

Mayo Clinic Minute: Expert advice for women with thinning hair

VIDEO	AUDIO
	"People think of hair loss or pattern baldness happening only to men."
Graphic: <ul style="list-style-type: none">• Pregnancy• Menopause• Medical issues• Medications• Stress	But several things can cause hair loss in women: pregnancy, menopause, medical issues, medications and even stress.
Graphic: <ul style="list-style-type: none">• Female-pattern baldness	However, the most common cause is female-pattern baldness, a genetic and hormonal hair loss that gradually occurs in many women.
Dawn Davis, M.D. Dermatology Mayo Clinic	"It starts with thinning of the hair on the crown of the scalp exactly in the center. So women may notice that when they part their hair, the part is a little wider or perhaps it's wispier."
	"And then what happens is that density just simply decreases over time. And in extreme form, there can be absence of hair on the crown of the scalp."
	Time is of the essence.
	"As soon as you start to see hair loss — because hair disorders are oftentimes time-sensitive — I would encourage you to see a hair specialist, such as a dermatologist."
	And some words of advice.
	"Be gentle to your hair. Wash it less frequently. Don't put it into tight braids or a tight cap. Be careful with the products that you use on your hair so that you don't use harsh chemicals."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.