焦虑如何拔掉你的头发

1.头发生长周期
2.压力和头发生长的关系
3.放松也许可以长出更多头发，放轻松可以抑制脱发

Ref：Rui Yi，Mechanisms of Quiescent Hair Follicle Stem Cell Regulation

Article | Published: 31 March 2021

Corticosterone inhibits GAS6 to govern hair follicle stem-cell quiescence

Sekyu Choi, Bing Zhang, Sai Ma, Meryem Gonzalez-Celeiro, Daniel Stein, Xin Jin, Seung Tea Kim, Yuan-Lin Kang, Antoine Besnard, Amelie Rezza, Laura Grisanti, Jason D. Buenrostro, Michael Rendl, Matthias Nahrendorf, Amar Sahay & Ya-Chieh Hsu

Nature **592**, 428–432 (2021) | Cite this article

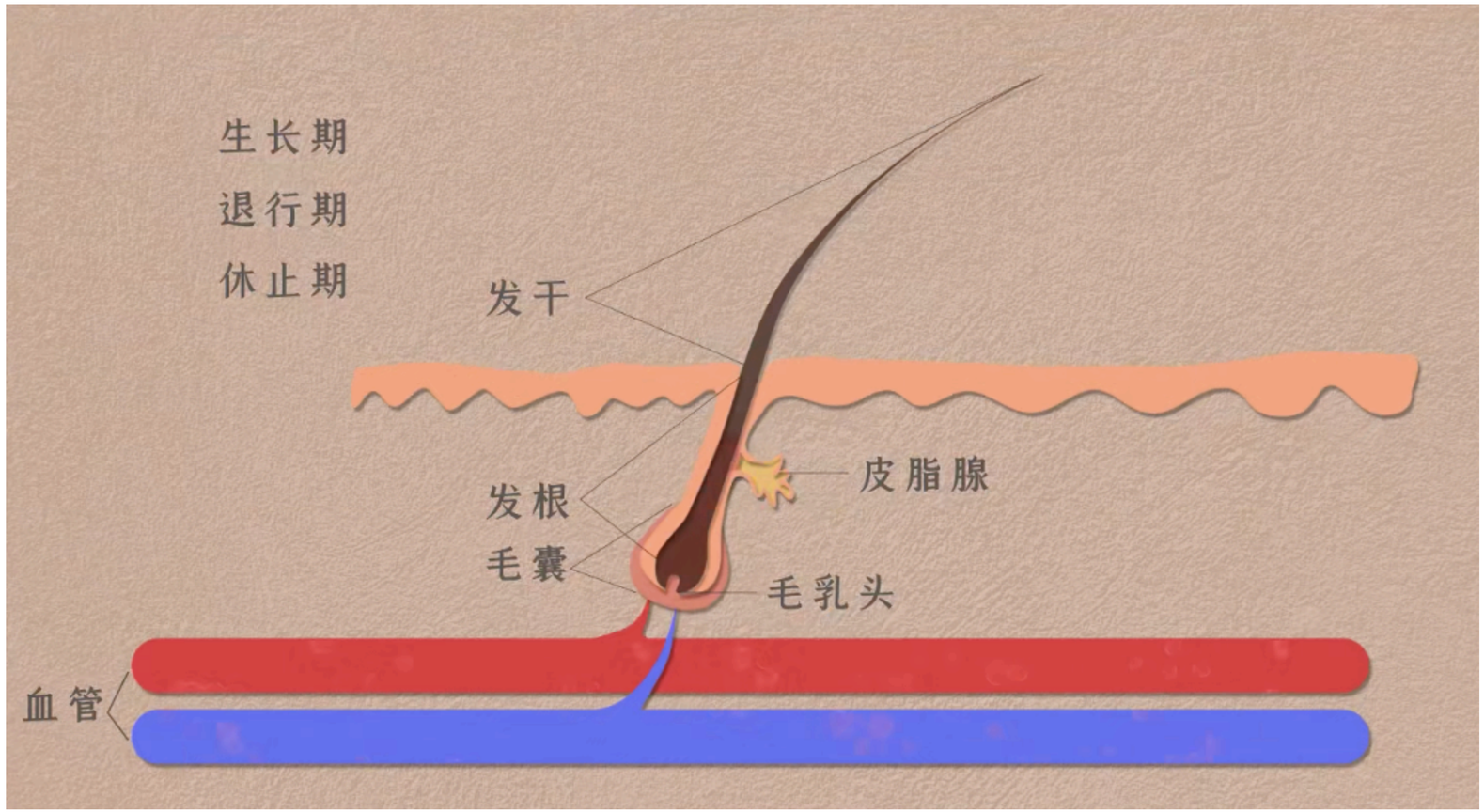
Abstract

Chronic, sustained exposure to stressors can profoundly affect tissue homeostasis, although the mechanisms by which these changes occur are largely unknown. Here we report that the stress hormone corticosterone—which is derived from the adrenal gland and is the rodent equivalent of cortisol in humans—regulates hair follicle stem cell (HFSC) quiescence and hair growth in mice. In the absence of systemic corticosterone, HFSCs enter substantially more rounds of the