

Welcome to the first week of the hair loss support programme

myhairloss has been created as an extension of the inaugural "Get Ahead of Hair Loss" charity event, a one-day public awareness event focusing on providing the public with reliable and credible information on hair loss.

Hair loss is common and will affect almost all of us at some point in our lifetime. Hair loss affects individuals in different ways, and for some people it can be an extremely stressful and traumatic experience.



The internet can be a minefield of information, much of which may not be relevant to individual cases of hair loss, causing further confusion and anxiety.

myhairloss support programme



myhairloss has been designed to provide no-nonsense, concise information covering a range of common causes of hair loss/thinning, and related topics such as transplantation and new treatments on the horizon.



In addition, **myhairloss** aims to guide you through the steps to get help with your hair problem – whether it be seeking medical advice from your doctor, accessing psychological support and/or ideas on how best to use cosmetic treatments to disguise the areas of hair loss.



All modules included in **myhairloss** are written by carefully selected experts in their field and are written under NHS England 'Information Standard' guidelines, which means all information provided is credible and evidence-based. References are available on request.

Kindly contributed by Dr. Sharon Wong

Myth: Wearing hats causes baldness



This is a myth started by the Victorians who probably wanted something to blame for baldness. Hats do not, under normal circumstances, cause baldness. The exception to this being traction alopecia (hair loss due to pulling) which can be caused by very tight-fitting hats worn over a long period of time. But this hair loss usually occurs at the sides or the back of the head where the hat is rubbing, not the front and the top.



next week: *How to talk to your GP about hair loss*

All content provided in the **myhairloss** support programme has been written by both medical professionals and **talkhealth** and certified by the Information Standard, based on available medical evidence (sources of evidence available on request) and is for information purposes only. It does not constitute a replacement for professional medical advice. If you are concerned about any aspects of your health or wish to discuss something you have read within the support programme, you should make an appointment to see your doctor. You should always seek medical advice before changing your treatment routine. **talkhealth** does not endorse any specific products, brands or treatments.

Published date: 01.10.18
Next Review date: 01.10.21

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