

WHAT'S INSIDE:

Learn the Reasons for Hair Loss and What You Can Do About It There Is a Treatment for Every Hair Loss Condition

Stop Contributing to Your Hair Loss An Ounce of Prevention Can Save You Both Time and Money

Follow Our To-Do Lists for Practical Advice You'll Become Your Own Hair Loss Expert in No Time at All

Get Help Avoiding Fakes and Scams You'll Learn How to Perform Due Diligence to Keep You From Becoming a Victim



The Complete CAPILIA Guide to

Solving Hair Loss

YOUR GUIDE TO THE LATEST NEWS, INFORMATION AND BREAKTHROUGHS



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INTRODUCTION

Hair loss is such a personal journey – and nobody ever signs up for that trip. So once you find yourself losing your hair, the first thing you need is answers. Answers to your questions about why you are losing your hair. Answers to your questions about who can help you find solutions. Answers to your questions about all the solutions and options available. Answers to your questions about which are the proven hair loss treatments and solutions and which are not. The hair loss industry has come a long way, with FDA or Health Canada-approved pharmaceutical and topical treatments and beautiful, exacting technology and workmanship in the most natural, surgical and non-surgical hair replacements ever depending on your hair loss situation.

But where to start?

We've laid out the information in the order you might want to start investigating your options, and we've given you a handy to-do list to prod you into action after each section.

But first things first, right? Why is this happening to me?





SECTION ONE:

Why Am I Losing My Hair?

The reasons for hair loss vary from person to person and can range from the mundane and simple, such as aging or stress, all the way to incurable autoimmune disease or mental health issues. But finding out why you are losing your hair is the key to a successful solution.

Chapter 1: Consult Your Doctor Right Away

If you notice changes in your hair, your first line of defense can be your hairstylist if he or she has known you for many years. However, once you notice hair falling out or thinning, a diagnosis from a medical doctor is a must for the quickest, most effective, most successful treatment. If you wait, your condition can degenerate, and that's a general rule of thumb when it comes to hair loss.

UNDERSTANDING HAIR'S NORMAL GROWTH CYCLE

In addition, by understanding your hair's normal growth cycle, you can gain a better understanding of your own hair loss or thinning issue. The hair growth cycle

Once you notice hair falling out or thinning, a diagnosis from a medical doctor is a must for the quickest, most effective, most successful treatment.

is a very predictable pattern, though it's one easily disrupted by genetics, diseases, medications, infections or other, more common factors that may cause hair loss. The normal growth rate of scalp hair is about one-fourth to a one-half an inch every month. Hair growth is a repeating cycle that starts with the anagen growth phase. During anagen, a follicle actively grows hair until reaching the catagen phase, in which the follicle slows down growth. During the next phase (telogen), the follicle rests prior to the start of a new anagen phase, or growth of a new hair

shaft. The new hair shaft pushes out the "dead" hair shaft; this is called the exogen phase. It is perfectly normal to shed 50 to 100 dead telogen hairs every day in your comb, brush or shower drain. Typically about 10 percent of scalp hair follicles are normally in the telogen phase at any given time if the scalp is healthy and not affected by any condition that causes hair loss.

What happens when you experience hair loss or thinning is that your hair has fallen out normally but has not grown back in normally.



Chapter 2: Simple Reasons for Hair Loss

The medical community currently accepts certain types of hair loss as perfectly normal and successfully treatable and reversible because they are common, easy to diagnose and respond to treatment. You'll want to be sure that your hair loss is caused by one of these reasons before you adopt any type of treatment plan. Stop here first to see if one of these may be a contributing factor to disrupting your hair's normal growth cycle

HORMONES

Many different hormone fluctuations, abnormalities, birth control regimens and hormone medications can be associated with hair loss. If you can see no other reason why hair loss would be occurring, check in with your primary care physician and/or an endocrinologist (hormone doctor) for blood testing. Pregnancy, birth, and menopause are normal, hormonal reasons that can cause temporary hair loss in women.

MEDICATIONS

Many medicines such as steroids and chemotherapy have a side effect of hair loss. Check with your physician if you notice hair loss, especially when starting a new medication regimen.

STRESS

Everyday stress and physical and emotional trauma can affect your hair the same way they affect other major organs, such as the heart. Sometimes hair loss is sudden (anagen effluvium), and sometimes it can be delayed up to six months after a traumatic event has occurred (telogen effluvium). Usually stress-related hair loss will reverse itself once the body has normalized. Hair loss due to stress usually presents as a general

thinning but can be more localized. Many physicians identify stress as a trigger for the autoimmune hair loss disease alopecia areata.

INFECTION

While your hairstylist can first alert you to such scalp problems as product buildup, sebum plugs and fungal infections, for example, ringworm (tinea capitis), or other infections, a dermatologist will need to confirm the diagnosis and prescribe treatment. These conditions can all reduce cell respiration at the bulb, the base of the hair follicle. Sticky styling products not removed well enough attract dirt and bacteria that plug up pores and follicles. This can lead to serious infections and scarring alopecia, a condition in which follicles are destroyed at the site of a scar.

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AGING

Hair thinning and loss are also common signs of aging as natural hormones reduce and the hormonal by-product DHT (dihydrotestosterone) increases production, which attacks hair follicles and causes male-pattern baldness and female-pattern baldness. Women are predisposed to general, diffused thinning, while men have genetically predisposed receptors located in certain areas of the scalp. This results in a specific pattern of balding that can be identified. In women, sometimes hair loss due to aging can be mistakenly attributed to menopause, as the body adjusts to new hormone levels and fluctuations during this time.

SCARS

Any physical follicle trauma can cause permanent hair loss in the form of a scar, or bald spot. "Scarring alopecia" is the medical term for permanent hair loss due to scarring, whether from scalp infections, fungal infections, autoimmune diseases, styling trauma or an accident.

Chapter 3: Your Styling Habits Can Cause Hair Loss

Did you know that how you treat your hair and scalp can actually cause damage to hair follicles to the point of permanent hair loss? If you think you have either of the following conditions because of your hairstyling habits, stop this hairstyle at once and see a dermatologist, who can prescribe a treatment plan to reverse your hair loss, if possible.

TRACTION ALOPECIA

This condition results from any hairstyle (for example, a simple daily ponytail) worn so tightly that it actually pulls out the hairs from the roots and causes inflammation and trauma to the follicles. Traction alopecia can go on for years, and it is most commonly seen in African-American women who wear tightly braided styles. This trauma throws the follicles into a resting state prematurely, and hair does not regrow as long as the area is being pulled too tightly. Traction alopecia is usually evident in a thinning and receding at the hairline because that's where hairs are pulled the hardest, and sometimes infections, pustules, and papules will appear at the site of the damage. Because of the constant tension, many hairs will just break off midshaft. In addition there is pain at the site of the pulling. Traction alopecia can also be caused, in both men and women, by a hairpiece attached with clips or links that are pulling too tightly, from hair extensions that are too heavy for the

existing hair they are attached to, from a weave that's too tight or even from dreadlocks that have grown too heavy for the scalp and hair to support.

CENTRAL CENTRIFUGAL CICATRICAL ALOPECIA

Along with causing traction alopecia, styling and grooming practices specifically place African-American women at risk for another form of "traumatic" hair loss – central centrifugal cicatricial alopecia, or CCCA, from constant heat styling close to the scalp and irritating chemical processes such as relaxers. This type of hair loss typically occurs at the crown area of the head and can go unnoticed until patients report pain, scarring or hair loss.

