



Hair Loss Prevention & Management in the UAE

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What is Hair Loss?

The question seems as if it has an obvious answer – hair loss is when you lose your hair! But to get to the root of the question, we have to look at the basic structure of a strand of human hair and its normal growth cycle.

In humans, hair grows all over our bodies (excepting of the palms of our hands and the soles of our feet) with the majority of the hair growth on the tops of our heads.

The protein keratin is the key structural compound of hair and nails. This protein is produced by hair follicles on the outer layer of the skin, known as the epidermis.

Hair growth occurs over the following distinct stages:

Anagen- Active growth phase

In this initial stage, hair growth is initiated in the hair follicle and a new hair shaft is created. About 90% of the hair on the head is in the anagen stage. This stage lasts anywhere from two to eight years.

Catagen – Transition phase

The lower two-thirds of the follicle degenerates and the hair follicle shrinks. This transition phase last between two to three weeks.

Telogen - Resting phase

The withered hair follicle rests, is eventually shed and the growing cycle begins anew. This stage lasts two to three months.

Most people lose anywhere from 50 to 100 strands of hair each day, with up to 250 strands lost when hair is washed. This begs the question: when is losing hair 'hair loss'?

In a nutshell, hair loss occurs when this cycle of hair growth and shedding is somehow disrupted.



What Causes Hair Loss?

Hair loss is caused by a wide variety of different factors, discussed below.

Stress

The colloquialism of “being so stressed I want to tear my hair out” actually has a vein of truth to it; high levels of physical and/or emotional stress (or a combination of the two) can lead to hair loss in both men and women.

Childbirth

Hair loss after childbirth often takes some women completely by surprise. But, in fact, it's perfectly normal. After birth, the estrogen levels in a woman's body drop significantly, slowing down hair growth and sending most hair follicles in the resting stage. This results in a temporary increase in daily hair loss. Most women gain their hair back by their child's first birthday, so there is usually no need for concern.

Diet

Experts agree that a healthy diet with the right mix of protein, iron, and other necessary nutrients can help improve the health and appearance of your hair. A balanced diet can give your hair everything it needs to stay healthy and look great.

A balanced diet can give your hair everything it needs to stay healthy





Aging

With aging, your hair changes along with the rest of your body. Almost everyone experiences hair loss as they grow older. Some of the common signs of age-related hair loss are:

- Hair growth rate slows down
- Individual hair strands become smaller and have less pigmentation. With time, the thick, coarse hair of a young adult eventually become thin, fine, and light-colored.
- Many hair follicles stop producing new hair
- Men sometimes start showing signs of baldness in their 30s. Many men are nearly bald by age 60.
- Women may also experience hair loss as they grow older. Hair density decreases more uniformly across the scalp, with thinning patches and even baldness at different locations. This is called female-pattern baldness.

Other (less frequent) reasons for hair loss may include illness, some prescription drugs, burns, autoimmune diseases, cosmetic procedures, and medical conditions.

