

Thinning Hair, a thing of the past

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As time goes by, men of different ages are affected by thinning hair. Here, we review the treatment options.

Thinning hair is also referred to as male pattern baldness, or male androgenic alopecia. Topical lotions that are applied directly to the scalp such as Minoxidil or Rogaine reduce serum levels and protect the hair follicles (roots) from damage, but their action is limited to slowing down loss - not reversing it. Some shampoos and supplements can also assist in the quest for a younger looking head of hair. However, there are possible side effects that should be well understood beforehand - including reduced libido, due to the testosterone inhibiting characteristics of the drug.

Stress can cause hair loss, so any causes should be investigated and dealt with as best possible. Thyroid problems, mineral deficiency or depression can cut short the growth phase of hair and accelerate its life cycle to the shedding phase; this is known as telogen effluvium. Shedding hair is natural; it is when the number of new hairs reduces that the loss is noticeable. In some cases, this can be prevented and even reversed.

The Ailesbury Hair Clinic is a centre of excellence for hair treatments and was founded by a world-renowned cosmetic specialist doctor. Focusing on delivering excellent treatment and professional service to its patients, patients receive follow up appointments - something not possible with long haul flights to cheap foreign clinics, many of which are unregulated and operate without supervision or proper licensing.

In contrast, the Ailesbury Clinic is a world leader, with trained and qualified staff who are experts in the minimally invasive FUE (follicular unit extraction) technique. Just one millimetre or less in diameter, the FUE instrument leaves less scarring and makes the procedure relatively pain free. Single hairs are taken directly, instead of patches or strips with scalpels and stitching. Naturally, this advanced technique requires expertise and scrupulous practices to achieve the best results. The surgeon can vary the number of grafts during the procedure; fees depend on the number of follicles required.

The hair grafts are simple and typically heal within two to four days, while the patient can normally return to light work the following day, though it is best to avoid sports for two weeks.

Consult the Ailesbury Hair Clinic today to discuss your possible treatment options for restoring thinning hair. Initial advice and consultations are free.

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