regeneration cycle throughout life. Conversely, under chronic stress, increased levels of corticosterone prolong HFSC quiescence and maintain hair follicles in an extended resting phase. Mechanistically, corticosterone acts on the dermal papillae to suppress the expression of *Gas6*, a gene that encodes the secreted factor growth arrest specific 6. Restoring *Gas6* expression overcomes the stress-induced inhibition of HFSC activation and hair growth. Our work identifies corticosterone as a systemic inhibitor of HFSC activity through its effect on the niche, and demonstrates that the removal of such inhibition drives HFSCs into frequent regeneration cycles, with no observable defects in the long-term.

在啮齿类动物中相当于人类的皮质醇——调节小鼠毛囊干细胞(HFSC)的沉默和毛发生长。在缺乏全身皮质酮的情况下，HFSCs在整个生命周期中进入更多的再生周期。相反，在慢性应激下，皮质酮水平的增加延长了HFSC的沉默，使毛囊处于延长的休息阶段。

研究人员首次发现，应激激素通过调控毛囊干细胞生长周期的方式抑制毛发生长
说人话就是
科学家们找到了压力大导致脱发的生理机制，并找到了逆转这一现象的可能方法

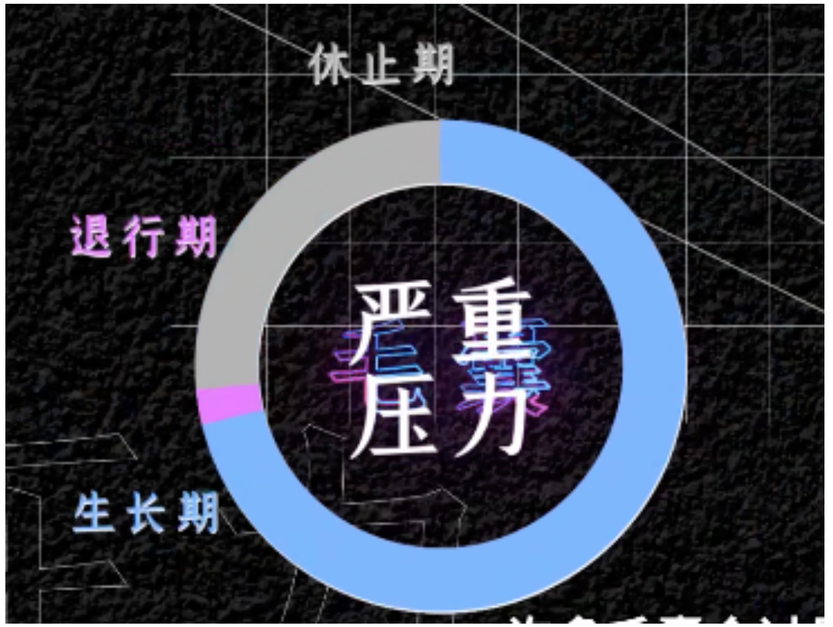
Ref: Mechanisms of Quiescent Hair Follicle Stem Cell Regulation(Stem Cells. 2017 Dec; 35(12): 2323–2330.)



