

**Cosmetology/Cosmetology Teacher
Hair Braiding/Hair Braiding Teacher
7 Hour Home Study Course**

**ALTOGETHER
LOVELY™**

7 Hour Home Study Course

HAIR LOSS CAUSES & TREATMENTS

In order to successfully complete our Home Study Courses, we advise you to:

1. Read the Course material.
2. Answer test questions.

A minimum score of 70% is required to pass the course.

3. Upon successful course completion, you will receive a Certificate of Completion. This certificate will serve as proof of completion of a Continuing Education Course; thus serving toward the required hours needed for renewal of your professional license.

We will retain a copy of your certificate for five years from your certificate date. *We also advise the student to retain a copy of the Certificate for personal records.*

INTRODUCTION

This course is designed to give you a refresher to what you have learned concerning hair loss. Everyone, whether male or female dream of and strive to have a head full of beautiful healthy hair. That dream can be hindered or diminished through Alopecia (Hair Loss).

Hair loss is a serious problem for men and women and has become an epidemic. As a professional in the haircare industry, your role is to obtain the knowledge necessary to service and treat the many potential clients suffering from this disorder.

Your clients will look to you for your thorough analysis of their hair and scalp and expect you to have some knowledge as to what to do to treat or fix the problem. In fact, they will likely come to you with problems, concerns, and questions concerning the hair & scalp and you will be their first line of defense. This is why it's so important for you to know about, be able to recognize and offer solutions.

HAIR LOSS CAUSES

Hair is present before birth and is maintained through a cycle of growth termed A.C.T. (Anagen, Catagen & Telogen).

There are three stages in the cycle of hair growth (A.C.T.)



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The anagen phase, is the active growth stage. It's when all new hair growth occurs. During the anagen phase, hair grows at its normal rate (an average of one-half inch per month), and 85% of the hairs on your head will be in the anagen phase at any given time. Each specific hair can be in the anagen phase for an average of 3-6 years. In some cases, longer.

The catagen phase, transitional phase that follows the anagen phase, signaling the end of the growth phase. During the catagen phase, the hair follicle separates from the dermal papilla (where it gets its nutrients). The hair bulb disappears and the root end of the hair forms a rounded club. 1% of the hair will be in the catagen phase at any given time, and this phase usually lasts one to 2-3 weeks.

The telogen phase is the resting phase and is the last phase in the hair's growth cycle. During the telogen phase the follicle recedes and the hair begins to fall in preparation for the development of new hair. 14% of the hair of your head will be in the telogen phase, which can last from 3-6 weeks.

During the hair growth cycle you lose an average of 50-100 hairs a day. Under normal circumstances, once the telogen phase ends, the anagen phase of that follicle begins again. The whole cycle of hair growth - all three stages - repeat on an average of every 4-5 years.

Abnormal hair loss occurs when the growth cycle is interrupted. When a client's hair begins to thin, shed excessively or fall out, or when male or female pattern baldness becomes apparent, the body is often sending a signal that something is wrong.

Hair loss can result in many ways. The following are the most common ways:

- Heredity
- Aging
- Emotional stress
- Sudden weight loss
- Poor nutrition
- Hormonal changes
- Medication/drugs
- Surgery
- Endocrine disorders, thyroid problems
- Viral diseases, cancers, lupus
- Infection
- Autoimmune disease
- Excessive heat and chemicals (color, relaxer, perms etc.)
- Hair extensions (tight braids, weaves & glue)



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TYPES OF HAIR LOSS

The technical term for hair loss is Alopecia and can be temporary or permanent. The most common forms are:

Alopecia Areata Sudden hair loss that starts with one or more circular bald patches that may overlap. According to Hair Loss Hand Book by David Salinger, Director of IAT “people who experience alopecia Areata have a genetic predisposition for the problem. However, it still takes something to trigger the problem. The trigger could be a viral or bacterial infection, a vaccination, stress, trauma to the skin or exposure to a substance not previously encountered” (Salinger, 2014)

Telogen effluvium also known as Diffuse Hair Loss A reversible or temporary condition in which hair falls out after a stressful experience. Common causes are: surgery, weight loss, fevers, medications, stress.

