

What can be done about Teenage Hair loss

Not many female teenagers will be worried about hair loss in the slightest. However some teenagers do experience hair loss for a number of different reasons, it's important to seek help if you are suffering from hair loss when you are a teenager as it shows you that something is wrong.

Appearance is very important to teenagers, even more important than to other people! The hair is a very important part of your body which is especially important to teenage girls.

Hair is made out of keratin which is a special type of protein naturally found in our bodies. There are three main parts to any hair, the shaft, the root and the hair follicle. The hair bulb produces melanin which is the color of the hair.

Baldness affects around 40% of all men by the time they are 30, over 65% of these people will have a bald head on top and hair round the back and sides of the head. Baldness is very worrying for men of all ages, but for teenagers it's a completely different matter.

If you are losing your hair as a teenager then this can create a whole lot of stress. Appearance is extremely important to teenagers, so why would anyone not mind this happening? It can destroy your self confidence and esteem if you are not careful.

Most people will lose between 50 and 100 hairs per day, this is perfectly normal and nothing to worry about. These hairs will naturally die off and be replaced by new hairs. However if you are losing more hairs than that then you may need to get specialist help. You should go to the doctor and find out exactly why you are suffering from teenage hair thinning.

Teen hair thinning can be caused by a number of things including poor nutrition and sickness. Certain medications or other medical treatment can also cause baldness. You should also be careful which hair care products you use to treat your hair.

There's nothing wrong with styling your hair, however if you have a hairstyle which pulls your hair very tightly like braids then this can cause damage to the hair follicles which will result in the re-growth of hair slowing down. You should allow your hair some time to hang out every now and again!

Stress can be another common reason for hair loss during teenage people. School can be very stressful which can easily result in stress. You should talk to your teachers and parents if you are experiencing stress so that you can get better.

Teenage hair loss can be very scary, however you need to be very careful that it doesn't cause more stress and make your condition even worse.

About the Author

Anita Johnston is an expert in the field of [Hair loss product and shampoos](#), [Hair loss vitamins](#) and [causes of hair loss](#) due to many hours of research. You can learn more about [hair loss prevention](#) and [hair loss symptoms](#) by visiting [HelloHair.org](#)

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