Chapter 4: Autoimmune Diseases That Cause Hair Loss

ALOPECIA AREATA, TOTALIS AND UNIVERSALIS

Alopecia areata is caused by your body's immune system mistakenly attacking your own hair follicles, which disrupts the hair growth phase. Usually the hair loss from this disease results in patchy bald areas and is lost in no determinable pattern. When hair loss involves the total head, it is called alopecia totalis, and when it extends to total body hair loss, it is called alopecia universalis. There is no proven cure for the conditions, but many doctors prescribe medications to help control the episodes.

LUPUS

Lupus is another disease where your body's immune system mistakenly attacks your body. Often hair loss is one of the first symptoms a patient will notice because it may be sudden and profuse.

Sometimes hair fall-out is accompanied by a scalp rash that can scar and harm follicles permanently, and sometimes hair loss is only temporary and the hair regrows if the disease can be brought under control.

SCLERODERMA

This autoimmune disease affects the connective tissues and skin, manifesting itself in a hardening of the skin, which can affect hair follicles to the point of destruction, scars and permanent hair loss.

Chapter 5: Is It All in My Head?

TRICHOTILLOMANIA (TTM)

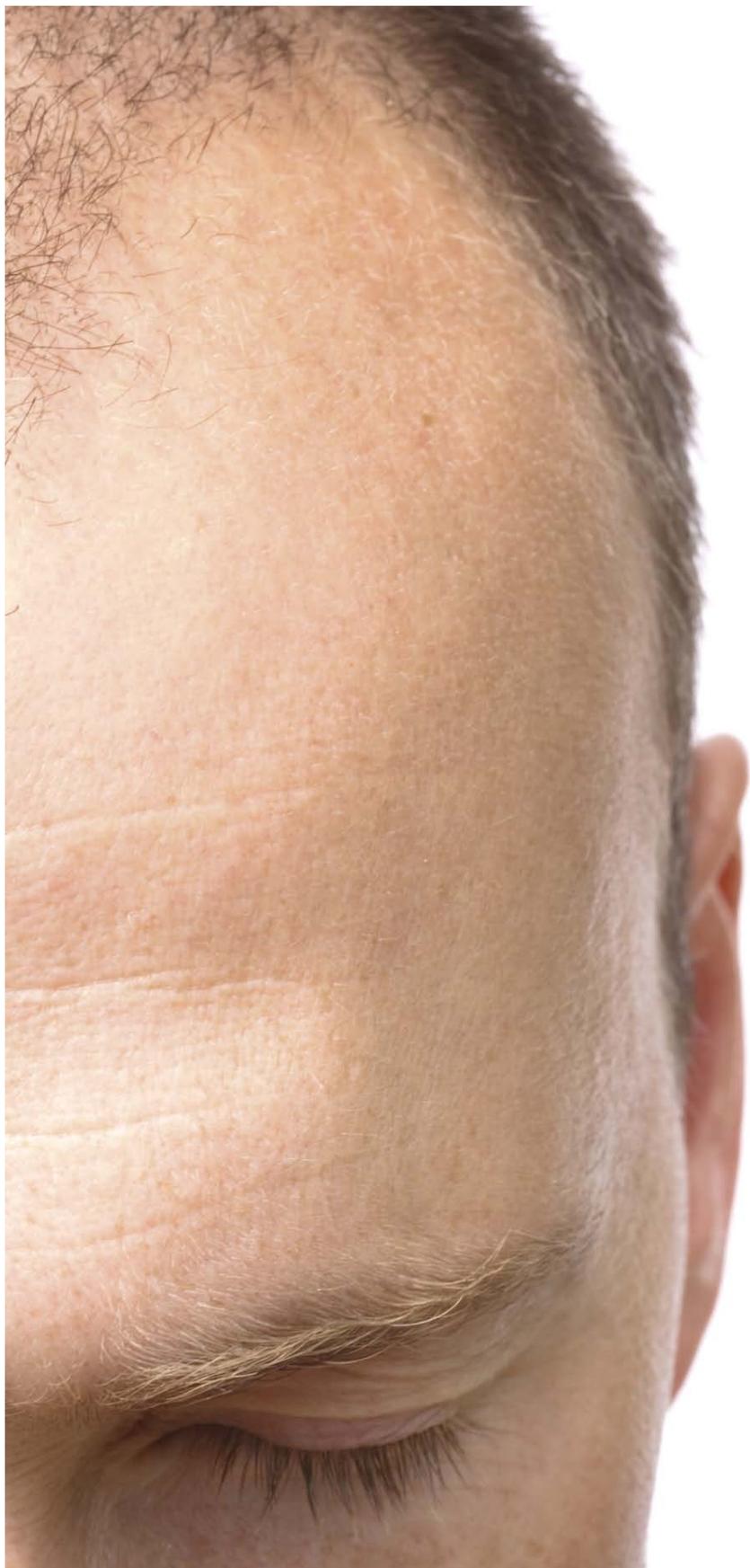
Pronounced *trik'oh-till'oh-may'nee-ah*, or "trich" for short, this mental disorder is characterized by the compulsion to pull hair out from the head or body. Hair loss can affect any head, facial, or body hair and results in noticeable bald patches and serious hair loss in severe cases. Trich is usually diagnosed by a dermatologist, and experienced hair loss professionals can also feel the telltale stubble of hairs growing back where they have been pulled out, as opposed to alopecia areata bald patches, which are smooth. There aren't many statistics on trich because sufferers try to keep it a secret for as long as possible.

SECTION ONE TO-DO LIST:

Get started on finding out why you are experiencing hair loss:

- _____ Make a list of symptoms you notice about your hair loss.
- _____ Make a list of any medications you are currently taking.
- _____ Make a written list of questions about your hair loss that you want answered.
- _____ Make an appointment and talk with your hairstylist.
- _____ Make an appointment with a dermatologist.
- _____ Make an appointment with your primary care physician.







SECTION TWO:

I WANT MY HAIR BACK!

After reading about all the reasons for hair loss, get a doctor's diagnosis in order to achieve the most successful solutions and treatments.

You'll also need to get a new attitude that is proactive. You must face who you are today, and it can be very emotional when you don't recognize the person in the mirror who is staring back at you.

Chapter 6: The Emotional Impact of Hair Loss

ROLE OF HAIR IN SOCIETY

Hair has been an indicator of beauty, social standing, rites of passage, marital status, geography, health and style since the ancient civilizations. And working with hair is a cultural art and a skill, too. Just look at the intricately braided styles worn by modern African-American women. While many wear braided styles to celebrate their cultural heritage, another important aspect of modern-day braiding is that it embraces an African-American woman's "natural" hair texture. Those who choose not to straighten or relax their hair with chemicals or heat will

Experts say that a lack of confidence is the biggest problem that hair loss patients have, and who can blame them?

often gravitate to this type of hairstyling option. It becomes a style issue ... one of self-esteem, too. Not only do the braids themselves have social and personal significance, but the actual braiding has always been a ritual performed among families and friends, and it continues to the present day. Because some styles can take many hours to create, getting together to braid is the ultimate act of friendship as well as taking pride in the skill and heritage involved.

It's easier said than done to just change your hairstyle or lose it entirely and be left with nothing. And it is so personal how we feel about our hair and hair loss that it's not even something you can decide on before it happens. Because once it happens, your whole world changes!

