

About.com: The Menopause Hair Loss Risk: Six Treatments That Can Help...

Do you know about the menopause hair loss risk?

U.S. hair expert Dr. Alan Bauman turns the spotlight on this overlooked problem, including new treatments that can help.

Boca Raton, FL (PRWEB) October 10, 2007 -- Dealing with the big "M" is hard enough - but few women realize that as they approach menopause, the risk for hair loss increases to as much as 50-percent - and it can be as high as 75-percent afterwards.

However, it is generally believed that a decline in estrogen, or perhaps a change in its ratio with other hormones, may be a primary culprit. "The exact trigger for hereditary hair loss in women around menopause is not entirely understood," said Alan J. Bauman, M.D., a leading U.S. hair restoration physician and top expert on female hair loss. "However, it is generally believed that a decline in estrogen, or perhaps a change in its ratio with other hormones, may be a primary culprit."

Over 30 million U.S. women suffer from hair loss. The most common complaints include: increased shedding, loss of hair volume, changes in hair texture and caliber and decreasing coverage of the scalp.

According to Dr. Bauman, there are six effective traditional and non-traditional treatment options that can help women with hair loss:

(1) Minoxidil: Commonly known as Rogaine, this FDA-approved over-the-counter topical treatment can help thinning hairs grow back longer and thicker as well as stimulate resting follicles to grow once again. The 2-percent solution is the only FDA-approved drug for women's hair loss, and is considered the first-line of defense against the problem. However, Dr. Bauman notes that many women opt for the 5-percent extra-strength version "off-label." Check www.womenshairinstitute.com

(2) Low Level Laser Therapy: The FDA recently cleared one of the many laser devices available as a treatment for hair loss, with more pending. It's believed that LLLT stimulates follicles and decreases inflammation at the cellular level, causing thinning hairs to grow back longer and thicker. Having used laser therapy since 1999, Dr. Bauman currently recommends Sunetics International's Clinical Laser Hood for in-office treatments and its LaserBrush for private, at-home use. Check out www.sunetics.com.

(3) Finasteride: Commonly known as Propecia, this prescription pill is FDA-approved for men to safely and

effectively prevent hair loss and regrow hair. However, a small recently-released European study suggests that it may be helpful in some women. Due to the potential risk for birth defects, female users must get it prescribed "off-label" under the careful supervision of a doctor.

(4) Prostaglandin Analogs: A hot new ingredient that's been reported to stimulate hair follicles in the eyelids, causing lashes to grow longer, thicker and darker. Several new "eyelash conditioners" containing this type of growth factor are now out on the market. Dr. Bauman recommends Jan Marini's new Age Intervention Eyelash Conditioner. Check out <http://www.janmarini.com/AgeInterventionEyelashConditioner.html>. Also, www.mdlashfactor.com is one of the few lash-enhancers that has performed a double-blind, randomized, placebo-controlled clinical trial on their product.

(5) Nutritional Modification: Dr. Bauman advocates that good nutrition, especially adequate protein intake, is critical for growing healthy hair. And, while there is no "magical vitamin" for hair growth, many patients report improved hair quality and nail-strength after taking supplements like Viviscal, Biotin and Zinc for several months.

(6) Microsurgical Hair Transplants: Unlike your father's old "hair plugs," advanced microsurgical techniques now allow living and growing hair follicles to be comfortably and undetectably transplanted one at a time into thinning areas of the scalp for both men and women. Hair transplants for women can effectively improve density and coverage in the scalp - like the hairline, temples and part-line - as well as the eyebrows and even eyelashes.

Dr. Bauman has treated hundreds of women over the last 10 years to help maintain and restore their scalp hair, eyelashes and eyebrows. For more information about the causes and treatments of female hair loss, visit Dr. Bauman's website at www.baumanmedical.com.

About Dr. Bauman

Alan J. Bauman, M.D., founder of Bauman Medical Group in Boca Raton, Florida, is a top U.S. medical expert on hair loss and restoration for men and women, including eyelash, eyebrow and scalp transplants, and laser therapy. Known for his expertise in female hair loss, approximately 40-percent of Dr. Bauman's patients are women. Recommended by the American Hair Loss Association, Dr. Bauman is a diplomate of the American Board of Hair Restoration Surgery and a featured lecturer at major medical conferences. Websites: www.baumanmedical.com and www.youtube.com/baumanmedical