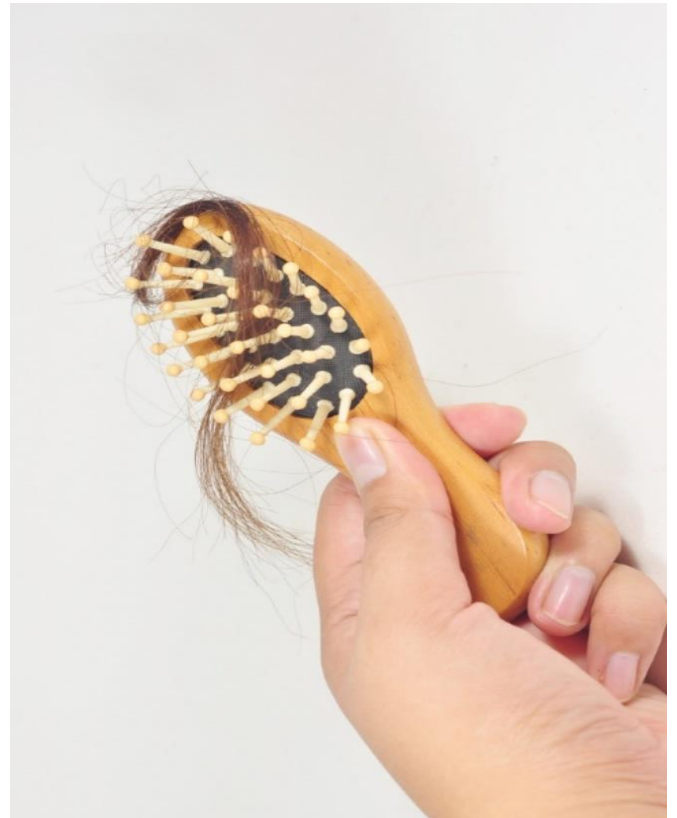


Hair Loss in the UAE

People often complain about losing more hair than usual in the UAE. You often find residents attributing hair loss problems in the UAE to the region's tap water. Others say it is due to the climate. There is, in fact, some truth to both of these statements.

Tap water in the UAE is derived from desalination - treating seawater. The extreme climate in the Gulf region coupled with the high levels of chlorine in desalinated water can be damaging to your hair. High temperatures often result in a sweaty scalp (even if you don't spend much time outdoors) which in turn requires very frequent shampooing. This tends to rob hair of its natural oils and causes scalp dehydration and dandruff. Swimming is very popular in the UAE, but unfortunately the high level of chlorine found in swimming pools is also damaging to your hair. Last but not least, the high stress levels associated with the UAE's fast paced lifestyle may also contribute to hair loss.

To counter all this, a number of factors come into play. You should be sure you sleep well, manage your stress levels, and maintain a healthy and balanced diet to provide your hair all the nutrients it needs. A healthy diet with plenty of fruits, nuts and vegetables (particularly prunes, carrots, and walnuts) goes a long way towards keeping your hair loss in check. In addition, anti-hair loss products such as Pantogar are often highly effective at helping reduce hair loss. Modern technological innovation in this arena has led to the invention of such products, which contain highly concentrated active substance complexes that stop hair loss and increase the metabolic activity of the hair root. This results in stimulation of the hair cells and triggers the formation of new cells to bring the hair back to the active growth phase.



Remedies for Hair Loss

Vitamins

Vitamins such as Biotin, Vitamin B3, and C, as well as minerals for hair loss such as zinc and iron, provide vital nutrients for healthy and longer hair. Making these key hair growth vitamins a part of your diet can help prevent hair loss in both men and women. However, the effects of some causes of hair loss, such as chemotherapy, illness and medication, can only be moderately managed by a good hair loss diet.

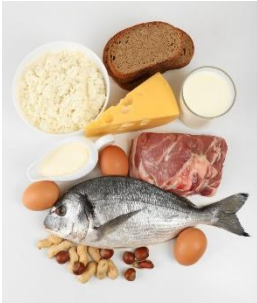


It may take time to see the effects that a balanced diet can have on the health of an individual's hair, but it is well worth the wait. Using effective anti-hair loss products such as Pantogar can really speed up the process.



Nutrition

In addition to the above mentioned vitamins, be sure to include sufficient amounts of protein, silica, copper, iron, sulfur, and zinc in your diet.

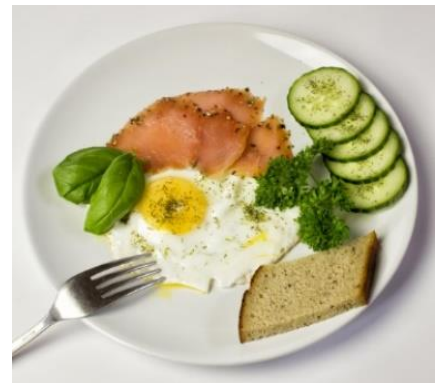


Protein

Hair is more than 90 percent protein, and a diet that is too low in protein may cause hair loss. Protein is abundant in a wide range of foods, particularly in foods of animal origin.

