

Healthy Hair at Any Age Fact Sheet

- Hair is a sign of our general overall health
- Hair is nonliving and cannot be repaired once it is injured
- Hair damage can be prevented by stopping the cycle of over-processing and over-grooming and selecting hair care products with proven hair-health benefits

Hair and Nutrition

- Avoid yo-yo diets or fad diets that can wreak havoc on hair
- Vegetarians should supplement their diet with complete sources of protein, such as milk products like cheese, milk or yogurt

Hair and Hormones

- Some hair will fall out typically three months after a woman stops taking birth control pills due to the drop in estrogen levels
- Pregnant women may experience luxurious, radiant-looking hair during pregnancy
- However, hair sheds in the six months following delivery
- As estrogen levels start to fall, hair may thin and grow less quickly
- See a dermatologist for treatment if hair is not growing properly

Hair Color

- Gray hair occurs when the pigment cells in the body stop producing pigments
- If you want to cover gray hair, dye it within three shades of the natural color
- Dyeing hair darker is typically better than dyeing it lighter

Hair Tips

- Wash your scalp, not just your hair
- Don't wash your hair every day, but don't wash your hair too infrequently, which can lead to scalp disease or dandruff
- Use a good conditioner that contains protein to increase hair strength
- Handle hair as little as possible, including avoiding over-brushing hair
- Use hairspray and after-dye conditioner that contain sunscreen
- As you age, shorten the time when styling products, such as hair dyes or permanent wave solutions, are left on hair since thinner hair shafts require less time to process

For more information about healthy hair, visit the American Academy of Dermatology's Web site at www.aad.org.