Hair Loss or Hair Problems

Hair Treatment Clinic

Hairland
Dear Reader,

Many thanks for your recent enquiry, in response to which we are very pleased to send you this illustrated brochure. At Hair Ireland’s Clinic, our personnel include medical doctors, pharmacists, scientists, a dermatologist, nurses and other professionally trained people who can advise on all hair or scalp related problems. We can therefore treat men and women suffering from minor hair and scalp problems to serious hair loss and male pattern baldness.

Brochure Contents

Hair Ireland’s Brochure attempts to give you an introduction to hair, its characteristics, causes of hair loss and all hair treatments/hair replacement systems presently available. The brochure’s breakdown is as follows:

- General Information on Hair: see page 2
- Causes of Hair Loss: see page 4
- Hair Treatments: see page 6
- Hair Transplant: see page 7
- Hair Added in Stages: see page 9

Hair Analysis

As you can appreciate the limitations of any brochure, we invite you to take advantage of our Hair Analysis and Consultation Service. A member of our trained or medical staff can personally see you in the privacy of our hair treatment clinic or if necessary, in your own home, in order to advise you of the most suitable treatment or replacement system for your particular hair problem.

What to do?

All you have to do is to return the consultation card enclosed in the prepaid envelope attached or telephone Dublin (01) 497 8460 or (01) 497 8774 to make an appointment with one of our professional staff which our friendly receptionist will gladly arrange.
The Importance of Hair

There is little doubt that a full head of well maintained hair gives an attractive appearance, be it male or female. People with poor hair generally find it to their disadvantage and frustration. Almost every hair loss sufferer will tell you that total or even partial hair loss can be psychologically devastating. Remember, “when you look good, you feel good too!” To improve your hair appearance, it is essential to understand the structure of hair and the possible causes of its poor condition or hair loss, in order to appreciate the effectiveness of our clinic’s services.

Diagram 1.
Section of skin and hair

The Structure of Hair

Wherever hair grows on the body, its structure and growth pattern are the same. Diagram 1 shows the composition of hair through the visible section called the Shaft with the thread like structure below the skin, i.e. the Follicle. At the Follicle's root, the Papilla produces Matrix cells for hair growth. Accordingly, a declining Papilla will give rise only to downy or Vellus hair as opposed to a strong Papilla, which will produce healthy Terminal hair.

Diagram 2.
Section of Hair Shaft

Every Hair Shaft comprises 3 layers i.e. the Medulla, the Cortex and the Cuticle - see Diagram 2. The Medulla forms the core of the Shaft, the Cortex comprises the thickest section of the Shaft on the outside of the Medulla and inside the Cuticle which is the external layer of the hair. The Sebaceous glands which are located along the hair follicles keep the hair lubricated with oil secretions.
Hair does not grow in a continuous pattern but in the following 3 periodic cycles:

- The Growing stage (Anagen) - At any time about 85% of one’s hair is in this phase, which lasts 2 - 6 years.

- The Transitional stage (Catagen) - In this phase which involves only about 1% of one’s hair and lasts 1 - 2 weeks, the hair follicle reduces in size and hair growth ceases.

- The Resting stage (Telogen) - This phase involving about 14% of one’s hair usually lasts 2 - 3 months after which the hair sheds.

Both male and female hair growth cycles commence at childhood until senior age with hair growing at 1/2 - 1 inch per month. **Diagram 3** compares the 3 cycles of hair development between the active Terminal Hair Follicle and that of a downy or small Vellus hair, which is affected by the process of Hair Loss or Male Pattern Baldness (M.P.B.).

**Diagram 3.**

**Hair Growth Cycle**
INTRODUCTION

The average male and female has about 100,000 hairs on their head, of which about 50-100 hairs are shed each day. Normally, hair grows back at the same rate as it is lost. If falling hairs are not replaced in this manner, or are replaced by weak or vellus hair, then this is the hair loss process.

Research on male hair loss shows the following:

- 40% of men suffer significant hair loss by the age of 35
- 50% of men suffer substantial hair loss by the age of 45
- 60% of men suffer serious hair loss by the age of 60.

Whilst hair loss in women is less common than men, there is an increasing number of Irish women suffering from this problem.

CAUSES OF HAIR LOSS?