Anagen effluvium An abnormal loss of hair during the first phase (anagen) of the hair's growth cycle. Male or Female pattern baldness, Permanent hair loss from the scalp, causing baldness.

Traction alopecia A gradual hair loss, caused primarily by pulling and/or applying excessive tension to the hair and scalp. This commonly results from frequently wearing their hair in styles such as braids, weaves, ponytails, glue and excessive heat.

HAIR LOSS TREATMENTS

Hair loss can cause great distress, and there are many misunderstandings about its causes and treatment. The normal stylist has a limited knowledge of hair loss and treatments. Because of this fact, continuing education in this area is needed in the area of trichology.

Cosmetology is the study and application of beauty treatment. Specialties such as, skin care, cosmetics, hair styling, manicures & pedicures, and Esthetics. Trichology is the branch of study deals with the science of the structure, function and diseases of the human hair. It is basically the study of the health of hair scalp and skin.

Don't be alarmed by your limited of knowledge of trichology, but don't ignore seeking out continuing education in this area. In the meantime, some of the things that you can do is:

1. If there's hair loss that you can't determine the reason, refer the client to a trichologist and/or dermatologist.
2. Make sure that you do a hair and scalp evaluation every 6-8 weeks to insure that everything is functioning as it should.
3. Always keep in mind that the condition of the clients' hair and scalp will differ and will require individual personalized solutions.
4. Make sure that you're doing the necessary services to maintain a healthy scalp environment to promote healthy hair growth.



Such as: exfoliating the scalp at least once a month. A buildup of chemicals and hair products can affect scalp PH and sebum production, leading to clogged pores, scalp inflammation and follicle damage. All of which can lead to delayed hair growth. *For more information on exfoliating the scalp, research sulfate free clarifying shampoos and salicylic & sulfur creams.*

5. Determine your client's hair type and distribution. Knowing whether the hair is fine, medium or coarse will tell you what you can and cannot do to the client's hair.

In conclusion, as a salon professional, you are often the first person to be asked questions concerning hair loss. Knowing how to adequately address client concerns will greatly affect the well-being of their hair and scalp.

Learning More

Altogether Lovely Inc. is a versatile establishment (Beauty Salon, Hair and Product Distributor, and **Educational Center**). We provide proper hair care as well as impart hair and product knowledge through services and educational opportunities. For more information about our educational opportunities, visit our website at www.altogetherlovelyinc.org/education

REFERENCES

Salinger, D. (2014). *Hair Loss Handbook*. Sydney, Australia: International Association of Trichologist.

TEST QUESTIONS

TRUE OR FALSE

1. Clients will likely come to you with problems, concerns, and questions concerning the hair & scalp and you will be their first line of defense.
2. Hair is present before birth and is maintained through a cycle of growth termed A.C.T.
3. The three stages in the cycle of hair growth is anagen, catagen and alopecia
4. The telogen phase is the resting phase and is the last phase in the hair's growth cycle.
5. . 1% of the hair will be in the catagen phase at any given time, and this phase usually lasts one to 2-3 weeks.
6. Each specific hair can be in the anagen phase for an average of 3-6 years. In some cases, longer.
7. Abnormal hair loss occurs when the growth cycle is interrupted
8. Hair Loss can result from poor nutrition
9. The technical term for hair loss is Alopecia
10. Alopecia Areata is a sudden hair loss that starts with one or more circular bald patches that may overlap and people who experience alopecia Areata have a genetic predisposition for the problem.
11. Telogen effluvium also known as Alopecia Areata.
12. Traction alopecia is a gradual hair loss, caused primarily by pulling and/or applying excessive tension to the hair and scalp.
13. If there's hair loss that you can't determine the reason, refer the client to a trichologist and/or dermatologist.
14. The condition of the clients' hair and scalp are all the same and don't require individual personalized solutions.
15. Knowing how to adequately address client concerns will greatly affect the well-being of their hair and scalp.