Silica

Silica is an important component of hair, and an adequate intake of silica is thought to prevent baldness and stimulate hair growth. Silica is present in substantial amounts in a wide range of foods, including strawberries, green and red peppers, millet, barley, wheat, cucumbers, oats, rice, bean sprouts, potatoes, and asparagus.



Copper

Sufficient levels of copper can prevent hair loss and contribute to hair thickness. Copper is also thought to intensify hair color and prevent premature graying of hair. Black sesame seeds, oysters and other shellfish, whole grains, beans, nuts, potatoes, and organ meats (kidneys, liver) are good sources of copper. Dark leafy greens, dried fruits, cocoa, black pepper, and yeast are also sources of copper in the diet.



Zinc

Another trace mineral that is important to hair health is zinc, which plays an important role in the production of new cells (including hair cells). Zinc and copper should be consumed together as the balance between the two is crucial: too much zinc interferes with copper absorption, and higher amounts of copper can be toxic. Low fat yogurt with fruit, milk, chicken breast, and cheddar cheese are great sources of zinc in your diet.



Sulphur

Sulphur is a mineral that is found in all cells of the human body and that is particularly abundant in our hair, skin, and nails. Sulfur is often referred to as "nature's beauty mineral" because of its capability to aid in good blood circulation, reduce skin inflammation, and promote hair growth. It also plays a role in the metabolism of several important B-vitamins including B1, B5 and B7. Sulphur is found in all protein rich foods, with meats, fish, eggs, milk and legumes being particularly rich sources of this mineral. Garlic, cabbage, onions, turnips, kale, lettuce, brussels sprouts, kelp, seaweed and some nuts also contain sulphur.



Stress Management

Stress occurs when you perceive that demands placed on you — such as work, school or relationships — exceed your ability to cope. Some stress can be beneficial at times, producing a boost that provides the drive and energy to help people get through high intensity situations, such as exams or work deadlines. However, an extreme amount of stress can have health consequences, affecting the immune, cardiovascular, neuroendocrine and central nervous systems, as well as taking a severe emotional toll. Here are five healthy techniques that psychological research has shown to help reduce stress in the short and long term:



Take a break from the stressor

It may seem difficult to escape from life stressors, be it a big work project, a crying baby or a growing credit card bill. But giving yourself permission to step away from it all, even if it is only a temporary respite, can help you gain a new perspective and reduce that feeling of being overwhelmed. It's important not to run away from those stressors (those bills still have to be paid), but even just 20-minute break to take care of yourself is all you need sometimes.



Exercise

The research keeps growing — exercise benefits your mind just as well as your body. We've all heard about the long-term benefits of a regular exercise routine. But even a 30-minute walk, run, swim or dance session can give you an immediate endorphin burst that can take the edge off for awhile.

Get social support

Call a friend, send an email, grab a coffee. When you share your concerns or feelings with another person, it does help relieve stress. But be sure that the person whom you talk to is someone whom you trust and can empathize with your situation.



Keep it all in perspective

Sometimes when we are in a stressful situation, we lose sight of the bigger picture, and may feel as if we are drowning in our problems. Just take a deep breath, go easy on yourself, and do the best you can.

Meditate

Meditation and mindful prayer help the mind and body to relax and focus. Mindfulness can help people see new perspectives and develop self-compassion and forgiveness. When practicing a form of mindfulness, people can release the emotions that may have been causing the body physical stress. Much like exercise, research has shown that even brief meditation can reap immediate benefits.





Hair loss? I've got a grip on it!

"Hair loss is no longer an issue since I've been using Pantogar®. My hair has become thicker, it's growing again, and it looks strong and healthy. It's easy to trust Pantogar®."

Pantogar® is dependably effective against diffuse hair loss. It contains the unique complex of B vitamins, proteins, amino acids and medicinal yeast which

- significantly reduces hair loss
- stimulates healthy hair growth
- improves the hair quality
- strengthens the hair

It's confirmed by women worldwide. For more information, see your doctor or pharmacist.

pantogar®

Dependably effective against hair loss



We hope you've found this guide to be valuable and useful in understanding your hair and how to take better care of it

Join the conversation to see how Pantogar can help you



Thank You!