CONFIDENCE: IT'S MY PROBLEM

Of course your hair loss is a main focus in your life but not in everybody else's life. In fact, you may never have given hair loss a second thought, that is, until it happened to you. Most people are not looking to recognize your hair loss or figure out if your hair is thinning or if you are wearing a hair replacement. It's up to you to represent yourself in the best light so people see your personality and your smile. Experts say that a lack

of confidence is the biggest problem that hair loss patients have, and who can blame them? But as with any issues you may have in life, whatever the problem, it will rise to the surface as insecurity if you let it. Others can smell insecurity a mile away, so, how can you rise above your hair and let the real you show through?

IS BALD BEAUTIFUL FOR YOU?

There is definitely a difference, though, between choosing a bald look and having to deal with baldness caused by a hair loss disease or cancer. When you first begin to lose your hair from chemotherapy or alopecia areata and patches fall out, the hair gets frizzy and bald spots appear; this can happen to both men and women. And in talking with hair loss sufferers and hair replacement specialists alike, there really is a difference in the way you may be treated when your hair loss issues are noticeable. You feel as if people's eyes rise above yours to what's on top, right? But what it all boils down to is that if you're not confident in whatever choice you make for yourself – whether it is being bald and proud or wearing a wig or a new hairstyle – then you are discriminating against yourself before anyone else ever does.

Chapter 7: Don't Go Anywhere Without a Doctor's Diagnosis

SEE A DERMATOLOGIST AND A PRIMARY CARE PHYSICIAN

A dermatologist can diagnose any scalp infection or fungus in addition to examining hair follicles under a microscope. He or she can prescribe approved medications and refer you to the proper physician who can further diagnose and rule out any autoimmune conditions or diseases and prescribe any additional medications needed. A medical doctor is the only one who can write you a prescription for a “cranial prosthesis” (a medically necessary wig), which may be covered under your health insurance policy. A primary care doctor can also check for hormone imbalance, side-effects of any medications, malnutrition and stress issues.

Your diagnosis and prognosis determine a successful hair loss treatment and replacement plan.

CONSULT A HAIR LOSS TREATMENT OR HAIR REPLACEMENT SPECIALIST

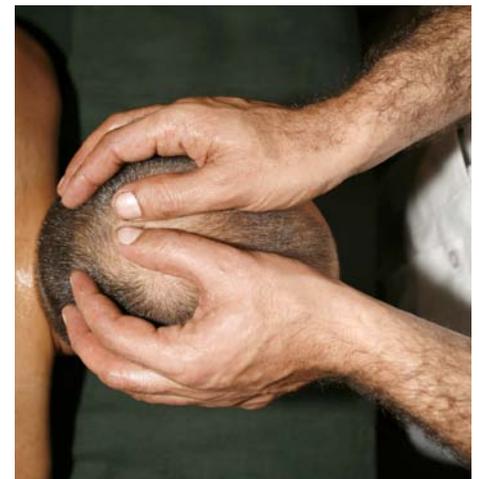
If your hair loss is noticeable or upsets you, and you've decided that bald is not for you, you'll want to seek out an experienced reputable hair loss treatment center and/or a hair replacement studio for help in navigating your options. An expert can guide you in choosing the appropriate hair loss prevention and restoration protocols or the hair replacements that are currently available for both men and women.

Warning: Do not diagnose and treat your problems yourself!

By embarking on treatments without a diagnosis from your doctor and a hair loss professional, you can actually make your situation so much worse – and not even realize it. In addition, you are delaying treatment, and research has proven that time is of the essence when it comes to shrinking hair follicles. The earlier you treat any hair loss condition, the better. Once follicles are dead, there is nothing you can do about it short of hair transplant surgery. As soon as you become concerned about your hair loss, you should see a professional. And there are so many options for treatment and replacement: prescription medications, laser hair therapy, wigs, surgical transplants, non-surgical hair systems, correcting product regimens and more.

SECTION TWO TO-DO LIST:

- ___ Get a doctor's diagnosis for your hair loss condition. Get a second opinion, if necessary.
- ___ Make a list of your recent accomplishments that have nothing to do with your hair.
- ___ Visit your hairstylist to see what can be done in terms of cutting and styling to improve your situation while you decide what to do.
- ___ Decide whether being bald or buzzing down to bald is right for you.
- ___ Make an appointment at a hair loss treatment center and learn about your options.
- ___ Read on to learn more about treatments and solutions for every type of hair loss.





SECTION THREE:

NON-SURGICAL TREATMENTS AND SOLUTIONS

As recently as the 1980s there was nothing for hair loss sufferers except wigs, toupees and hair plugs. But now there are so many choices and treatments available, and no matter what type of hair loss you are experiencing, technology has brought hair loss prevention, restoration and replacement up to date. If you're experiencing hair thinning or loss for any reason, you may not even be aware of all the avenues available to you – until you visit a hair replacement studio and meet with a hair loss or hair replacement professional. The biggest benefit in learning about your treatment and solution options is for you to realize you're not the only one in the world this is happening to and that there are people who can help you.

Chapter 8: Propecia

WHAT IS PROPECIA?

Propecia is an oral daily medication approved by the FDA and Health Canada as a hair loss treatment and prescribed by your doctor or dermatologist. The drug works to block DHT, a normal hormonal by-product that increases production as we age; DHT attacks hair follicles, causing male-pattern baldness. The medication blocks DHT from accumulating on follicles so they can keep growing hair.

Propecia is commonly prescribed for male-pattern baldness

Propecia was developed to treat mild to moderate male-pattern baldness on the top and middle scalp areas of the head, although it is not proven to work on receding hairlines. Usually it will be prescribed in conjunction with topical Rogaine and in addition to hair transplant surgery and laser hair therapy. Propecia is a long-term commitment and treatment plan, and results are cumulative over time but will be lost if you discontinue taking the medication.

Contraindications: Propecia is not for women because it is based on male hormones.

Chapter 9: Rogaine

WHAT IS ROGAINE?

Rogaine was created from the generic drug minoxidil, which was originally developed as an oral blood pressure medication with the strange side-effect of hair growth. Now, Rogaine is the only FDA and Health Canada-approved, over-the-

counter, brand-name topical medication for men who want to halt additional hair loss and possibly regrow some hair that has been lost. This topical daily treatment for hair loss increases blood flow to the follicles, depending on the concentration of the liquid, which can improve hair growth. It does not stimulate dead follicles to grow and works best in conjunction with Propecia (if you're a man) and laser hair therapy, for either men or women, to prevent future hair loss and strengthen existing hair and follicles.

Rogaine is commonly recommended for male- and female-pattern baldness.

While you can expect a marginal improvement, most doctors do not recommend Rogaine as the most effective approach to male-pattern baldness. Rogaine has no hormone-blocking effects that can improve hair growth, like Propecia's DHT-blocking action. Results from the use of Rogaine are also temporary, though the newest foam applications are more effective at putting the medication where it's needed. While employing Rogaine in conjunction with other treatments, some hair loss professionals have had good results using it at a higher concentration than what is approved by the FDA or Health Canada.

For women with diffuse (widespread) thinning hair beginning at the part line, many doctors find Rogaine more effective for them than for men. Rogaine is a successful treatment with permanent results for temporary hair loss problems in cases of traction alopecia and CCCA if follicles are still alive. It can stimulate these traumatized follicles to grow hair, and then the follicle takes over its job once the trauma is removed. Note that women's Rogaine has not received the required approvals and thus it is not currently available in Canada.

Contraindications: Rogaine is not recommended for: older men with progressive, excess balding, as they will not see the benefit, and for anyone suffering from alopecia areata (or any autoimmune disease) or cancer.

