

Health Mind Body

Are You A Woman Suffering From Hair Loss?

Hair plays a significant role in a woman's life. On an average a woman will spend approx. \$2,200.00 a year on her hair. Our own hair is one of the first and last things we attend to before a meeting or a social engagement. Hair can either make our day or cancel an outing because the humidity on a hot day is going to flatten your carefully arranged hair style and that thin area of hair you have is going to show through. Thinning hair, especially when severe, often profoundly affects the lives of those afflicted. Severe hair loss evokes not only cosmetic concerns but may also evoke feelings of vulnerability, loss of self esteem, alterations in self-image and social life, and perhaps, even self-identity.

Hair thinning is common, among otherwise healthy women, and can begin in women as early as their twenties. Women need to better understand the various reasons why hair loss occurs and seek treatment options that are proven to work.

It is important for anyone experiencing hair loss to remember that she is not alone, that one of every four women will experience hair thinning and in some cases hair loss during their lifetime? She needs to confront her hair loss and take action to safely regain control of her

appearance and self-esteem.

Female hair loss does not progress the same way it does with men. You do not see the same "male pattern baldness" with thinning crown and receding temples. It is more likely to be a diffused thinning in the crown and frontal area that could go unnoticed for years.

What Causes Hair Loss in Women.

Most cases of balding or permanent hair loss result from genetic disposition or hereditary influences. Temporary hair loss or hair shedding can result from poor nutrition, extreme weight loss or gain, medications, thyroid condition, hormonal changes; vitamin deficiency. Physical or emotional stress, illness, high fever, and pregnancy also will cause temporary hair loss. In these cases full regrowth should be expected.

So What Can You Do?

Hair loss caused by medical conditions, medications or stress is often treatable and reversible. Your hair may return on its own. Although hair loss in women caused by aging and heredity is usually permanent,

and you may wish to do the following

1. **Medical Assistance:** See your family doctor or a Dermatologist to determine if any of the above reasons are contributing to your thinning hair.

2. **Drugs:** such as Minoxidil that have

been proven effective in re-growing hair in some individuals.

3. **Surgery:** Hair transplant surgery can be both costly and painful. This solution is ideal for men but may be unsuitable to women because of the diffused pattern. Chances are that the nearby hair follicles might be damaged and traumatized.

4. **Hair Care Products for Thinning Hair:** Using proper hair care products specific to thinning hair that address the scalp is crucial to maintaining healthy scalp and hair.

5. **Hair System:** Addition to existing hair to cover fine thin-looking hair. Add just enough volume that blends with your hair and allows the scalp to breathe.

Our clients say the feeling of more hair can not be put into words. The hair system has given them a sense of confidence, a renewed sense of self, and a more positive outlook.

For more information about this topic or to schedule a private complimentary consultation contact Amalia at (905) 821-1092 or info@trulyouwigs.com

Editorial supplied by Truly You Wigs and Hair Replacement, 14 Henry St., Mississauga, 1-866-605-WIGS or visit www.trulyouwigs.com

