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## Dry hair

Dry hair is hair that does not have enough moisture and oil to maintain its normal sheen and texture.

### Causes

Some causes of dry hair are:

- Excessive hair washing, or using harsh soaps or alcohols
- Excessive blow-drying
- Dry air due to the climate
- Malnutrition
- Anorexia
- Underactive parathyroid (hypoparathyroidism)
- Underactive thyroid (hypothyroidism)
- Other hormone abnormalities
- Menkes kinky hair syndrome

### Home Care

At home you should:

- Shampoo less frequently, perhaps only once or twice a week
- Use gentle shampoos that are sulfate free
- Add conditioners
- Avoid blow drying and harsh styling products

### When to Contact a Medical Professional

Contact your health care provider if:

- Your hair does not improve with gentle treatment
- You have hair loss or breaking hairs
- You have any other unexplained symptoms

# What to Expect at Your Office Visit

Your provider will perform a physical exam and may ask the following questions:

- Has your hair always been dry?
- When did the unusual hair dryness first start?
- Is it always present, or is it off and on?
- What are your eating habits?
- What kind of shampoo do you use?
- How often do you wash your hair?
- Do you use a conditioner? What type?
- How do you normally style your hair?
- Do you use a hair dryer? What type? How often?
- What other symptoms are also present?

Diagnostic tests that may be performed include:

- Examination of the hair under a microscope
- Blood tests
- Scalp biopsy

## Alternative Names

Hair - dry

## References

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## Review Date 10/14/2024

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Health Content  
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06/01/2028

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