- 每一根头发不会伴随我们的一生，而是会生长三到六周年自然脱落

生长期毛囊干细胞持续分裂，不断推出增长的发干，头发在长长，之后进入退行期,此时毛囊收缩,头发停止生长，一到两周后毛囊干细胞开启休眠状态,头发在发根出停留一段时间,之后就可能被风吹落，洗发时候脱落，etc.. 2到4个月后，休止期结束，毛囊进入下一个生长周期，开始长出新的头发。 这个过程就是每天发生在我们头顶的事情啦，每一根自然脱落的头发陪伴我们三年左右

*Ref: Rui Yi.Relax to grow more hair.Nature **592**, 356-357 (2021)*



压力严重，毛囊会过早进入毛发休止期，迫使头发停止生长，并迅速脱落，研究人员找到了具体的生理机制， back 2

(Fig. 1b). When the interactions between birds are non-reciprocal, a state can emerge in which the birds fly in circles (Fig. 1c). The spatial symmetry in this state is restored because the birds fly in all directions. Importantly, this state has a chirality – the birds either all fly clockwise or all fly anticlockwise – that is stabilized by the many interactions between the birds. This stabilization prevents the system from flipping back and forth between the two chiralities, which would produce an average chirality of zero.

Fruchart *et al.* now show that the emergence of the chiral state occurs at a transition between symmetry and broken symmetry that is controlled by an exceptional point. By contrast, transitions in systems at equilibrium occur at mathematically distinct 'critical points' that are associated with the closing of an energy gap, which causes two distinct states of the system to have the same energy. The energy of a dynamic system can be described numerically by a mathematical function called a Hamiltonian, and fundamental modes of the system are characterized by vectors known as eigenvectors. The Hamiltonian of a system that has non-reciprocal interactions is non-Hermitian[1], which means that the eigenvectors are not fully independent. When the directions of these eigenvectors are varied by changing a control parameter of the system, two of the eigenvectors can coalesce at an exceptional point.

The authors show that in a many-body system, one of the two overlapping modes is known as a long-wavelength Goldstone mode, and is associated with the breaking of rotational invariance. In the case of a flock of birds, the Goldstone mode corresponds to a uniform movement of all birds along the flocking direction, whereas other modes control the relative motion of birds within the flock with respect to each other.

At the exceptional point, the complete overlap of the Goldstone mode with one of the other modes allows the system to freely switch between all possible ground states, instead of remaining trapped in one state. For the birds, this corresponds to the emergence of chiral rotation across the entire system. In other words, Fruchart *et al.* report how symmetry that was spontaneously broken on one side of the exceptional point can be dynamically restored.

Although exceptional points have received considerable attention in photonics[7], where they have been shown to describe properties such as the one-way transmission of light through a material, Fruchart and colleagues expand their use to many-body systems that are out of equilibrium. Indeed, the authors' findings apply to any system containing two key ingredients: non-reciprocal interactions and a spontaneously broken continuous symmetry. This opens up the possibility of engineering devices whose function depends on the behaviour of a non-reciprocal system that is close to its exceptional-point transition – by analogy to existing devices that exploit behaviour near ordinary phase transitions (such as a refrigerator, which repeatedly vaporizes and condenses its coolant).

For example, materials could be developed that exhibit one-way elasticity – that is, in which mechanical waves propagate undisturbed in one direction, but are totally reflected in the opposite direction. Devices could be engineered to produce coherent phonons, the mechanical equivalent of a laser beam. And it might be possible to develop mechanical strain cloaking, in which a portion of a material is fully isolated from vibrations or shocks.

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Stem cells

Relax to grow more hair

Rui Yi

A stress hormone has been found to signal through skin cells to repress the activation of hair-follicle stem cells in mice. When this signalling is blocked, hair growth is stimulated. Stressed humans, watch out. **See p.428**

When American football quarterback Aaron Rodgers told his fans to relax after his team's poor start one season, little did he know that he was also giving a hair-care tip. His advice is particularly helpful now, after a long pandemic year. About one-quarter of people who contract COVID-19 experience hair loss six months after the onset of symptoms[1], probably because of the systemic shock caused by the ordeal of infection and recovery. Chronic stress has long been associated with hair loss, but the underlying mechanism that links stress to the dysfunction of hair follicles [illegible] has been elusive. On page 428, Choi *et al.* uncover the connection in mice.

