



Healthy Living: Laser Locks



CENTRAL COAST

Wednesday, November 21, 2007

Reported by: Shari Small

More than half of men and women in the United States experience hair loss.

A new treatment is available on the Central Coast that is shining light on the growing problem.

While a new trend in Hollywood boasts bald is beautiful, many men would still prefer to hold onto their hair.



"You're not 25 any more and you start losing your confidence, and you just think more hair would help, and it does," said Scott Taylor, a laser hair therapy client.

Dermatologist Dr. Bradley Kurgis has specialized in hair transplant surgery for nearly 20 years.

But for those who want a non-invasive approach, he has brought low-level laser light therapy to the Central Coast. Approved by the FDA in January, it is one of just three treatments ever given the nod by the FDA for hair re-growth.



"The low light laser has no side effects, no downtime, no pain. It doesn't cause any redness of the skin," Dermatologist Dr. Bradley Kurgis said.

Scott Taylor is using the treatment on his thinning hair. He is a perfect candidate.

"I was noticing some baldness in the back and seeing some hair in my hat, and I was just tired of that," Taylor said.

"Our best candidates are patients who are noticing thinning or a change in texture of the hair. I found this to be incredibly great for women in the 40s or 50s that are early post-menopausal," said Kurgis.



Central California Laser Hair Therapy Director John Vincent says the laser light penetrates the scalp at the level the hair grows.

"Photo bio stimulation is what they call it. Where light energy is converted to cellular energy and all of the cells are stimulated and the hair happens to lie inside that cellular structure," said Central California Laser Hair Therapy Director John Vincent.

A computerized camera tracks the progress.

After three months, a couple of times a week under the lights.

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"It's softer, it's fuller, it feels thicker. It's just really cool," said Taylor.

"I didn't tell my hairdresser that I was coming. I thought I would just experiment and within two months my hairdresser did notice a change, and she said wow, you're hair is getting thicker and it has more volume," Susan Shaw, a laser hair therapy client said.

Like a lot of women, Susan Shaw saw her hair thin as her hormone levels changed.

"I'm not trying to fight old age or anything, but I do want to, as I said, do it gracefully," Shaw laughed.

For maximum results, between office visits the laser hair brush can be used at home for 10 to 15 minutes, a few times a week putting the power of laser light therapy right in the palm of your hands.

"You got the hair now and you didn't before. You just feel better. you know what I mean," said Taylor.

The results were after three months of regular treatments. The number of treatments varies individually.

Periodic maintenance treatments are necessary. Laser package prices start at \$2,500, the brush is \$400.

The brush is detachable. There are other laser light attachments that claim to work on everything from acne to wrinkles.