Research to date shows that the most common type of hair loss among men is Alopecia Androgenetica, otherwise known as Male Pattern Baldness (M.P.B.). This accounts for over 90% of all hair loss among males and is caused by a combination of the following 3 factors:

- **Age**: Thinning hair or the balding process may occur in men as early as 15 years old and normally is most acute between the ages of 20-40.
- **Genetic/Hereditary**: The inheritance factor plays a significant role in determining the nature, extent and timing of hair loss. Genetic hair weakness can normally be traced back to parents or grandparents.
- **Hormonal**: Where men inherit the necessary genetic weakness for hair loss, a male hormonal derivative called Dihydrotestosterone attacks and miniaturises the hair root until growth ceases.

In normal cases of M.P.B. the hair line recedes and hair loss at the crown becomes noticeable. Eventually, the thinning crown and front hair line may meet.
OTHER HAIR LOSS CAUSES?

Whereas M.P.B. in males is the most common type of hair loss, both sexes may lose hair for a variety of reasons such as some of the following:

- **Alopecia Hair Loss** - The many varieties of Alopecia cause hair to come out by its roots whether in patches (Areata) or all over (Totalis). This type of hair loss is normally due to emotional or stressful pressures. In many cases where the scalp is treated, hair may regrow.

- **Ill Health Hair Loss** - Serious illness together with certain medications such as Anti-Depressant, Anti-Arthritic and Chemotherapy drugs may cause excessive hair loss. Thyroid Gland disease, a severe bout of flu, infection or high fever may also be causes of temporary hair loss unless treated. Other Ill health related causes of hair loss include certain tumours, syphilis, diabetes and anaemia.

- **Pregnancy / Post Delivery Hair Loss** - Many females can experience considerable hair loss both up to and for about 8 months after child birth due to hormonal changes in the body. If treated, this problem can be minimised.

- **Contraception and Hair Loss** - Birth control pills can have dramatic consequences on women’s hair as they normally affect the hormonal balance in the body.

- **Diet Deficiencies and Hair Loss** - Severe diets where essential proteins, minerals and vitamins are deprived may cause temporary hair loss, unless treated.

- **Stress and Hair Loss** - Stress normally leads to scalp tension which can reduce blood circulation and thereby deprive vital nutrients to the hair follicle.

**COMBAT HAIR PROBLEMS / HAIR LOSS.**

Almost all hair or scalp problems can be treated through Remedial supervision if tackled in time. At Hair Ireland’s Clinic, our personnel which include Medical Doctors, Surgeons, Pharmacists, Scientists, Dermatologists, Nurses and professionally trained consultants can advise you on your specific hair or scalp problem together with the most suitable treatment course available.
From extensive research and development over many years throughout the world, Hair Ireland’s medical and pharmaceutical staff have developed a wide range of Hair Care Treatments to combat everyday hair loss and hair problems. As most hair problems emanate from poor scalp conditions, our Company’s treatments are dermatological to remedy specific hair and scalp problems. Remedial treatment for typical hair problems include the following:

- **HAIR LOSS?** - This treatment course comprises hair stimulant lotions and specifically formulated shampoos to redress dormant hair follicles and insufficient blood circulation to the scalp. This hair nutritional programme strengthens ailing hair and promotes the growth of new hair in order to improve ones hair appearance.

- **GREASY OR OILY HAIR?** - The occurrence of greasy or oily hair is due to the overproduction of a natural oil called “sebum” from the sebaceous glands of the scalp. Unfortunately hyperactivity of the sebaceous glands gives the hair an unattractive appearance. Hair Ireland’s treatments and recommended diet will curtail the problem of excess oils to ensure a healthier more attractive hair appearance.

- **DRY HAIR, DANDRUFF OR DAMAGED HAIR?** - These common problems are mainly caused by the lack of “sebum” or natural hair oils secreted by the sebaceous glands in the scalp. In the case of dry scalp, hair tends to be dull, brittle, frizzy or tangled and easily damaged. With dandruff, a build-up of scalp scales takes place, which if allowed to deteriorate can cause bacterial infection. As a result of prolonged use of artificial colouring or heat applications, permed or dyed hair can easily become damaged, requiring to be restructured and restored. Our Company’s remedial products and recommended diet will combat the causes and symptoms normally associated with these problems.