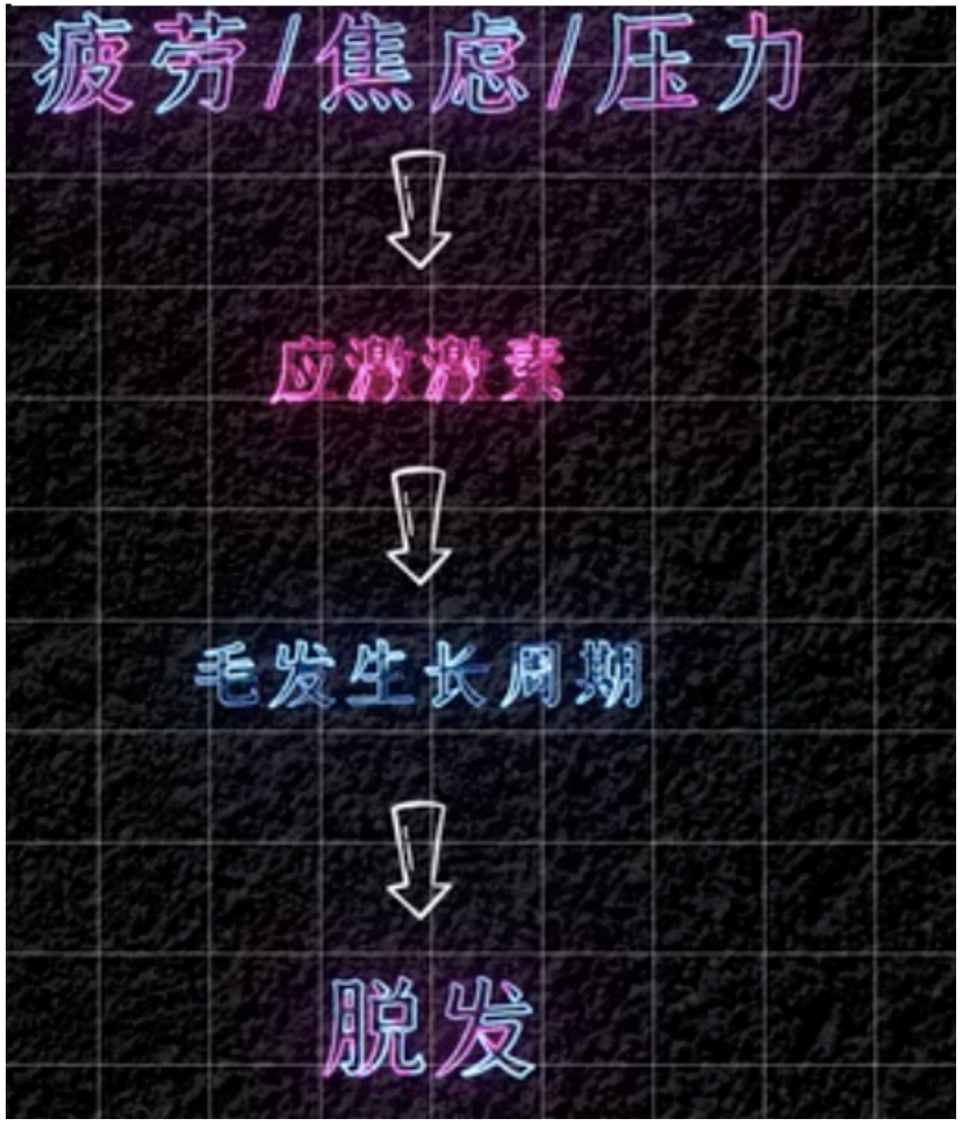
Throughout [illegible] cycles through three stages: growth (anagen), degeneration (catagen) and rest (telogen). During anagen, a hair follicle continuously pushes out a growing hair shaft. During catagen, hair growth stops, and the lower part of the hair follicle shrinks, but the hair (now known as a club hair) remains in place. During telogen, the club hair remains dormant for some time, eventually falling out. Under severe stress, many hair follicles enter telogen prematurely and the hair quickly falls out.