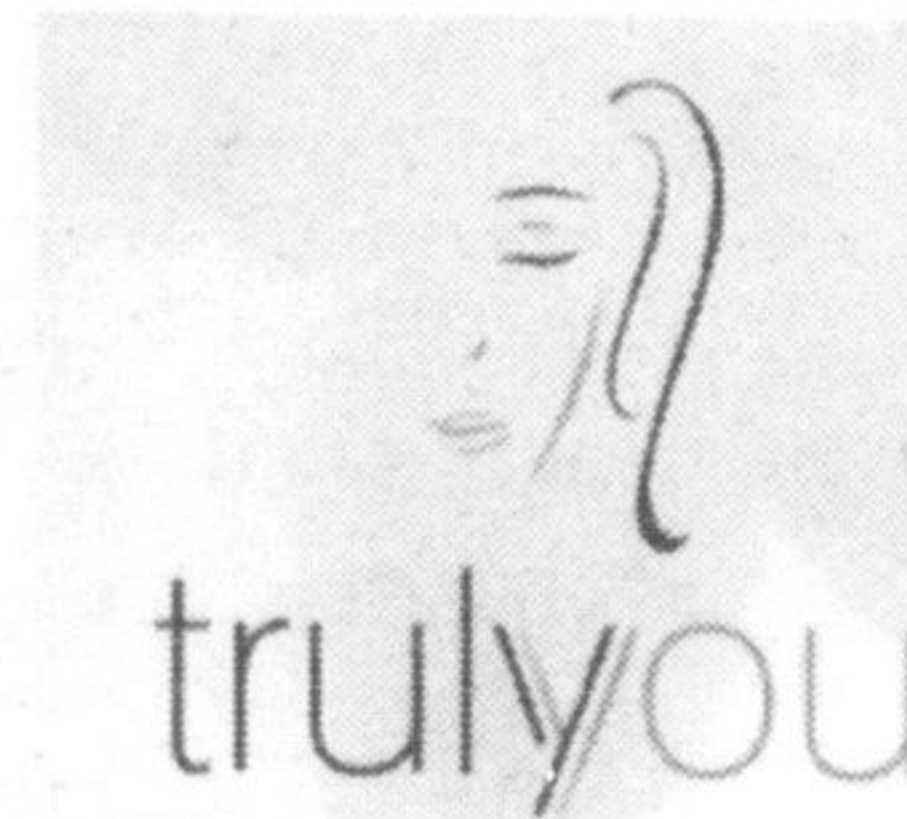
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Halton Healthcare

FREE EDUCATION PROGRAM ON THE PREVENTION AND EARLY DETECTION OF OVARIAN CANCER

Members of the public are invited to attend a free educational program directed at well women to raise awareness about the signs, symptoms, risks and preventative factors of ovarian cancer. **Ovarian Cancer - What You Should Know- "Listen to the Whispers"** will be presented on Tuesday, February 8 at 7:00 p.m. at the Southside Community Church, at 2850 Derry Road, Milton, by Halton Healthcare Services in partnership with the National Ovarian Cancer Association and the Canadian Cancer Association. This program is made possible through an educational grant from GlaxoSmithKline. Special appreciation to The Milton District Hospital Foundation, Unitron Hearing and Siemens Hearing Instruments. There will be information and light refreshments available at 6:30 p.m.

This year in Canada, 2,300 women (about 1 in 68 women) will be diagnosed with ovarian cancer. This disease is the twelfth leading cause of cancer death for women in Canada. Ovarian cancer is often called "the disease that whispers" due to the vagueness of the signs and symptoms which accompany it. With no early detection test, most women are diagnosed in the later stages of the disease and 60% will not survive past 5 years. A Pap smear does not detect ovarian cancer. For this reason, ovarian cancer is one of the most deadly cancers to strike women. While the statistics surrounding this disease are bleak, when it is diagnosed in the earliest stages, the long-term survival rate is at least 90%. Education and awareness are the best tools for increasing the survival at this time. It is important to know; what to look for, what increases the risk of ovarian cancer, how to reduce the risk of ovarian cancer and what you can do.

These questions will be addressed in the upcoming seminar where Dr. Glen Hunter, a Milton obstetrician and gynaecologist, will speak about the symptoms and treatment of ovarian cancer and Dr. Laurie Elit, a gynaecologic oncologist will discuss the latest news in research. The National Ovarian Cancer Association will present the "Listen to the Whispers" educational video on ovarian cancer as well as offering a personal story.

To reserve a seat or for more information call 905-338-4379 or e-mail elittle@haltonhealthcare.on.ca by Feb. 4. For those requiring ASL interpreter services please fax Evelyn Little at 905-815-5110 or email elittle@haltonhealthcare.on.ca by Feb. 3.