Chapter 10: Laser Hair Therapy

WHAT IS LASER HAIR THERAPY?

Because hair is meant to fall out and regrow from the roots, when follicles begin to shrink and degenerate, the hair does not grow back and hair loss occurs. FDA studies undertaken in the United-States have shown that low-level laser light therapy, when used on a regular basis, stimulates follicles to repair themselves and grow again. This slows down hair loss and in many cases reverses the degenerative cycle and stimulates a live follicle to produce thicker, stronger and more hair. Laser hair therapy can be administered through a hand-held unit at home or under a stronger, standing unit at a laser hair treatment center or hair loss treatment studio or clinic. The at-home unit looks like a hairbrush or comb with diodes and LED lights that distribute laser light to the scalp. Some units have comb teeth or bristles that simultaneously part your hair so that light reaches the scalp. The more laser diodes, the stronger the results.

Laser hair therapy is recommended for male- and female-pattern baldness.

FDA studies have shown that low-level laser light therapy, when used on a regular basis, stimulates follicles to repair themselves and grow again.

This treatment has been approved by the FDA, and in Canada certain laser treatment tools, such as the Hairmax laser comb, are approved by Health Canada to promote hair growth in males with male-pattern baldness who have Norwood-Hamilton Classifications of I to V and females with diffuse female-pattern baldness. If your hair loss is severe, laser

hair therapy is often used in conjunction with other treatments, such as Propecia (for men) so the hair loss can be attacked from inside the body and from the surface, as well. If your hair loss condition is temporary, a medical side effect or a result of hormonal change or trauma, laser hair therapy will regrow hair faster and healthier. But, if your hair loss condition is progressive and you discontinue therapy, your hair loss will revert to what it would have been if you had not done any treatment at all.

Contraindications: Laser hair therapy is not recommended for hair loss due to chemotherapy or alopecia areata (or any autoimmune disease) or if you have had extensive hair loss for more than five years.

Chapter 11: Specific Treatments for Specific Hair Loss Conditions

TRICHOTILLOMANIA (TTM)

Research into treatments for TTM has grown as awareness has yielded an increasing number of options, but still none of the treatments work for all patients, and children and adolescents have different needs than adults do. Experimenting with different combinations of treatments, medications and tools is common to find what works best. Search out a specialist to explain and diagnose the condition and to make referrals for well-documented treatments to reduce hair pulling and support groups to help with emotional issues. If you can find a hair replacement specialist who has experience working with TTM, he or she can also provide ways to cover up the disease and bring about improvement in the condition by blocking the pulling of live hairs with a natural-looking hair replacement. The specialist can provide a solution that covers just the bald patch or offers whole-head protection and the beautiful, natural-looking coverage of a

human hair wig. Once the hair pulling is under control, a hair loss treatment expert can show you approved treatments that help stimulate your live follicles to regrow a healthy head of hair.

In addition to medical treatment, relief has been found through dietary changes, meditation, hypnosis, prayer, yoga and herbal remedies. (See also Chapters 12 and 13.)

ONCOLOGY/CHEMOTHERAPY

Your scalp undergoes changes as hair is falling out, and it becomes very sensitive from chemotherapy. You may notice hair loss in clumps or the texture of your remaining hair changing, becoming thin and fuzzy. Stylists and hair loss professionals are there to help ease your fears and deal with hair loss issues as they arise.

For oncology-related hair loss, you can choose any of the usual wig types or you can investigate actual medical prostheses for medically related hair loss. These breathe like your own skin and are capable of giving you a more natural, healthier appearance. These devices can replace all of your hair and allow you to sleep, shower and perform normal daily activities with them on, which can go a long way toward helping you feel better. Many insurance companies that cover prostheses of any kind will also cover a medically necessary wig, or cranial prosthesis. Having your medically necessary wig covered by your insurance should be a goal of yours in order to get the best, highest-quality wig you can afford; you'll need a written prescription from your oncologist.

TRACTION ALOPECIA AND CCCA

Early detection, proper diagnosis and making the appropriate style change as soon as possible are the keys to successfully overcoming traction alopecia and CCCA. "Style change" means no more hair relaxing, straight irons or tight braiding. Successful treatment and

reversibility of the hair loss depends on how much breakage or thinning has occurred and whether the follicles have been damaged over time to the point of death. Trim longer hair lengths to reduce excessive weight and stress on follicles. If your hair has noticeable bald patches, breakage toward the upper half of the hair shafts and/or severe thinning around the hairline, a short, chic haircut is the best way to maximize the style of curly hair naturally while letting hair follicles rest.

If follicles have been damaged and stressed for a prolonged period of time, permanent hair loss can occur in those areas. A dermatologist who specializes in hair loss issues can examine follicles

Successful treatment and reversibility of the hair loss depends on how much breakage or thinning has occurred and whether the follicles have been damaged over time to the point of death.

under a microscope to look for signs of life, and you should try all the treatments available to coax follicles back to health. If your hair loss is severe, a wig is your best option, both to cover your hair loss and to let follicles rest and heal. A hair replacement specialist can help in choosing an appropriate wig. Lace or hand-tied cap styles let in oxygen and avoid sebum and sweat buildup so you avoid further infections. An alternative style to tight braiding and tight ponytails is soft twists on either side, which will be full at the front and top to give your hairline a rest. Any soft accessories also can help during this time. The key to remember is not to wear anything tight in your hair. If you notice any signs of oversensitivity, such as itchiness, redness or flaking directly after a treatment at the salon, immediately have your stylist try to neutralize or reverse the process. And always make a note of any salon process that did not work for your hair,

so that your hairstylist does not repeat the mistake. If you have no success with your stylist, you may need to find a more skilled one.

Will my hair grow back?

In most cases hair grows back, but it can take about six months or more and a dramatic change in hairstyle to achieve healthy regrowth. For stubborn cases involving infected follicles, the most common treatment is oral and topical antibiotics followed by cortisone injections and/or topical cortisone cream to reduce the inflammation that is damaging the follicles. After infection and inflammation are under control, Rogaine or laser hair therapy works best to stimulate quicker regrowth for live follicles. Once follicles regain their health and start growing, no other treatments should be necessary.

ALOPECIA AREATA

There are treatment options available for mild, patchy alopecia areata (less than 50 percent scalp hair loss), such as cortisone injections, but none of the acceptable treatments work in all cases. Many hairstylists are using laser hair therapy to stimulate the follicles to create new hair, which works only for clients who still have active hair follicles at the beginning stages of hair loss. In all forms of alopecia, the hair follicles remain alive and are ready to resume normal hair production whenever they receive the appropriate signal from the body. In all cases, hair regrowth may occur even without treatment and even after many years. Currently, there are experiments occurring in the treatment of alopecia areata using stem cells and platelet-rich plasma (PRP) that experts are optimistic about.

Hair replacement for alopecia areata

Investigating your options for hair replacement is an excellent choice. With today's technology and artistry, hair replacements are designed to suit your particular hair color, texture, density, length, style and hair loss needs with

accuracy and care. Although it is your most expensive option, you can even have individual extension strands sewn into the custom-designed hair solution, one strand at a time. This creates a system that can be integrated into your existing hair to cover only the missing patches. These sewn-in extensions are virtually undetectable and last several years, with regular care, and they can be washed, styled, colored and cut to change your style whenever you want.