Hair-follicle stem cells (HFSCs) are located in a region of the hair follicle called the bulge. These cells have a crucial role in governing hair growth by interpreting both internal and external signals. For example, during telogen, HFSCs are kept in a quiescent state and so do not divide[3,4]. When hair growth is initiated in the next anagen phase, HFSCs are instructed to divide and produce progenitor cells. These progenitors then begin a journey of differentiation, generating several layers of hair follicles and, ultimately, the hair shaft.

Since HFSCs were identified in the bulge region more than 30 years ago[5–7], many regulatory molecules – such as gene-transcription factors and signalling proteins – have been shown to control the cells' quiescence and activity[3,4]. Many of these regulators [illegible] in HFSCs or their neighbouring cells, including dermal papilla cells, which provide information as a supportive 'niche' for HFSCs[3,4]. But how systemic conditions such [illegible] of HFSCs is incompletely understood.

To answer this question, Choi and colleagues [illegible] the role of adrenal glands – which produce stress hormones and constitute a key endocrine organ – in the regulation of hair growth, by surgically removing them from mice. Telogen phases were much shorter in the hair follicles of these animals (which the team dubbed ADX mice) than in control mice (less than 20 days compared with 60–100 days), and the follicles engaged in hair growth roughly three times as often. The authors were able to suppress this frequent hair growth and restore the normal hair cycle

Under severe stress, many hair follicles enter telogen prematurely and the hair quickly falls out


疲劳/焦虑/压力
应激激素
毛发生长周期
脱发

Article | Published: 31 March 2021

Corticosterone inhibits GAS6 to govern hair follicle stem-cell quiescence

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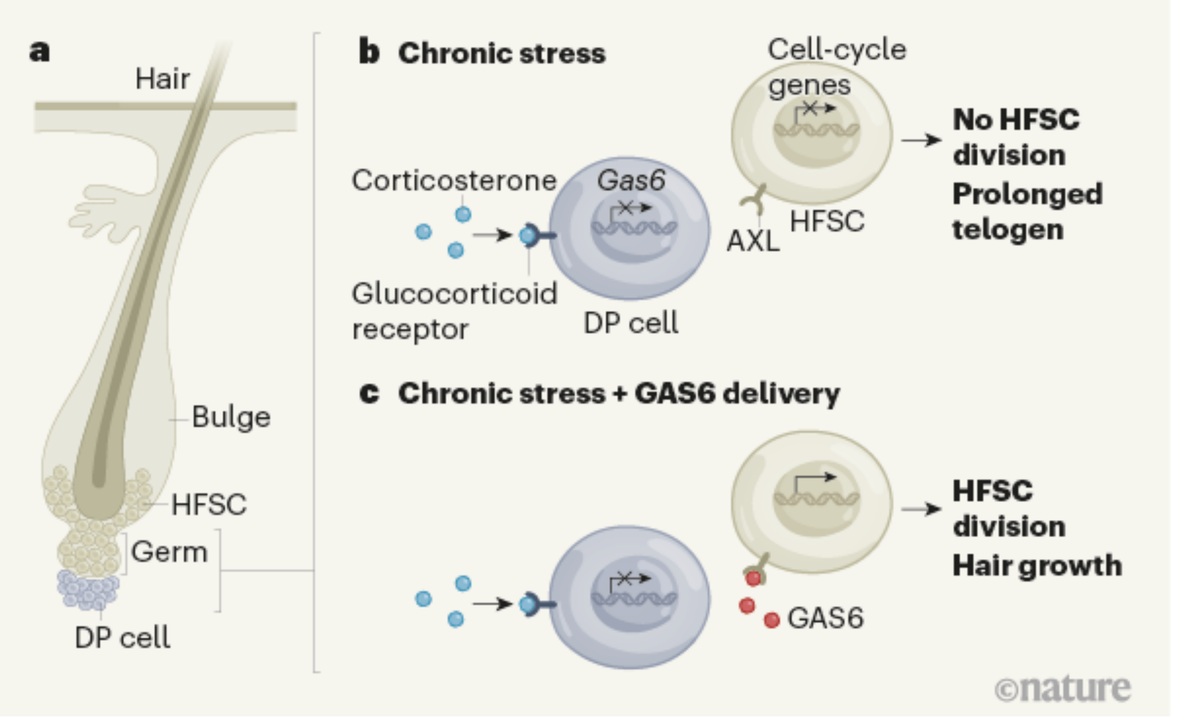
Abstract

