

# MASTERS OF HEALTH



Top  
10

CAUSES  
OF HAIR  
LOSS AND  
WHAT  
CAN BE  
DONE TO  
TREAT IT

DR. ALAN J.  
BAUMAN

WE ARE NOT VICTIMS OF OUR GENETICS. WE ARE MASTERS OF OUR HEALTH

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of





# Meet

## DR. ALAN J. BAUMAN

MD, ABHRS, IAHRs, FISHRS  
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# TOP 10 CAUSES OF HAIR LOSS AND WHAT CAN BE DONE TO TREAT IT

**By Dr. Alan J. Bauman, MD, ABHRS, IAHRS, FISHRS  
Hair Transplant Surgeon**

When a person notices their hair is shedding, thinning or receding, the first question I usually get is "Why?!" Many people just assume it's just normal aging or "male pattern baldness" (which also occurs in women). However, aside from androgenetic alopecia, aka male or female pattern hair loss, there are many reasons why someone's hair would fall out. Here are the top causes of hair loss I've experienced after treating more than 30,000 patients over almost 25 years. Some may surprise you.

**1) Heredity** -- The main gene that is responsible for male or female pattern hair loss is the one that makes your follicles sensitive to your body's natural hormones. Inheriting this gene can lead to progressive miniaturization of the hair follicles in a predictable pattern. For men it's hairline recession and a balding crown. In women, it's a thinning or widening of the part, loss of coverage up front, or thinner ponytail. Today we know that there are approximately 200 genetic markers that regulate hair and hair growth and that these "genes" can be inherited from either your mother and father's side or a combination of the two. Additionally, we are always discovering an increasing number of epigenetic or non-genetic factors that can accelerate hair loss and hair thinning. If you are worried your genetics may be putting you at risk, testing is available that can determine an

individual's risk of losing their hair so they can begin preventative treatments early, at the time when they can be most effective. Genetic testing can also help determine what types of treatment will work best for you.

**2) COVID-19** -- Many recovering COVID-19 patients are reporting "shock hair loss," a "dread shed," with hair literally falling out "in clumps" as a lingering symptom, most common among COVID "long haulers." We know that if you have any prolonged fever-related illness, the normal cycling of your hair follicles can be disrupted and shedding can occur. This synchronized shed after a fever is called post-febrile telogen effluvium. Shedding starts about two to six weeks after the onset of fever, peaks about six to eight weeks later, and lasts typically another eight weeks. The good news is, this type of shedding doesn't cause patients to go "completely bald" and generally hair growth returns. Treatments can be used to mitigate the shedding as well as accelerate regrowth.

**3) Stress** -- It's no myth that increased levels of stress can severely impact our follicles. This effect is due in part to our body's survival mechanisms, especially elevated cortisol, and our body's response to them. Pandemic or not, increased cortisol (stress hormone) has been shown to shut down follicles prematurely and exacerbate/accelerate AGA. Prolonged or severe

increased cortisol (stress hormone) has been shown to shut down follicles prematurely and exacerbate/accelerate AGA (Androgenetic alopecia). Prolonged or severe psychological or physiological stress can lead to hair problems such as sudden excessive shedding and accelerated hair thinning, as well as trigger or exacerbate inflammatory problems like dryness, flaking, and types of dermatitis of the scalp--especially if there are underlying scalp and hair loss conditions. There's no miracle for stress reduction, but the relaxing Scalp Makeover is a do-good, feel-good, stress-relieving treatment and breakthrough anti-shedding product called INTACT helps follicles hold on to hairs that would otherwise be shed.

**4) Your Workout Regimen** -- Your high-intensity resistance training regimen is getting your muscles jacked, but it may be taking a toll on your hair. Increased endogenous testosterone from weightlifting converts to DHT, which can be harmful to your follicles. It is also important to keep in mind that while replacing testosterone makes your workouts more productive, increases energy, lean muscle mass, brain function, libido, and mood, it is also converting to DHT ((Dihydrotestosterone). Fighting the conversion of testosterone to DHT requires 5-AR (5-alpha-Reductase) inhibition with finasteride, dutasteride and herbs like *Serenoa repens* (Saw Palmetto).

