

What your hair is saying about your health

From head to toe, humans are covered in hair. While a lot of body hair is not noticeable, you should know it's working to protect you. Eyelashes and eyebrows keep things out of your eyes. Hair on your legs and armpits keep your skin from being rubbed together. The hair on top of your head can offer clues about your overall health.



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Quick facts on healthy hair:

1 Thinning hair is common, especially for men. But it can also be a sign of a health condition. Thinning hair could be caused by a thyroid problem or an imbalance in your diet, such as a lack of iron.



2 Because of hormonal changes, hair loss is common during and after pregnancy, though it's usually temporary.

3 Stress is a common cause of hair loss. Sometime people with a rare mental condition pull their own hair out. A professional therapist can help people work through their mental health concerns.

4 Your barber or stylist can help you detect scalp problems. Ask them if your scalp shows signs of redness or flakes. See your doctor if concerned.

5 The most common scalp condition is dandruff, which can often be managed with special shampoos. Scalp irritation could also mean you are allergic to something in a hair product.



>> For more information on hair and scalp issues, visit www.aad.org