- **PREGNANCY AND POST-DELIVERY HAIR CARE?** - Both during pregnancy and up to eight months after child delivery it is normal for an imbalance of hormones to exist in females. Such a hormonal imbalance greatly affects the health, density and appearance of hair. Accordingly, both during pregnancy and after delivery, our Company’s hair treatments and recommended diet should be undertaken to minimise hair loss and hair damage.

- **OTHER TREATMENTS?** - In addition to the above hair treatments, Hair Ireland undertake remedial treatments for Grey Hair, all forms of Alopecia, Psoriasis and most other Scalp and Hair Problems.
Hair Transplant

This technique is to re-position your healthy hair from a donor site - usually at the back and side of the head, to a recipient area, usually at the temples or the crown of the head.

At the Hair Clinic, this is solely performed by a medically qualified Doctor and Nursing staff to ensure the highest standards.

A study of Male Pattern Baldness shows that even a person with the most advanced form of baldness will not lose hair at the back or sides of the head. Following on from that, once the hair has been transplanted from the donor site to a new recipient area, the patient will not lose the transplanted hair for the rest of their life, subject to normal health. The transplanted hair will then grow in the normal manner.

HAIR TRANSPLANT - THE TREATMENT:

The number of treatments will depend upon the extent and nature of the area to be treated.

The treatment is relatively pain free since a local anaesthetic is administered under medical supervision.

Healthy hair roots/micro grafts of hair are taken from the donor site (at the rear/side of the head), transplanted to the recipient area (the temples or crown) and integrated in the affected thinning or balding areas. The new hair units are placed in the direction of the existing hair.

The donor sites from where the hair roots have been taken are simply closed during treatment and are immediately covered by the surrounding existing hair... with nothing obviously noticeable.

Each treatment takes approximately 4 hours and the procedure is straight forward with relatively little discomfort - it’s no worse than a visit to the Dentist!

Modern techniques mean that no dressing of any areas are needed after treatment and the patient can be on their way home in less than an hour after treatment.

From the date of treatment, it takes approximately 4-6 months for your new hair to get established which then should grow at the normal rate thereafter (usually 1/2 inch or 1.5 cm. per month). Hence, it will take at least 9 months or so before the more fuller hair appearance effect, so a little patience is needed.

State of the Art Methods include Fraction Blending and Micrografts which have replaced the more traditionally used Hair Transplant methods. Instead of the traditional method of using fixed sized units of up to 20 hair roots, Fraction Blending allows for hair roots of varying sizes to be used. This gives far better blending of hair.

Microblending is a technique whereby single hair roots can be transplanted if necessary. This means very detailed work and gives a natural look particularly in areas such as the front hair line.
Which Problem have You?

John from Dublin before the treatment

After two treatments
Hair Ireland’s non-surgical methods of hair replacement are used to solve many cases of hair loss, from thinning or receding hair to more extensive areas of baldness. A member of our experienced or medical staff will advise interested parties of the most appropriate hair replacement system to meet their specific needs. Such hair systems are outlined below:

• **HAIR ADDITION.** This non-surgical method of hair replacement involves a technique whereby hair can be discreetly added in stages so that nobody will notice any change or difference in appearance at any time. The added hair is matched identically to one’s own existing hair in terms of colour, texture, thickness, style, sheen, etc., with only natural hair being used. With this system, hair is chemically bonded to existing hair, close to the scalp. The strength of the hair addition technique has been thoroughly tested in the laboratories of the B.S.I. (incorporated by charter in 1929).

• **HAIR SECTIONS.** This system of hair replacement is suitable for a person who has a sizeable balding area at the temple or crown. Like the hair addition system, outlined above, hair is matched in all aspects to one’s own existing hair and carefully hand knotted to a small second skin which covers the affected area. The hair section is attached to a client’s existing hair, ensuring a perfectly natural integration.

• **HAIR PIECE WEARERS.** Following many years of research and development, Hair Ireland have now the most up to date and advanced hair pieces in the world. With the aid of sophisticated technology we use fade resistant fibre hair which eliminates loss of colour or fading problems, reduces servicing and allows easy manageability. Our Company’s trained consultants will gladly advise interested parties on the most suitable non-surgical hair replacement system to meet their personal needs.

• **FEMALE HAIR INTEGRATION.** This hair replacement system is suitable for women suffering from severe hair loss or with light density hair and is used to integrate with or supplement their own growing hair. In this system a woman’s own hair is integrated with additional natural looking hair, thereby thickening up and giving a significantly improved hair appearance.
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