**5) Poor Nutrition** -- Strict diets (e.g., incorrect vegan/vegetarian diets) can be deficient in nutrients like protein, iron, B12, folate, food sourced in iron, etc., which literally starve the follicles and impairs hair production. Those who lack these key vitamins are more at risk for thinning and unhealthy hair--e.g., protein, biotin and other B complex vitamins, zinc and other minerals, antioxidants. Steep drops in these essential nutrients can force the hair follicles to shed their hair strands and go into a prolonged resting phase during which time no new hairs are grown. To ensure your hair stays healthy, or to give unhealthy hair a boost, make your diet is packed full of hair "superfoods," which include: lean red meat, fish, berries, pomegranate juice, beans, artichokes, sulfur foods and nuts. Organic liver, with its abundance

of natural iron, is one of the best foods for your hair.

**6) Smoking** -- Smoking restricts blood flow (think vital oxygen/nutrients/etc) to the skin and follicles, accelerating age-related changes. Researchers have recently shown that the more a man or woman smokes, the worse his/her baldness is likely to be--so add that to your list of reasons to quit!

**7) Poor Sleep** -- Poor sleeping habits and even jet lag can alter the brain's central or circadian rhythm and many scientists believe this can cause hair follicle cycle interruptions, including shedding, and even long term hair loss.

**8) Medications** -- There are many prescription medications that are known to be associated with hair loss. Some of the commonly prescribed categories of drugs that can exacerbate hair loss include antihypertensives (blood pressure), cholesterol/statins, hormone replacement like thyroid, birth control, testosterone, etc., certain mood modulators/antidepressants, antibiotics, anti-acne, antifungals, and of course chemotherapy agents so ask your Hair Restoration Physician what you can do for your hair if you need to use them. You should never stop taking a prescribed medication without talking to your physician.

**9) Auto-immune - Alopecia areata** is an autoimmune disorder in which the body's immune system mistakenly attacks hair follicles, resulting in the sudden loss of hair.

Most often, hair loss occurs in patches, with the hair itself coming out in clumps, leaving smooth, bald patches of varying sizes on the scalp, beard, or elsewhere on the body.

It can resolve on its own or require treatment. In some cases hair loss progresses to total baldness on the scalp, called **Alopecia Totalis**, or loss of hair over the whole body, known as **Alopecia Universalis**.



10) **Scalp Inflammation** - Healthy hair begins with a healthy scalp. Period. But, unfortunately, because it hides out of sight, we often forget to take care of our scalp – until problems become noticeable – and then it's simply too late for early prevention. We are continually finding new evidence that links inflammation of the scalp with poor hair growth, hereditary hair loss, and other common hair and scalp health problems -- including shedding and hair loss. Does your scalp itch, flake, or otherwise hurt? You may have inflammation that requires treatment from a Hair Restoration Physician or his in-house trichologist (hair & scalp expert).

## TREATMENT OPTIONS

Hair loss science is progressing very rapidly and there have been several recent medical advancements that are improving the quality of hair restoration as well as helping patients assess in advance how at risk they might be.

A few of the exciting cutting-edge treatment options to consider and ask your ABHRS (American Board of Hair Restoration Surgery)-certified Hair Restoration Physician about include:

Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™. To learn more about VIP|FUE: <https://www.baumanmedical.com/vip-fue/>

High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM). To learn more: <https://www.baumanmedical.com/hair-restoration-options/prp-platelet-rich-plasma-acell-ecms/>

PDOgro™- Implanted PDO Polydioxanone threads for hair growth. Learn more: <https://www.baumanmedical.com/pdo-masterthreads-hair-regrowth/>

Non-surgical 3D-Printed Hair Systems or Cranial Prostheses. Learn more about Hair Replacement Systems: <https://salonbboca.com/#hair-replacement-systems>

Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative. Learn more: <https://www.baumanmedical.com/product/minoxidil-formula-82m/>

Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia). Learn more: <https://www.baumanmedical.com/product/topical-finasteride/>

Low-Level Laser Therapy - FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman TURBO LaserCap device for at-home use. Learn more about the Turbo LaserCap: <https://www.baumanmedical.com/bauman-turbo-lasercap-sheds-new-light-on-thinning-hair/>

Vitamins, Nutritionals & Nutraceuticals: SuperBiotin, Nutrafol & ViviscalPRO. Shop here for Nutritional Hair Supplements: <https://shop.baumanmedical.com/collections/nutritional>

Scientific **"Scalp Makeover®"** - evaluation, diagnosis and treatment regimens for itchy, dry, flaking or oily conditions and other scalp imbalances that can impair healthy hair growth. <https://salonbboca.com/#scalp-makeover>



## BENEFITS OF A MULTI-THERAPY APPROACH

While hair loss is a treatable condition, and there are a variety of effective treatment options available, it's important for patients to understand that there isn't a quick fix. Often, as it is in many areas of medicine, "multi-therapy" or a combination of several different treatments, may have the best chance for achieving long-term success depending on the patient's risk factors, the severity of their condition, and their unique hair restoration goals.