MENOPAUSE AND AGING

When it comes to hair loss that is due to menopause, once medications, stress and hormone levels become more stable, the hair loss very often corrects itself. Hair thinning, dryness and brittleness associated with aging may remain. Except in retrospect, it's difficult to know whether your hair loss symptoms are caused by aging or by your body going through the change of menopause. A year after you get your last period and determine that you have gone through menopause is the time to look back and decide whether changes in your hair were due to menopause. No matter what options you decide on regarding hormone replacement therapy, supplements and medications, following general health guidelines is especially important during menopause, since your body needs all the regulation it can get in terms of sleep, nutrition and exercise. Beyond this time period, once your body stabilizes, if your hair loss is still troubling you, make an appointment with a hair loss treatment specialist to determine treatment options for improving your situation. Laser hair therapy is a Health Canada-approved way to treat female hair thinning and hair loss.

The most obvious benefit of scalp massaging is an instant increase in blood flow and circulation, which nourishes the hair follicles.



Chapter 12: Alternative and Complementary Treatments for Hair Loss

When you first start to experience hair loss that takes you by surprise, you may be dismayed to hear about some of the treatment choices available for: FDA and Health Canada-approved medications to take for as long as you want to keep hair loss at bay, surgical methods of replacing hair you've lost, and non-surgical hair replacement systems. But for those of you who are accustomed to trying and using different alternative therapies to treat your health issues, try them for your hair loss, as well.

TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE

According to Chinese medicine, the opposite yin and yang energies in your body must be balanced; otherwise negative health effects can occur. Practitioners say

that if yang energy is too great, one loses hair. A deficiency in the kidneys can also cause hair loss, and both cause "heat" in the body to rise until hair falls out and does not grow back. Acupuncture may help rid your body of this excess heat and amplify yin energy in certain kidney meridians. Chinese medicine practitioners believe that the condition of your hair follicles is directly related to your blood toxicity, so organs responsible for cleansing the blood, such as kidneys, will be checked for deficiencies.

SCALP MASSAGE AND ESSENTIAL OILS

Scalp massage, when applied gently, is part of the overall care plan, depending on the actual diagnosis of your hair loss condition. Scalp massaging, with or without the use of natural botanicals and/or essential oils, is a practice that has been used throughout history by many cultures. The most obvious benefit of scalp massaging is an instant increase in blood flow and circulation, which nourishes the hair follicles. Stress and tension, which can restrict blood flow to the follicles, along with sebum plugs and excess dead skin, which can block hairs from exiting the follicles, can all be

improved by massaging the scalp on a daily basis. Benefits of scalp massage can be greatly increased by adding essential oils to the regimen because of their ease of absorption and their anti-bacterial, anti-fungal and anti-inflammatory properties. Many essential oils render well-known energizing, invigorating effects to both skin and the underlying cellular regeneration process.

Chapter 13: Commonsense Nutrition for Healthier Hair

While the quality, quantity and distribution of your hair are genetically predetermined and cannot be changed, solving hair malnutrition problems can make a big difference in the health and appearance of your hair.

AVOID JUNK FOOD

Steer clear of sugary, fatty foods, which fill you up with calories that have no nutritional value to your body. These “empty calories” contain nothing your body needs for building and maintaining healthy skin and hair.

EAT HIGH-QUALITY PROTEINS

Since hair is made of keratin protein, a diet deficient in protein will show up in hair thinning and loss along with dulling and breakage. Increase your intake of high-quality, protein-rich foods such as lean meats, fish, poultry, eggs, dairy products, soy, nuts, grains, beans and seeds.

GET AMINO ACIDS

There are eight essential amino acids included in “complete proteins,” which are necessary on a daily basis for overall healthy hair growth. Some complete proteins include meat, fish, poultry, milk and milk products such as yogurt and cheese, soybeans and eggs.

CONSUME ESSENTIAL FATTY ACIDS

These nutrients are essential to shiny, vibrant, healthy hair and the cellular function necessary for hair growth, but they are not produced within the human body and must be consumed instead. The daily use of seeds and nuts and the cold-pressed oils from them, such as flax seed oil, on salads and in any dishes that do not require heating will bring the essential omega-6 fatty acids to your diet. Omega-3s, the other important fatty acids, are contained in oily fish and walnuts.

AVOID CAFFEINE AND CARBONATED DRINKS

These empty-calorie drinks actually leach important vitamins and minerals from your body and provide nothing your body needs in return. They also take the place of healthier choices such as water, decaffeinated black or green tea and fresh, all-natural fruit juices.

DRINK YOUR WATER

The human body needs about 64 ounces of water (that’s eight 8-ounce glasses) to maintain healthy body systems, including hair growth. Are you getting enough? After urinating the first time upon waking up, your urine should be colorless and odorless for the remainder of the day. If it is a concentrated yellow or has a strong odor, increase your water intake.



DON'T CRASH DIET

A diet very low in calories (fewer than 600 calories per day) deprives hair, as well as the rest of your body, of the necessary nutrients for health and growth and will result in breakage and dull hair.

Chapter 14: Cut and Style to Minimize Thinning Hair

Whether you are biding your time while deciding what treatment to begin, letting hair follicles rest or undergoing treatment, there is much your hairstylist can do through cut, color and care to minimize the effects of hair thinning and hair loss. You’ve probably noticed that after washing and styling, fine and thinning hair loses natural volume quickly, flattens out and does not keep its intended shape. Since you can’t “work out” your hair follicle muscles to make them stronger, you will have to increase the volume of the hair artificially. If your hair is naturally thin and fine or you’ve just noticed a change in your hair for any reason, you should head straight to your hairstylist and discuss your observations with a professional. He or she will know when to refer you to a doctor or a hair replacement specialist and exactly what hairstyles make the most of thinning hair. Plus, the stylist can use the tricks of the trade to bring out the best in your new hair type and your facial features.

DO I HAVE TO CUT IT SHORT?

It’s a myth that fine hair needs to be cut supershort, even though most stylists agree that shorter hair is stronger than longer hair. Just talk with your stylist about bringing up the length or trying a new, shorter style that is as short as you can handle. Bobs and pixie styles are great for making the most of thinning hair and accentuating facial features. It’s important to remember that the actual lines of the cut support your fine hair, and as soon as

it grows (in about six to eight weeks), it loses its shape and your style will fall flat. Trims must be kept up!

WEAR HAIR FORWARD TO ACCENTUATE FACIAL FEATURES

Try a style with a forward-moving angle at the front that flips up or under at the ends to add the look of volume. Beware the mistake of brushing hair up and away from the face, which only accentuates the scalp showing through hair. Blow-dry and brush styles forward to maximize thinning hair, especially on a cut with a forward line. This will bring hair toward the face to “point out” positive facial features.

NOTCHED AND IRREGULAR ENDS

Irregular “choppy” or notched ends including bangs also visually plump up the look and help soften the long, flat look of fine and straight hair on any face shape, especially oval.

USE PRODUCTS MADE FOR FINE AND THINNING HAIR

Hairstyling products made for thin and fine hair actually make hair strands fatter because they coat and increase the diameter of each hair strand. Ask your

stylist to show you some techniques for helping thinning hair look a little thicker. Start with wet (not dripping-wet) hair because the hair shaft is swollen and the cuticle is open, so it will accept what you put on it.

