and hair. Several additional therapies are available from your doctor to help regrow hair faster and thicker, and your treatment plan should be customized specifically to your hair’s needs.

There is no quick fix for FPHL, but with treatment you can expect to see improvement in 4-6 months. In the meantime, there are new hair fiber products available that help to cover thin areas on the scalp with a natural look.

Flu Vaccines Available!

Flu shots are now available at our Phoenix office and at our C-1 and F-1 Glendale locations on a walk-in basis during regular hours. No appointment is needed. The vaccine is designed by the Centers for Disease Control to protect against four different flu viruses; two influenza A viruses and two influenza B viruses. Flu shots are \$40 for cash pay patients and we are happy to bill insurance for our existing patients.

Saturday walk-in flu shot clinics are being held from 8 am – noon at the following locations:

August 23 – Suite F-1
August 30 – Indian School Road
September 6 – Suite F-1



Thunderbird Internal Medicine – Glendale
5620 W. Thunderbird Rd #C-1, #F-1 & #G-2
Glendale, Arizona 85306

Thunderbird Internal Medicine - Phoenix
9150 W. Indian School Rd #118
Phoenix, Arizona 85037