This approach not only focuses on restoring hair that has been lost but also sets up a plan to protect the hair that you have against suffering the same fate. Again, each patient may require a slightly varied treatment regimen, but our experience shows that 90% of patients benefit from this approach. The multi-therapy treatment plan also avoids the patient putting all their eggs in one basket, so to speak, and wasting time and money on treatments that aren't giving them the results they desire.

Depending on the severity and stage of one's hair loss, the treatment regimen may be simple or more complex. Medical treatments that will synergistically help mitigate hair loss may include a specially-compounded prescription minoxidil solution, Platelet-Rich Plasma (PRP), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patient's best

strategy for treating hair loss. For transplant patients, a multi-therapy approach may still be recommended to protect the non-transplanted hair follicles from loss.

Because hair loss can be influenced by a number of factors including genetics, medications, lifestyle, illness, stress, diet, poor sleep, hormones, autoimmune conditions, inflammation and more, it is always important to seek out a proper diagnosis from a full-time experienced ABHRS-certified hair restoration physician. Working along with your other doctors, this physician can provide a "Master Plan" for your individual hair loss situation as well as measure and track your progress over time so you know if you are reaching your hair restoration goals--or if your treatment regimen needs to be adjusted to optimize results.

Because science shows that you can lose 50% of your hair without it being noticeable to the naked eye, the earlier you can get started on a treatment regimen, the more likely you are to retain your current hair with the minimum amount of treatment. Just remember, hair loss is no longer inevitable, it's optional, but only if you take action and take advantage of the effective tools and treatments available. When executed properly, hair restoration can be a fantastic, rewarding and life-changing decision that most patients regret not doing sooner.



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IN HAIR RESTORATION**



# About

## DR. ALAN J. BAUMAN

### MD, ABHRS, IAHRs, FISHRS

**Dr. Alan J. Bauman** is a full-time, board-certified hair restoration physician who has treated more than 30,000 patients and performed more than 10,000 hair transplant and over 7,000 platelet-rich plasma procedures since starting his medical hair loss practice, Bauman Medical, in 1997. Bauman Medical is a nearly 12,000-square-foot, state-of-the-art "hair hospital" located in Boca Raton.

Bauman is one of only 200 physicians worldwide to achieve certification from the esteemed American and International Board of Hair Restoration Surgery, is an accepted member of the International Alliance of Hair Restoration Surgeons, and is recommended by the American Hair Loss Association.

Bauman has achieved the coveted fellow status within the International Society of Hair Restoration Surgery and is frequently invited as a faculty member for international scientific meetings and live surgery workshops.

Bauman has been extensively featured as a medical expert in leading media outlets internationally and for pioneering numerous technologies in the field of hair restoration, including minimally invasive Follicular Unit Extraction (FUE), VIP|FUE, Low-Level Laser Therapy, Platelet-Rich Plasma (PRP), PDOgro, and eyelash transplants.

Bauman's latest breakthrough transplant procedure—the "No-Shave Long-Hair Preview" VIP|FUE—allows Bauman and his surgical team to extract hair follicles directly from the donor area without trimming or shaving, a significant bonus for patients looking to discreetly treat their hair loss. VIP|FUE also allows patients to



see the results of what their transplant will look like right after the transplant, instead of having to wait until the follicles grow back.

Bauman was recently voted "Top Hair Restoration Surgeon" by Aesthetic Everything for the 5th consecutive year and "Top Hair Restoration Surgeon of the Decade", and has been named by Forbes as a "Top 5 Transformational CEO" and one of "10 CEOs Transforming Healthcare in America."

To schedule a private hair-loss consultation with Dr. Bauman, either in-office or virtually, go to:

<https://www.baumanmedical.com/schedule-consultation/>