COLOR SAFELY ... ONLY IN THE SALON

Never color thinning hair at home because fine or thinning hair is more susceptible to chemical breakage and damage. Only a professional hairstylist knows how the chemicals will interact, how to use color formulas correctly to expand the actual diameter of thin hair and how to give the effect of fuller hair while protecting hair from damage during the process. Adding lowlights or highlights using demipermanent and semipermanent color reduces the amount of exposure to the damaging peroxide and ammonia of permanent color while adding the illusion of volume. When applied properly, and artistically, highlights will contrast a darker base and lowlights will add dimension so hair looks thicker but feels the same. Never mix color with other processes such as perms or relaxers on fine or thinning hair types, because the probability for damage is so high. Remember, whatever process you choose needs to be repeated at specific intervals to keep the effect, just as for a trim.

TOOLS TO CREATE VOLUME

Create volume at the roots by using a round brush and aiming the blow-dryer at roots as you move the brush away from the scalp. Use a ceramic-barrel round brush to flip hair up or under at ends. The ceramic barrel holds the heat, thereby making the brush more effective in styling. Try setting curlers in a zigzag pattern so that each section holds up the ones on either side, instead of laying flat on top of one another.

USE HEATED TOOLS EFFECTIVELY AND PROPERLY

It's the amount of exposure to heat that damages fine hair to the point of breakage. Actually, correct usage of hot styling tools will yield longer hold for fine hair because the high heat changes the structure of the hair. Follow the recommendations that come with your heat appliances for your type of hair.



SECTION THREE TO-DO LIST:

- ___ Be sure you have gotten a doctor's diagnosis for your hair loss so you can begin an approved treatment.
- ___ If you meet the requirements for a medically necessary wig because of hair loss due to alopecia areata or chemotherapy, contact your insurance company and find out what will be covered and the process required for achieving coverage. Your specific budget will depend on your personal situation, diagnosis, insurance benefits, out-of-pocket limits and deductible requirements.
- ___ Reminder: Visit at least two hair loss treatment (or hair replacement) centers to ask your questions and have specialists describe and show you how specific treatments and solutions you've read about can work for your condition.
- ___ Visit your hairstylist again for a new trim to make the most of your thinning hair while you begin hair loss treatments and to learn about new techniques and products for styling your thinner hair.
- ___ Examine your diet to see where you can strengthen your hair follicles through your daily diet.



SECTION FOUR:

HAIR TRANSPLANT SURGERY

Replacing hair on your head with your own hair has come a long way, and today's hair transplant surgery does not involve the telltale plugs of the past. Technology, medical science and surgical artistry have combined to create a method of excising live whole follicles and inserting them wherever hair is missing to give you a second chance at a whole new you. Hair transplant surgery is more successful than ever before, and results are so natural because it is your hair, only better.

Chapter 15: What Is Hair Transplant Surgery?

Hair transplant surgery is the permanent, surgical solution to hair loss anywhere on your head or body. If you've thought about life without all or parts of your hair and have decided unequivocally that you want the hair back permanently where it used to be, hair transplant surgery is a great option. Surgical techniques today have evolved so far as to be able to remove a hair follicle, with its hairs and roots intact, from where it was growing healthy and insert it in a place where hair is not currently growing. This surgical technique is performed under a microscope and is called follicular unit extraction, or FUE.

The best part about hair transplant surgery is that the final results are your real hair, so there's no special care afterward.

The technique is so precise that it involves a new kind of artistry on the part of the surgeon in creating any hairline desirable. This surgery is based on the scientific theory of donor dominance, which states that the hair growth life cycle is contained in the follicle, not in the location on the head. It is the basis for all hair transplant surgery because the healthy follicle will grow in its new transplanted location. Hair transplant surgery is a permanent solution for male-pattern baldness, CCCA, traction alopecia or scars.

First you'll need to make sure your hair loss is not a medically progressive condition. You'll need plenty of healthy hair follicles, called a donor site, usually found at the back of the head, for optimum results. You will also need to determine the stage and pattern of your male baldness, which depends largely on your age and heredity. For example, if you are very young and hair loss is prominent in your heredity – but your own balding pattern is not well established – then you might fill in a receding hairline or crown area only to find the areas around the transplant thinning or lost later on. There is no existing technology for predicting the future of your balding.

Hair transplantation is more expensive than a hairpiece or treatment plans and usually involves the continued use of Rogaine and/or Propecia or laser hair

therapy, as determined by your doctor, to halt any additional hair loss. Considering that the results are permanent, however, most people deem it a good investment in their future happiness. The best part about hair transplant surgery is that the final results are your real hair, so there's no special care afterward. The surgery is usually completed in one day with minimal recovery time.

Chapter 16: Special Considerations in Hair Transplant Surgery

HAIR TRANSPLANT SURGERY AND WOMEN

While the majority of men are good transplant candidates because they have a stable donor area on the back and sides of the scalp and predictable patterns of hereditary balding, women are prone to diffuse thinning all over the head. There is no stable donor area, which makes women a poor candidate for a successful hair transplant surgery. A hair transplant surgeon will work very hard to determine whether women have a

suitable donor area and use densitometry to measure and magnify follicles to look for miniaturization of each hair (a change in its diameter), which is the hallmark of genetic hair loss. If hair loss is diffuse and progressive, the transplanted hair will continue to fall out and degenerate in the new area. Some causes of hair loss in women that do make them good candidates for the surgery are traction alopecia, CCCA, physical scarring, face lift scars and eyebrow restoration.

RACIAL DIFFERENCES IN HAIR TRANSPLANT SURGERY

Hair transplant surgery is such a delicate surgery with so many variations that ethnicity can make all the difference in its success. Racial differences have an effect on every phase of the procedure. The bottom line is that patients need to be aware of ethnic and racial differences and be sure to choose a skilled surgical team that has experience with exactly your type of hair.

In African-Americans, there is a greater incidence of keloids, or raised, thickened scars, and scalp flexibility is limited to excise a strip of donor hair, so there is an increased risk of greater scarring. Also the finished design is much less forgiving because the comb-over method

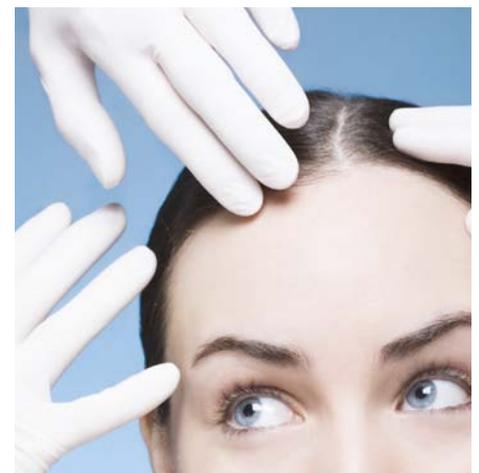
does not work with kinky hair that does not lie flat. The technique in extraction and implantation is trickier, too, because African-Americans' follicular units are curved under the skin, unlike in Caucasians or Asians. Some hair loss diagnoses are a little more racially determined, such as traction alopecia, seen mainly in African-American women who wear tightly braided hairstyles. Another form of "traumatic" hair loss in predominantly black women is central centrifugal cicatricial alopecia (CCCA), which stems from constant heat styling close to the scalp and irritating chemical processes. Both of these diseases are typically reversible if the woman discontinues her damaging hair practices, thereby removing the need for surgery. However, if the hair loss was permanent in those areas (as determined by a scalp biopsy), these women would be very good candidates for hair transplant surgery, owing to the health of donor hair areas not affected by the trauma.

Contraindications: Hair transplant surgery is not recommended for treatment of alopecia areata or in progressive male- or female-pattern baldness.

If patches have had no hair growth for three to five years, a transplant can be considered. Hair transplant surgery is not recommended for those suffering from trichotillomania because the patient may still be pulling his or her hair, or for anybody with an autoimmune disease that is not stable.