Chronic, sustained exposure to stressors can profoundly affect tissue homeostasis, although the mechanisms by which these changes occur are largely unknown. Here we report that the stress hormone corticosterone—which is derived from the adrenal gland and is the rodent equivalent of cortisol in humans—regulates hair follicle stem cell (HFSC) quiescence and hair growth in mice. In the absence of systemic corticosterone, HFSCs enter substantially more rounds of the regeneration cycle throughout life. Conversely, under chronic stress, increased levels of corticosterone prolong HFSC quiescence and maintain hair follicles in an extended resting phase. Mechanistically, corticosterone acts on the dermal papillae to suppress the expression of *Gas6*, a gene that encodes the secreted factor growth arrest specific 6. Restoring *Gas6* expression overcomes the stress-induced inhibition of HFSC activation and hair growth. Our work identifies corticosterone as a systemic inhibitor of HFSC activity through its effect on the niche, and demonstrates that the removal of such inhibition drives HFSCs into frequent regeneration cycles, with no observable defects in the long-term.

用小白鼠实验时候，发现应激激素水平升高时，毛发休止期延长，无法生长，导致整体发量减少，
而当应激激素水平降低时，毛囊重新进入生长期，开始长出新的头发，这种应激激素是处在长期慢性压力下，小白鼠体内分泌的皮质酮
休止期的毛发收到一种名为Gas6蛋白的调节，从而被唤醒，而皮质酮正是抑制这种蛋白的表达，促使毛囊休止期延长，在没有皮质酮的情况下，Gas6蛋白被证实具有毛囊干细胞增殖的作用，这项研究为长期处在慢性压力下而脱发的小伙伴带来了很大希望。科学家无法帮我们减轻压力，但他们也许能找到治疗因压力导致脱发的方法，目前这研究仅在小白鼠身上进行，找到具体治疗脱发的方式还有一段距离



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by feeding the ADX mice corticosterone (a stress hormone normally produced by the animals' adrenal glands). Interestingly, when they unpredictably applied various mild stressors to normal mice for nine weeks, they observed elevated corticosterone levels accompanied by reduced hair growth, supporting the idea that corticosterone produced by the adrenal glands during chronic stress inhibits the initiation of hair growth.

How do HFSCs sense corticosterone? Because corticosterone signals through a protein known as the glucocorticoid receptor, selective deletion of this receptor in different cell types in the skin should reveal which cells are required to receive the signal. Choi *et al.* found that selective deletion in the dermal papillae blocked the inhibitory effects of corticosterone on hair growth, whereas deletion in HFSCs themselves had no effect. This suggests that HFSCs do not sense the stress hormone directly – and that, instead, the dermal papillae have a crucial role in signal transmission.

To understand how dermal papillae relay the stress signal onwards to HFSCs, the authors profiled the messenger RNAs (which serve as the template for protein production) that are expressed in dermal papillae. This pointed to a secreted protein called growth arrest-specific 6 (GAS6) as a candidate molecular messenger. Indeed, delivering GAS6 into the skin using an adenovirus vector (a common tool in gene therapy) not only stimulated hair growth in normal mice, but also restored hair growth during chronic stress or corticosterone feeding.

Next, Choi and colleagues found that the protein AXL – a receptor for GAS6 that is expressed by HFSCs – passes the signal on to HFSCs to stimulate cell division. These and other data generated by the authors show that corticosterone signalling, triggered by chronic stress, leads to inhibition of GAS6 production in dermal papillae, and that forced expression of GAS6 in the dermis can bypass the inhibitory effect of chronic stress on hair growth (Fig. 1).

These exciting findings establish a foundation for exploring treatments for hair loss caused by chronic stress. Before this knowledge can be applied to humans, however, several issues should be carefully examined. First, although corticosterone is considered to be the rodent equivalent of human cortisol, we do not yet know whether cortisol signals in a similar fashion in humans. Characterization of GAS6 expression in human dermal papillae during the hair-growth cycle, and under stressed conditions, will be one of the first steps to take.

