

Today's hair restoration: no longer just for men

Today's woman is likely to be proactive in matters affecting her health, appearance, and self-image and may well be unwilling to accept preventable or treatable depletion of those qualities. For hundreds of years, a woman's hair has been considered her crowning glory, and hair loss is increasingly unacceptable for many women who are proactive about their presence and well-being. Although men may expect to lose their hair as they age, women generally do not, even if there is a history of hair loss in their family.

To learn more about today's hair restoration for women and men and about techniques for thickening eyelashes and other facial hair, *Volusia Health Care News* turns to George Solomon, MD, associate of the American Academy of Cosmetic Surgery, member of the International Society of Hair Restoration, diplomate of the American Academy of Anti-Aging Medicine, and fellow of the American Academy of Family Practice.

FAQs

Dr. Solomon, what is the most common cause of hair loss?

The most common cause of hair loss in both men and women has a genetic basis. It is called *androgenetic alopecia*, which is an inherited sensitivity to the effects of male hormones on scalp hair follicles. Women and men inherit the gene for hair loss from either or both parents.

Other causes of hair loss include pregnancy, stress, hormonal changes, medications, anemia, or thyroid disease.

Men may expect to lose their hair as they age. Is this true of women as well? The reality is that many women experience thinning scalp hair as early as their late teens to early 20s. However, female androgenetic alopecia, or female pattern baldness, more often occurs during or after menopause as women's male hormone production increases and their female hormone production declines. It is estimated that hair loss will affect 20 percent of American women.

How many men are affected by hair loss? The most common form of hair loss in men, which is called androgenetic alopecia, or male pattern baldness, affects

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35 million American men, and the older men get, the higher their chances of baldness.

Although we know that for some men, shaving their heads completely bald can be a fashion statement, other men consider hair as an essential element for their self-esteem. If a man or woman is worried about loss of scalp hair, what steps can he or she take? The first step is to consult a physician hair restoration specialist for an evaluation and diagnosis. Bloodwork and examination might be warranted. If the examination indicates that hair loss is due to a condition other than male or female pattern baldness, the physician

will look for the correct diagnosis. If, on the other hand, the evaluation is completed and androgenetic alopecia is diagnosed, treatment options are given to the patient.

What are some of the treatment options for hair loss?

Hair restoration treatment options include medical hair restoration, surgical hair restoration, or both. Two medications approved by the FDA for use in men are Minoxidil and Propecia. For women, Minoxidil is the only option available.

What is the most common surgical treatment?

That would be hair transplant. **Do hair transplants really work?** Yes, and cosmetic outcomes are better than ever thanks to the use of single hair grafting. The procedure is performed in our office under local anesthesia, and there is little or no down time.

I understand that hair transplants can be used for places other than the scalp. Hair transplants can be used to restore hair in other areas including beards, mustaches, eyebrows, and eyelashes.

Most women would love to have longer, thicker eyelashes. Please tell our readers about eyelash transplantation. This procedure can be used as a reconstructive transplant in patients whose eyelash loss is due to trauma or disease and as an esthetic transplantation for patients looking for greater eyelash density or length.

The technique used for any hair transplant is to take grafts of living hairs and their follicles from a donor area and move them to a recipient area where they will continue to grow. Donor hair transplanted to the eyelid should match the smaller, finer qualities of eyelashes as closely as possible and will probably be found on the nape of the neck or area of the scalp above or behind the ears. The transplanted hair will grow in the eyelid, and as it grows the patient will want to curl the transplanted hair to match her natural lashes and trim the growing hair to maintain their length.

Is everyone a good candidate for hair transplant?

Each patient must be individually evaluated to determine what form of treatment will be optimal for hair restoration. Influencing factors include cause of hair thinning, family history, age of onset of hair loss, its progression and pattern, availability of donor hair, and expectations of the patient for eventual enhancement. As part of the Ageless MediSpa program, we offer free consultations. **FHCN**

This interview with Dr. Solomon was conducted by Kris Kline, a staff writer at *Volusia Health Care News*.

Look good, feel great

The experienced staff at Ageless MediSpa looks forward to working with you. For more information on the spa or to schedule an appointment please call (386) 271-3575, or visit Ageless Medispa, 1690 Dunlawton Ave., Suite 110, in Port Orange.



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Where health and beauty come full circle

The focus at Ageless MediSpa is anti-aging. Wellness and beauty services, individualized for each patient, include the following:

- Testosterone therapy
- Human growth hormone therapy (when indicated)
- Bioidentical hormone therapy
- Nutritional supplements
- Pharmanex nutritional scanner
- Total body composition analysis
- Nutritional and medical-grade skin services: microdermabrasion, peels, multiple facial services
- Laser hair removal
- Laser skin resurfacing
- Laser spider vein removal
- Lipodissolve
- Sclerotherapy
- Tattoo removal
- Mesotherapy
- Thermage
- BOTOX
- Cosmoderm
- Restylane
- Radiesse
- Massage/reflexology
- Makeup application/instruction
- Manicure/pedicure
- Waxing
- Spa packages
- Special events organized on request
- Gift baskets premade or customized
- Health and beauty products for maintenance at home between visits

A4M: Working to optimize aging

specialty called anti-aging.

"In response to this

"Our lifespan is increasing," observes Dr. Solomon, diplomate of the American Academy of Anti-Aging Medicine, Inc., "and there is a growing population of baby boomers."

The most rapid increase in older Americans is expected between the years 2010 and 2030 when these boomers reach age 65. Census Bureau predictions put the elderly population at 70 million by 2030.

"People not only want to live longer, but they also want to live healthier and look younger," notes the doctor, "and this recent focus on healthy aging has spawned a new medical

new specialty, A4M was founded in 1992. It is a nonprofit organization with a membership of 11,500 physicians and scientists, dedicated to the advancement of technology to detect, prevent, and treat aging related disease and to promote research into methods to retard and optimize the human aging process. We work to educate physicians, scientists, and members of the public about anti-aging issues."

As a diplomate of A4M, Dr. Solomon is pledged to use anti-aging medicine based on the scientific principles of responsible medical care consistent with those of other health-care specialties.