SECTION FOUR TO-DO LIST:

- ___ Determine whether you definitely want your hair back permanently.
- ___ Learn about the surgical procedure and develop a list of personal questions to ask a hair transplant surgeon about your specific hair loss treatment needs.
- ___ Visit and consult with at least two hair transplant surgeons to determine your candidacy for the procedure and get your questions answered.
- ___ Decide whether you have the budget available for the procedure, or apply for credit.
- ___ If you are a woman or an African-American seeking hair transplant surgery, find a skilled surgeon who specializes in the procedure for your situation.





SECTION FIVE:

NON-SURGICAL HAIR REPLACEMENTS

Don't want surgery but still want hair where it is missing on your head? Investigate all the advancements in non-surgical hair replacements. These are not the "rugs" you may have overlooked in the past; non-surgical hair replacements have become so refined and natural looking, using 100 percent human hair, that people now wear them just for the fashion aspect. But if you have medical hair loss issues, you owe it to yourself to see how these hair systems can work for you, for your hair loss and with any hair you do have.

Chapter 17: High-End, Custom Hair Systems

A "hair system" is just another word for a portion of hair made to take the place of missing hair. A high-end hair system will usually be created and custom made specifically for you using 100 percent human hair and the finest, natural-looking, breathable-cap types available. For men a hairpiece can be situated on the crown to camouflage male-pattern baldness, and

No matter what your hair loss situation and depending on your budget, there are many ways available to find as natural-looking a solution as possible to cover the missing spots.

for women it can lie on the top of the head at a thinning part line or wherever they are missing hair, as in the random bald

patches resulting from alopecia areata. No matter what your hair loss situation and depending on your budget, there are many ways available to find as natural-looking a solution as possible to cover the missing spots. The quality and price depend on the type of hair, the base chosen, how it will be attached and how it will be serviced and maintained. You'll want to consult in person with more than one hair loss professional at a hair replacement studio.

So the real decision becomes: Which type is right for me?

WIGS AND HAIRPIECES: HOW DO THEY STAY ON?

Typically, selecting how your hair replacement should be attached is your biggest decision, and it is dependent on your lifestyle, whether you want to take it off every day and your time constraints.

The use of double-sided tape results in a hairpiece that is removable about every one to three days and is usually not strong enough to hold if you are very active in sports. Medical-grade adhesives come in your choice of a soft-bond adhesion that lasts two weeks and a hard-bond type lasting up to a month. You can get them wet and partake in normal activities, and these adhesives are safe for skin and your health. Professionally maintained and applied hard-bond adhesives help to avoid the risk of developing fungus from improper placement. Clips can be used to attach a hairpiece to existing hair you have around the perimeter of your head, but they should be professionally applied the first time so you can learn how to do attach them correctly. Use care because you don't want the clips pulling on the healthy hair, which can cause traction alopecia, and clips can be tricky to clip and unclip by yourself every day.

EXTENSIONS: COVERING THE BALD SPOTS

When it comes to the bald patches of alopecia areata, custom-created extensions are a desirable, natural-looking solution as long as bald patches have been stable and hair loss is not diffuse (or all over your head). You'll want to look for 100 percent human or Remy hair that is colored to match yours exactly and attached in a manner in keeping with your budget and maintenance wishes. Hair extensions can be attached with hot or cold adhesive that cannot be reused and must be maintained professionally. Extensions can also be attached using removable, replaceable "microlinks," which are virtually undetectable, tiny cylinders made from aluminum or copper and lined with silicone that clamp on to existing hair. They, too, need to be maintained professionally but can be reused and recustomized. Sewn-in extensions are the most natural-looking, customizable solution, with good results for alopecia areata sufferers. They can last many years but are expensive and time consuming to apply.

VOLUMIZERS: USING YOUR EXISTING HAIR

These "integration units" are meant to combine replacement hair with your existing hair to fill in missing spots – great for those with alopecia areata. Volumizers also work well if you are suffering from female-pattern baldness and have diffuse hair loss or if your hair loss occurs at the part line. "Reprieve" is another term for this sort of non-surgical, glueless system where your existing hair is pulled through the holes and permanently attached so it provides for a natural-looking scalp. You can sleep in them, wash them and partake in normal activities with an integration unit. These units must be professionally applied and maintained at least monthly by a hair loss professional.

WHAT'S A MEMBERSHIP PLAN?

If your hair loss is a long-term situation, you will most likely be put on a membership plan for your hair replacement and your maintenance service. You might have to buy 6 or even 12 units of service, and every hair loss treatment situation is different. A client must evaluate his or her personal maintenance factor and budget: Do you want to visit the studio every week? Biweekly? Monthly? Every two months? Do you want a do-it-yourself hairpiece, or would you prefer professional help every step of the way?

SECTION FIVE TO-DO LIST:

- ___ If you have chosen hair replacement, determine your level of care-and-maintenance needs.
- ___ Determine your lifestyle needs.
- ___ Research and find some hair loss treatment or hair replacement centers in your area and visit at least two.
- ___ Make a list of specific questions you have about solutions and treatments and your particular hair loss situation.
- ___ Determine your monthly budget for hair replacement or hair loss treatment.
- ___ Take notes on what each professional suggests for you and compare quality, service, price and how you feel about the overall studio and its employees.

Chapter 18: Mail-Order Hair Systems

Mail-order services exist for you if you're looking to reduce expenses associated with your hair replacement or want the privacy of doing everything yourself. These work best if you have already had your hair loss diagnosed by a doctor, gotten a treatment plan designed by a hair loss treatment professional and had a visit with a hair replacement expert. But even if you aren't, choose a Web site/service that has live customer service and technicians to answer all your questions. Be sure they will accept a photo of you in order to provide you with the most natural-looking hair replacement solution.



SECTION SIX:

BEWARE OF FAKES and SCAMS!

You will find many hair replacement services if you only search the local yellow pages. If you search further online, you'll be bombarded with options.

Since your hair loss is distressing to you, you might try anything that sounds plausible, but don't be tempted. If you're researching online for hair replacement services, you may find that it's hard to compare products and services, because every company offers different products and options for service, appointment times and pricing. Be on the lookout for questionable hair loss products that use misleading marketing techniques, such as claims, testimonials and photos that you cannot verify. Evaluate your options, depending on your budget, your type of hair loss and your maintenance needs, but do this in person to make an informed decision (unless you have decided on a mail-order service).

There's no one right way of making a selection, but a reputable studio will try to match your needs with an array of solutions and choices that will work for your situation and fit your budget and will honestly answer all your questions. Many current solutions, such as laser hair therapy, Propecia and Rogaine, are FDA or Health Canada- approved with studies backing them up, a sign of a proven treatment for hair loss. And a reputable hair replacement studio will gladly give you client referrals. Hair replacements and restoration solutions and treatments have become so sophisticated that each can be perfectly tailored to your look, lifestyle and hair loss needs.

Chapter 19: Perform your due diligence

This is where you make your choice, meet the specialists, talk to referrals, get all your questions answered and take responsibility for choosing a hair replacement studio or hair loss treatment professional to help you with your hair loss solutions successfully. You may need

to develop a long-term relationship with this company and professional, so your due diligence should go way beyond simply checking with the Better Business Bureau, looking up the company history and asking for referrals.

