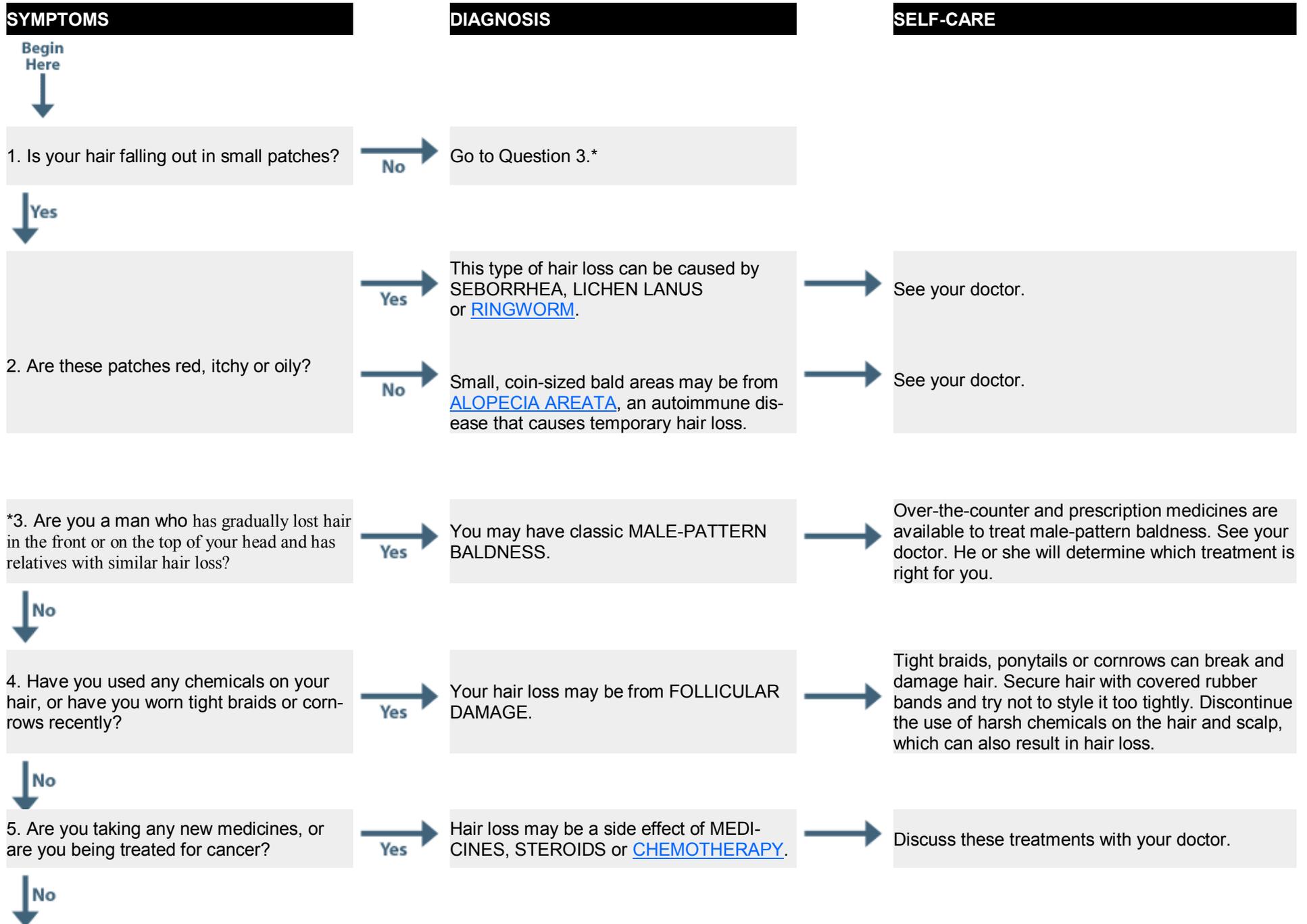


# Hair Loss

Permanent or temporary hair loss can occur for many reasons. Sometimes, hair loss can be reversed, depending on the cause. Follow this chart for more information.



6. Have you been weak, tired or anxious?

Yes →

You may have IRON or ZINC DEFICIENCY, [THYROID DISEASE](#) or excess STRESS.

→ See your doctor.

↓ No

7. Are you a woman who is older than 50, or who has given birth within the last three months?

Yes →

HORMONE CHANGES may cause hair loss in women. If your hair loss has occurred gradually with advancing age, FOLLICULAR DEGENERATION may be the cause.

→ Post-pregnancy hormone changes usually reverse themselves without any treatment. While follicular degeneration cannot be reversed, gentle hair care may prolong the life of follicles.

↓ No

For more information, please talk to your doctor.

*This tool has been reviewed by doctors and is for general educational purposes only. It is not a substitute for medical advice. The information in this tool should not be relied upon to make decisions about your health. Always consult your family doctor with questions about your individual condition(s) and/or circumstances. Source: American Academy of Family Physicians. Family Health & Medical Guide. Dallas: Word Publishing; 1996.*