



Breakthrough Solution for Hair Loss!

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A high-tech laser treatment stops balding!

Finding more and more strands on your pillow? You're not alone. Of the estimated 80 million Americans fighting hair loss, more than 25 million are women. "And it can have a major impact on the way a woman feels about herself," says James Harris, M.D., assistant clinical professor of hair transplantation at the University of Colorado Health Sciences Center. To the rescue: a new FDA-approved laser hair-restoration

procedure that can stop—and possibly even reverse—hair loss. Here's what you need to know:

● How it works

Patients sit beneath a dome-shaped hood lined with low-energy laser lights for about 30 minutes. "When the laser is applied to hair follicles, it stimulates circulation, decreases inflammation and may increase metabolism in the skin, all of which can stop hair loss, thicken existing hairs and lead to new hair growth in some people," explains Dr. Harris. Laser light may also block production of a testosterone by-product linked to thinning hair and baldness.

● Will it work for you?

A specialist must review your health history and examine your scalp. "Women tend to be better candidates than men; they typically have more existing follicles and thin, but not missing, hairs," Dr. Harris says.

● Proof it works

In one study, the treatment led patients to grow 18-20 more hairs per



square centimeter. In another study, 85% of patients reported satisfaction after treatment. "Even patients who didn't grow more hair saw their existing hair thicken," says Dr. Harris.

● What it costs

About \$3,000 to \$4,000 a year for up to 44 treatments. Patients typically undergo two half-hour sessions a week for six months, and then two more treatments in the following six months.

—Camille Noe Pagán

Health News!

New fibroid treatment

In a new study, 100% of women with fibroids who tried a noninvasive ultrasound procedure called MRgFUS, reported significant relief of pain and bleeding within 90 days.