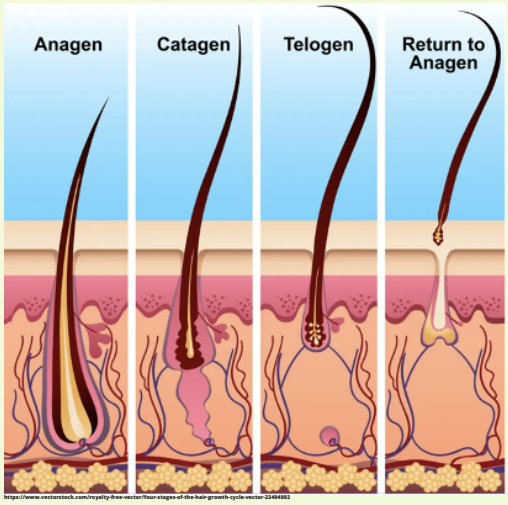
Are you tired of hair loss?

Are you exhausted from trying every product out there to strengthen your hair?

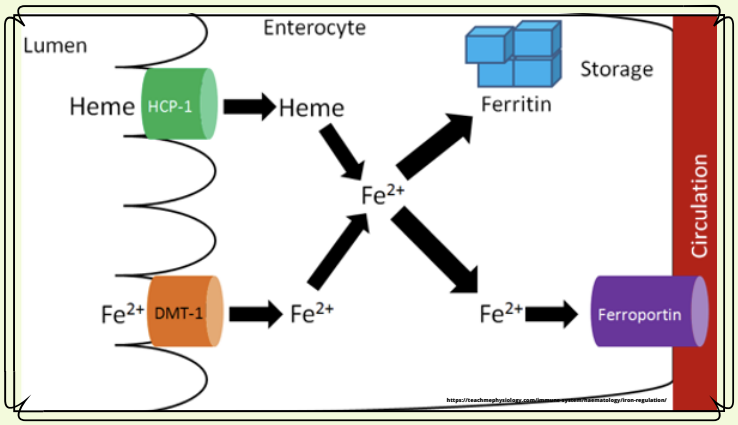
Hair growth is a very complex physiological process that occurs! Hair is a part of the integumentary system. The process starts off with the dermal layer where hair is inside of the hair follicle. One single hair has two structures which are the shaft and follicle. The shaft can be seen by the human eye outside the skin, but the follicle is beneath the skin. Hair growth on the scalp can vary for many individuals but on average it is seen to be 6 inches per year. Surprisingly there are one of three phases that a single hair can be in. Anagen where the cells that are deeply contained the root of the hair are dividing at an extreme speed. Catagen where the hair growth is coming to an end and the outer root sheath attaches to the root of the hair. Finally, Telogen the last phase is a phase where the hair follicle is resting.



This figure depicts the different phases hair growth occurs in. The phases shown are Anagen, Catagen, and telogen. Anagen is the phase in which hair grows, catagen is the phase where hair starts to transition from growing to resting which is finally telogen.

Did you know?

Iron Deficiency can lead to damaged or loss of hair?



Absorption of iron occurs in the small intestine, and depends on specific carrier mechanisms. There, it gets modified and absorbed by the intestinal cells, also known as enterocytes. Iron is stored as ferritin in the enterocytes and transferred into the bloodstream using the protein ferroportin. Once it reaches the blood, iron binds to transferrin, another type of transport protein. Oxygen binds to transferrin and combines with iron in the blood cell. From here, iron and transferrin are used to produce hemoglobin which is stored and used by all body cells. Hemoglobin is necessary for carrying oxygen used to support the growth and repair of body cells, including those that contribute to hair growth. Not having enough iron means the body cannot produce hemoglobin in the blood which can affect various bodily processes such as hair growth!

This figure illustrates iron in the Fe2+ state being transported and stored as ferritin. Iron can the bind to ferroprotein as depicted and go into circulation. Ferritin has many subunits the act as storage and regulation of iron levels that occur in the human body.

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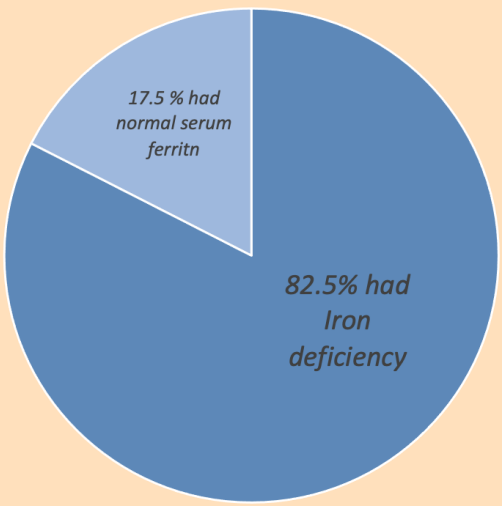
Distribution of serum ferritin levels in participants with hair loss



In a study of 40 participants with hair loss, 82.5% were found to have low serum ferritin levels(Iron deficiency) which was defined as as <41 µg/L. This yielded a statistically significant difference of P = 0.0001*, and t = 6.722, by one-sample t-test