

## Patient Information for Female pattern alopecia

### Overview

Female pattern baldness (alopecia) is a form of hair loss affecting women due to an inherited susceptibility. More advanced cases are most commonly noticed after menopause, although it may begin as early as teenage years.

Female pattern baldness is due to a combination of a family history of balding (in men or women from either parent's side of the family), aging, and hormones. Female pattern baldness is not due to a vitamin deficiency, poor circulation, dandruff, or wearing tight hats. However, these may worsen your hair loss in general. There is progressive shrinking of the hair follicles in female pattern hair loss until they produce only a fine, wispy hair or cease functioning.



### Who's At Risk

Because there is a genetic basis to female pattern baldness, different racial populations are affected at different rates. Almost half of men, and possibly as many women who are postmenopausal, are affected by hair loss to some degree. Onset of female pattern hair loss seems most common at either 20-30 or 40-50 years of age. The incidence is highest in Caucasians followed by Asians and African Americans, and the lowest incidence of female pattern hair loss is in Native Americans.

### Signs & Symptoms

The pattern of hair loss is different in women than men; the hairline is preserved while there is diffuse thinning of the hair of the crown and frontal scalp. Total hair loss is very rare.

### Self-Care Guidelines & When to Seek Medical Care

If you do nothing, the hair loss will continue to progress. Unfortunately Dr. Ekpo does not have a crystal ball to determine how much hair loss you'll have in 10 years, but Dr. Ekpo can begin earlier therapy to help slow the progression significantly. Hair transplantation can also provide permanent long lasting results. Dr. Ekpo can discuss a personalized hair restoration plan with you to help achieve your realistic hair goals.