

Severe hair loss in women



When you normally talk or hear about hair loss and baldness, you think about an image of a man 40 years or older. This happens, but as we all know this problem is not only faced by men. There are many women who are facing this problem. 40 percent of the people facing baldness are women.

Here are a few reasons why baldness may take place in women.

- Hormonal problems can be one of the reasons for baldness in women.
- Stress is another reason why you face severe hair loss and baldness.
- After some kind of surgery or childbirth, hair loss becomes one of the common problems in women.
- Another common reason why women face severe hair loss is due

to the cosmetics or chemical based hair products that are used. Even while trying different kinds of hair styles, you will have to face this sort of problem.

Severe hair loss can be really worrismatic and embarrassing, especially for women because that is going to reduce the confidence levels in women to face the public.



The best option to keep your hair safe and healthy is trying some mild shampoos and conditioners. You should never go for strong shampoos. When it comes to hair styles, it is always better to try to have a normal hair style than trying something which needs application of chemicals or usage of straightening irons, etc. Always make sure that you are not going for any damaging hair treatments until you grow your hair back, unless they are suggested by your doctor. Hair transplantation is also a good idea for those who have already lost their hair. You should also make sure that your diet is just perfect when you are facing hair loss problems, like eating green leafy veggies, vitamins and proteins. This would ensure that the rate of hair loss would decrease to a minimum.