

How to discuss teen hair loss with your kid

There are actually a number of reasons why your teen might be suffering from hair loss; it's a very stressful and worrying thing to happen to anyone, especially when they are teenagers! Both men and women can suffer from hair loss for a number of reasons. This could be because of stress, disease, poor nutrition, or hormone imbalances.

One possible cause of hair loss in teenagers is due to illnesses, there are many different illnesses which can affect the hair. These include diabetes and thyroid disease. If your teen has kidney or liver problems then they can also suffer from hair problems.

Hormone imbalances can affect adult women and teenage girls which can ultimately result in baldness. Certain medications including acne medication can cause a loss of hair.

There are also certain diseases which can cause a loss of hair on the scalp and sometimes loss of hair on the body. This is known as Alopecia Areata which is an auto immune disease where the body attacks its own hair follicles. This will be noticed with small bald patches on your head.

Various hair treatments and styling can cause your hair to fall out; this is even more common if you have a hair style which results in a lot of tension on your hair such as tying it back in a pony tail or braiding your hair. You should allow your hair time to relax every now and again.

One of the most common causes of hair loss is nutrition, for hair to be healthy you need to eat plenty of protein, minerals and vitamins. Undergoing surgery will also affect the health of your hair.

There are literally hundreds of potential causes of hair loss in teenagers, however one thing is for certain you need to discuss it with them. Teenagers should not loose over 150 hairs per day, if you start to notice that your teen is losing lots of hair a day, or their hair is coming out in clumps then you should seek specialist advice. This is because a loss of hair could be a symptom of something much more serious.

When talking to your teen about it you need to understand their opinion, they will probably be embarrassed about it and not want to talk about it. Just remember that teenagers are very self conscious and regard their appearance very highly. Losing their hair can seem like the worst thing in the world, however show them that they should talk about it so that you can both get to the bottom of it.

You should take your teen to the doctor, encourage them that it won't be embarrassing and that you can get it solved.

About the Author

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

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