HOW TO CHOOSE A HAIR REPLACEMENT OR HAIR LOSS TREATMENT CENTER

As with any large purchase or service agreement you might make or enter into,

set up an appointment for a consultation with several hair replacement specialists and/or hair loss treatment centers before deciding. Resist the urge to choose quickly and listen carefully. Go to each appointment armed with your diagnosis and be prepared to talk honestly about your lifestyle and your expectations. Make a list of questions you have and get the answers from each business so you can compare the services and products and their solutions to your hair loss issues. A reputable hair replacement studio will provide you with several referrals to clients suffering from a similar hair loss condition and evaluate your specific situation as well as spend the time to educate you about your personal solutions depending on your budget and lifestyle. That studio will rely only on the proven treatments and products outlined in this e-book. Find out about the staff's experience and ongoing training, because in the world of hair replacement, technology is constantly making advances in techniques and products.

HOW TO FIND A SKILLED HAIR TRANSPLANT SURGEON

In addition to the suggestions outlined above, because hair transplant surgery is a specialty requiring medical training, skill and experience, choose a specialist with an experienced team and ask many questions about training. He or she should be a member of one of the associations for hair transplant surgeons. The International Society of Hair Restoration Surgery (ISHRS) is the largest and most respected hair restoration educational organization. Further, a surgeon could be board-certified by the American Board of Hair Restoration Surgery (ABHRS), the only certifying entity that proves qualifications for hair transplant surgery through a board exam. You'll want to ask about the experience of every staff member and be given referrals to current clients with your type of hair loss and lifestyle, as well as before-and-after pictures of the surgeon's current work.

SECTION SIX TO DO LIST:

____ Make up a list of questions for prospective hair replacement/hair loss treatment specialists or for hair transplant surgeons that includes the following:

- How long have you been performing hair replacement, surgery or hair loss?
- How long has your company been in business?
- What training certifications or memberships do you have as a hair loss treatment or hair replacement specialist or as a hair transplant surgeon?
- May I be treated in private?
- May I come in for a quick fix in between appointments, if necessary?
- May I see some current before-and-after photographs of clients with hair loss conditions similar to mine?
- May I have some recent client referrals?
- What are your payment options? Do you offer in-house financing or CareCredit? Do you offer monthly service payments?

____ Look out for those who prescribe off-label medications and unproven hair loss treatments. Ask about FDA studies or FDA approval for suggested treatment. Verify on Health Canada's website that these treatments are also approved in Canada.

____ Be sure to visit at least two different places and evaluate two different service options for your hair loss condition.

____ Pass over anyone who makes you feel as if you need to fit into his or her rigid treatment plans. The specialist should custom-design a plan just for you that outlines several different options.

____ Pass over anyone who does not honestly and properly answer all of your questions.

____ Contact the referrals or meet them personally to see and touch their hair.



SECTION SEVEN:

FEEL GOOD NO MATTER WHAT YOU CHOOSE

After going through this whole process, you will certainly have some opinions about your best course of action, but the goal of all of this research is to get you feeling better about your hair loss condition.

Chapter 20: Make the Choice

SURGICAL, NON-SURGICAL OR NOTHING AT ALL ...

You may opt for some sort of hair replacement, some combination of hair loss treatments or hair transplant surgery, or you might opt for a head wrap or scarf while your situation adjusts, if temporary. You may decide to just go bald gracefully, male or female. No matter what you choose, stick to it and give it time to settle in. Don't rush the decision. Research and evaluate each option thoroughly. Once you commit to a choice, get on board with it. Realize that you are more than just your hair – you're a whole person. So make a mental note to smile more often and let your personality show. When dealing with others, try to focus on them and their needs and what they are doing – instead of your hair (or lack thereof).

USE SOCIAL NETWORKING TO REACH OUT

With Twitter, Facebook, YouTube and hair loss forums worldwide (including HairLoss.com Forums), you can reach out to an ever-growing community of hair loss confidants so you can talk about what's important to you. Post your current pictures on your professional profiles. Then there will be no surprises when you meet someone new (or old). The same goes for job hunting; when you show up for the interviews, you won't have to worry about how you look – the interviewer already knows how you look and wants to hear how you can benefit the company. If you have special skills that relate to hair loss, such as buzz-trimming, tying a hair scarf, taking care of your wig, explaining about extensions, share your knowledge on YouTube. Remember you are not alone – millions of people are living with hair loss.

SECTION SEVEN TO-DO LIST:

- _____ Join the HairLoss.com Forums.
- _____ Upload current pictures to all of your online profiles.
- _____ Compare notes with other hair loss confidants.
- _____ Commit to a hair loss treatment plan or replacement choice and feel good about it.
- _____ Remember that you are more than just your hair!



HAIR LOSS SOLUTIONS

EXPERTS IN SCALP HEALTH, PREVENTION AND CORRECTION OF HAIR LOSS

BRITISH COLUMBIA

CAPILIA BURNABY
HAIR BY KINGA/HAIR BY MARGARET
5012 Smith Avenue
Burnaby (British Columbia) V5G 2W5

MANITOBA

CAPILIA WINNIPEG
11-3900 Grant Avenue
Winnipeg (Manitoba) R3R 3C2
T. (204) 896-3177
debmcmillin@mymts.net

ONTARIO

CAPILIA NEPEAN
CARALYN'S HAIR
1568 Merivale Road
Nepean (Ontario) K2G 3J9
T. (613) 224-7206
caralyn@capilia.ca

CAPILIA MISSISSAUGA
TRULY YOU CREDIT VALLEY HOSPITAL
2200 West Eglinton Avenue
Mississauga (Ontario)
T. (905) 813-3571
creditvalley@trulyyou.ca

CAPILIA MISSISSAUGA
TRULY YOU
14 Henry Street
Mississauga (Ontario) L5M 1S2
T. (905) 821-1092
amalia@trulyyou.ca

CAPILIA PETERBOROUGH
815, rue High, bureau 9
Peterborough (Ontario) K9J 8J9
T. (705) 749-0888
peterborough@capilia.ca

CAPILIA OTTAWA
REGENCY MEDICAL HAIR CENTRE
325 Dalhousie Street, Suite 464
Ottawa (Ontario) K1N 7G2
T. (613) 241-6111

CAPILIA BRAMPTON
DEBBIE'S WIGS
2250 Est Bovaird Road
Brampton (Ontario) L6R 0W3
T. (905) 488-7887
wecare@debbieswigs.com

CAPILIA KINGSTON
1334 Princess Street
Kingston (Ontario) K7M 3E2
T. (613) 536-0180
aha-web@aha-studio.com

QUÉBEC

CAPILIA SAINT-EUSTACHE
BY FRANCE GODARD
398 Chemin de la Grande Côte
St-Eustache (Québec) J7P 1H5
T. (514) 592-3521
mariejduff@capilia.ca

CAPILIA DRUMMONDVILLE
690 - Avenue 105
Drummondville (Québec) J2B 4P4
T. (819) 472-7720
drummondville@capilia.ca

CAPILIA GRANBY
425 Dufferin Street
Granby (Québec) J2G 4Y3
T. (450) 956-0938
granby@capilia.ca

CAPILIA ESTRIE
4910 Industriel Boulevard
Sherbrooke (Québec) J1R 0P4
T. (819) 791-8008
C. (819) 434-1311
taniafortin@capilia.ca

CAPILIA JOLIETTE
120 North Bourget Place
Joliette (Québec) J6E 5E5
T. (450) 398-1040
joliette@capilia.ca

CAPILIA LONGUEUIL
BY MARIE LYNE NORMANDIN
Estuaire III, 70 de la Barre St., Suite 117c
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