

Is it true? Hormonal imbalance results in hair loss in women.

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As the old saying goes ‘a woman’s hair is her glory,’ and for many contemporary women, this saying still holds true. Beyond the grace that beautiful locks can add to a woman’s looks, it speaks volumes about her general health. Your hair can reflect the problems happening within. When the body is facing crises it would inhibit hair growth so as to redirect the energy to other parts of the body. Hence the issue of hair loss shouldn’t be taken lightly or left up to temporary solutions.

Along with age various other factors like hormonal imbalance, emotional stress, medications and excessive hair cosmetics can as well lead to thinning of the hair and may even lead to male pattern baldness. The most effective way to tackle hair problems is to find the underlying cause.

Telogen effluvium and alopecia areata are two of the most widespread hair loss types. Telogen effluvium being more widespread than alopecia areata is still less severe. It is caused when the hair follicles become thin, stop growing and fall out at about 2-3 months.

The major reason behind Telogen effluvium is stress, trauma or medications and the hair usually grows back within 6-9 months. Whereas, the alopecia areata is caused due to the white blood cells attacking the hair follicles which then results into thinning and falling out of hair in patches. This requires medical treatment as the chances of hair growing back on their own is very slim.



Hormones are the most essential, and influential, chemical messengers of our body. Endocrine glands secrete the hormones and then through the bloodstream they are passed to the tissues and organs where they affect the ways in which body functions. A minimal shift or imbalance of hormones can lead to remarkable changes in the body as well as the hair growth. Both men and women suffer hair loss due to hormonal changes.

Although hormonal imbalance is more common in women during menopause, perimenopause, pregnancy, or with endocrine disorders like polycystic ovarian syndrome (PCOS), any woman is vulnerable to the condition as diet and lifestyle have a major impact on hormone levels.

So how exactly are hair loss and hormone imbalance linked?



Common causes of hormone imbalance related hair loss

1. Progesterone and Estrogen levels out of balance

In females, Progesterone and estrogen are the dominant female hormones and both have very vital functions. These hormones should be produced in optimal levels and an imbalance in the

levels of either of them could result in improper bodily functions.

When progesterone level drops too low, it leads to the condition of hyper-estrogen or estrogen dominance which can trigger excessive hair fall and ultimately hair loss. While there is thinning of hair there could be an increase in unwanted facial or body hair.

2. Overproduction of male hormones

Male hormones have vital function in a woman's body and aren't all bad. However an excess of it can lead to all kinds of problems. If you suspect that too much of these male hormones are being produced, it is necessary to get the hormonal levels checked and also work on lowering the hormone levels and promote balance.

3. Stress

When exposed to excessive stressful conditions, a woman's adrenal glands become less active due to the increase in need of the stress hormone, cortisol. This leads to secretion of excess of adrenaline which ultimately results into increased levels of testosterone and DHT

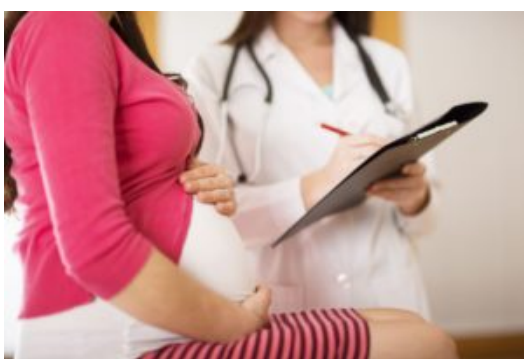


4. Under or over performing thyroid

Lack of sufficient parathyroid hormone and an overactive thyroid can also lead to thinning of hair.

5. Pregnancy and Childbirth

Women's hormonal balance gets altered after pregnancy and childbirth and can lead to hair loss. Therefore it is very common for postpartum mothers to experience thinning of the hair or bald patches. Such a condition is temporary and gets healed usually within several months. The hair regrows naturally after about 90 days of childbirth and if it does not return to normal after about a year, there could be another underlying cause.



6. Menopause

Menopause is one more condition that can lead to hair loss. During menopause, a woman's estrogen levels are no longer in balance with DHT levels and drop significantly. This situation of low estrogen level and increase in DHT supply leads to hair loss in women.