For more information contact: www.cancer.ca 1-888-939-3333

www.ovariancanada.org 1-877-413-7970

- For more information, contact: **Cindy Popp at 905-876-7045 or cpopp@haltonhealthcare.on.ca**

Anne Maaden Cosmetic & Laser Centre

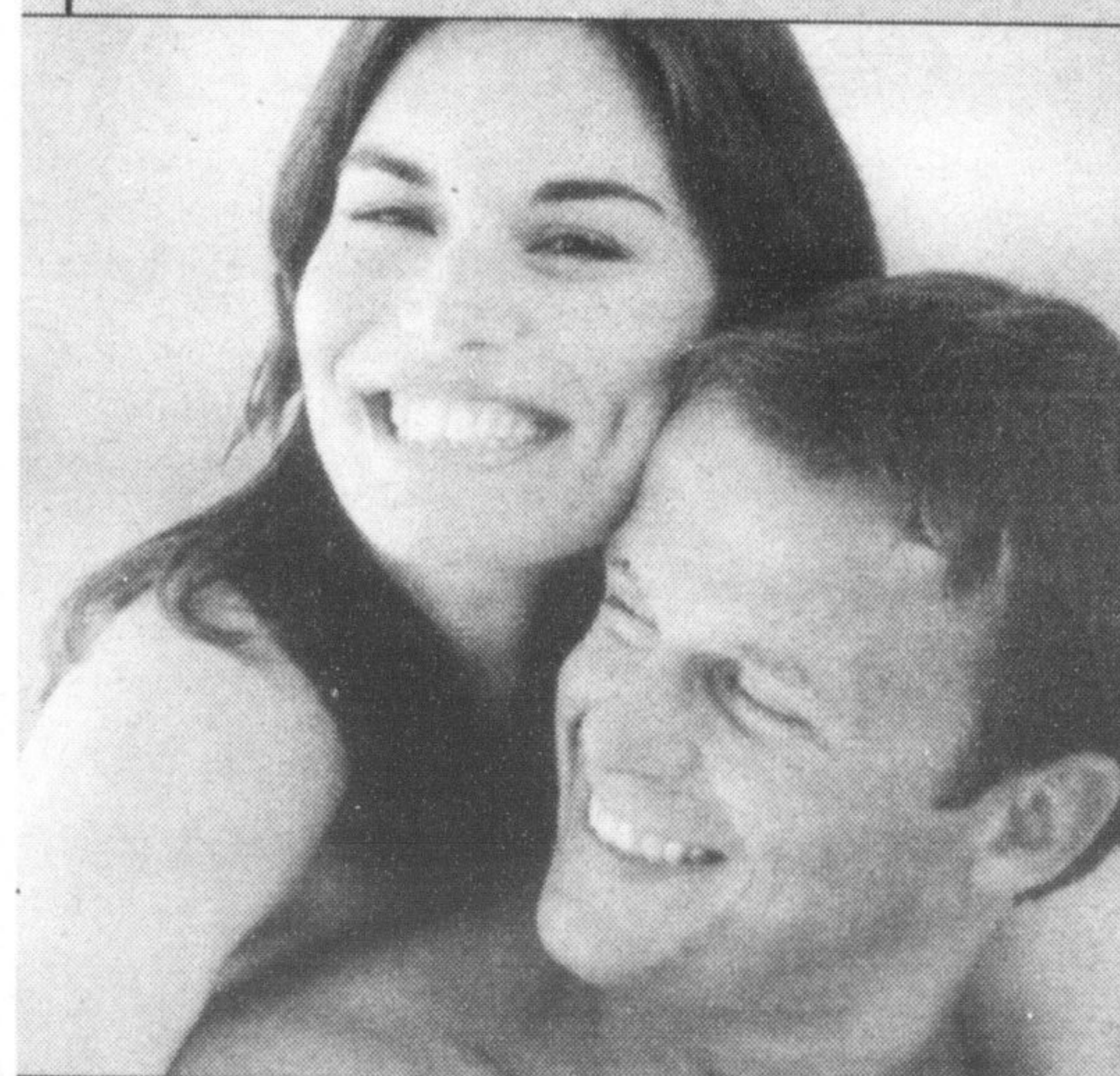
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