

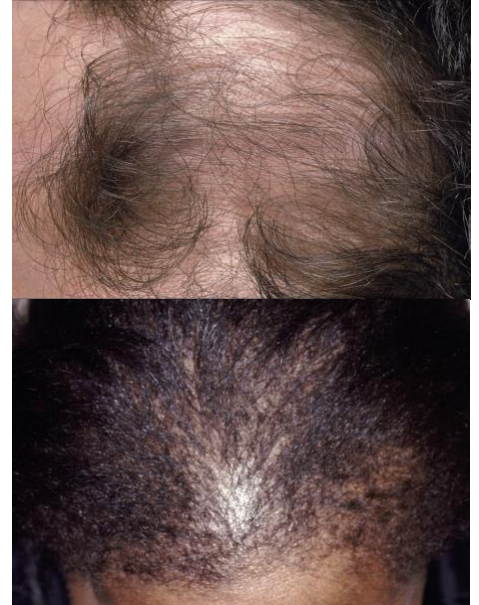
Patient Information for Telogen Effluvium

Overview

Telogen effluvium is a type of alopecia, or hair loss. This condition causes the hair on the scalp to shed more than normal. This excessive shedding can be triggered by:

- Illness (including COVID)
- High fever
- Medications
- Diet
- Pregnancy / childbirth
- Heavy blood loss
- Emotional or physical stress
- Post-surgery
- Trauma
- Weight loss
- Skin disease affecting the scalp
- Autoimmune and/or endocrine disorders

The loss of hair usually begins a few months after the event that causes it.



Who's At Risk

Acute telogen effluvium can affect people of all age groups and both sexes. Chronic telogen effluvium with no clear precipitating cause tends to present in otherwise healthy women 30–60 years of age.

Signs & Symptoms

Hair falls out at an increased rate. You may have bald spots or experience an overall thinning of your hair.

Self-Care Guidelines & When to Seek Medical Care

The sooner you address the symptoms of hair loss, the more likely you are to prevent worsening. Telogen effluvium usually improves after several months once the underlying issue is treated. However, some people may experience chronic telogen effluvium that last much longer. Dr. Ekpo and her team can provide a thorough workup and get you started on treatments to kick start your hair growth even faster with therapies such as platelet rich plasma scalp injection (PRP). When you see a board-certified dermatologist, like Dr. Ekpo, you see a doctor who has the training, knowledge, and the expertise necessary to diagnose and treat your hair loss. Dr. Ekpo and her team can discuss a personalized hair restoration plan with you to help achieve your realistic hair goals.