Second, the duration of hair-cycle phases is different in mice and humans. In adult mice, most hair follicles are in the telogen phase at any given time, compared with only around 10% of human hair follicles[10]. This point is particularly important because, in inhibiting GAS6 production, Choi *et al.* showed that corticosterone had a role in prolonging telogen. They did not comprehensively evaluate the anagen phase, which accounts for the status of roughly 90% of follicles in the human scalp. It will be interesting to see whether chronic stress, and perhaps cortisol, can 'push' anagen hair follicles into telogen in humans, or whether these factors serve only to prolong telogen, as in mice.

Third, although hair shedding in response to severe stress usually occurs during telogen, it is not well understood how a prolonged telogen contributes to the reduced anchorage of hair follicles, eventually leading to hair loss. In both mice and humans, the loss of telogen hair follicles through hair plucking usually stimulates a new round of hair growth. So perhaps hair loss that is induced by chronic stress is promoted by mechanisms that both reduce the anchorage of follicles and inhibit entry to the anagen phase.

Finally, Choi *et al.* have shown that GAS6 promotes the expression of several genes involved in cell division in HFSCs, without interfering with known transcription factors and signalling pathways. So, the authors might have uncovered a previously unknown mechanism that stimulates HFSC activation directly by promoting cell division. In ageing skin, most progenitor cells harbour DNA mutations – including harmful ones that are often found in skin cancers – without forming tumours[11]. It will be crucial to see whether forced GAS6 expression could inadvertently unleash the growth potential of these quiescent but potentially mutation-containing HFSCs.

Although further studies are needed, Choi *et al.* have beautifully uncovered a cellular and molecular mechanism that links stress hormones produced by adrenal glands to the activation of HFSCs through the control of GAS6 expression in dermal papillae. Moreover, they have shown that injecting GAS6 into the skin can reinitiate hair growth in mice even when the animals are experiencing chronic stress. Modern life for humans is inevitably stressful. But perhaps, one day, it will prove possible to combat the negative impact of chronic stress on our hair, at least – by adding some GAS6.

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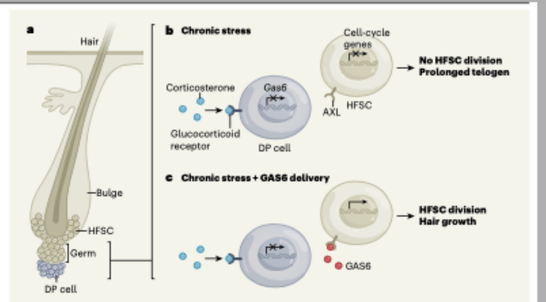

Figure 1 | Stress and hair growth in mice. a, Hair is generated from hair-follicle stem cells (HFSCs), which are thought to reside in the bulge and germ region of hair follicles during a 'resting' phase of hair growth called telogen. HFSCs are supported by neighbouring dermal papilla (DP) cells. Choi *et al.*[2] have discovered a pathway in mice that modulates hair growth in response to stress. **b**, Chronic stress causes mice to produce the hormone corticosterone. The authors show that corticosterone binds to the glucocorticoid receptor protein on DP cells, which leads to a block in expression of the *Gas6* gene. GAS6 protein would normally activate the AXL receptor protein on HFSCs. Its absence means that no activation signal is passed to the HFSCs, and no genes associated with the cell cycle are activated. The telogen phase is prolonged, and so the hair does not grow. **c**, When GAS6 is delivered into the skin using a viral vector (vector not shown), it can bind to AXL on HFSCs, triggering expression of genes involved in cell division. The HFSCs multiply, and hair growth follows.

一位该领域的研究人员指出，相对于啮齿动物释放的皮质酮，人类处在慢行压力是释放的皮质醇是否也遵循这一规律尚不明确，小白鼠和人类的毛发生长周期也存在差异等等，
压力大是真的会导致脱发
包括 改不完的方案，应付不来的人际关系，组队总输被骂猪队友，这些疲劳和压力，往往会出发神经系统的应激反应，长期处在这种状态下很可能会威胁到我们的健康，

组队拉跨

失眠

疲劳

写不完的论文

应激反应

压力

脱发

改不完的方案

人际关系

焦虑

情绪不稳定

找到合适的方式，从慢行压力中释放出来
也许真能长出更多的头发

1、保持良好的生活习惯
2、每工作一小时离开座位活动一下
3、做自己喜欢的事情