Hair loss product programme

FIVE THINGS YOU <u>MUST</u> DO IN ORDER TO GET THE ABSOLUTE BEST RESULTS FROM USING YOUR HAIR LOSS PRODUCT

Lesson #4: How to Count & Measure Your Hair Loss

Count and Measure Hair Loss

Self-diagnosis with regards to hair loss is risky because there are many *causes* of hair loss and there are many *types* of hair loss. Some are generic and some are indicative of serious underlying medical conditions.

Different types of hair loss require different treatments and may have very different outcomes; in other words the prognosis may vary greatly.

The only people qualified to diagnose the cause of your hair loss is a trichologist; a professional hair and scalp expert who has undergone a minimum of three years intensive medical training specifically relating to the hair and scalp.

GPs are in the main not trained to correctly diagnose the different types of hair loss. That said the results of the tests that GPs may arrange can certainly be useful to a professional trichologist. He/she can use your GP's test results to help diagnose the root cause of your hair loss.

We'll cover this in much more detail later in another lesson on identifying the root cause of your hair loss. But for now, let's get on track with this lesson.

A qualified trichologist has the means to accurately assess the success you're having with a particular treatment programme over a period of time.

Ongoing assessment of your own results should be an essential and vital part of your own treatment programme – *especially* for those who have 'Self-diagnosed and prescribed'.

Not to do so would means that you won't have a clue (other than perhaps a feeling) if your treatment is working or not.

As pointed out in a previous lesson, often there may be no early signs of your treatment being a success despite the longer term results being positive.

But think about it… successful treatments **always** have a starting point; a day when you look and actually see a change; something different which starts to happen that begins to take you in the desired direction.

If you are losing hair too fast and your hair density is quickly diminishing, then the starting point would be the day when you lose less than you have been.

But as a 'home user' of a Self-prescribed product you will not know if this day is reached. There's no way of knowing whether:

1. Your product is starting to work – and therefore to continue using it, or

2. Your product isn't working; it's time for professional diagnosis / treatment

If your answer to the above question is: "*well I'll know when I have less hair falling out*", **how** will you know? Hair falls out throughout the day and wherever you are: bed, shower, car, work, during activities, onto clothing, inside, outside… do you see what's happening here?

The truth is…

**You have no way of being certain
how many hairs you are losing a day.**

**So you have no way of being certain
if your hair loss product is working.**

How Many Hairs Are Lost Per Day?

There is a suggestion in the media that it is normal to lose 100 hairs per day.

The 100 number has come about due to a basic mathematical derivation based on the assumption that the average scalp contains 100 000 hairs, approximately 10% are in the telogen phase = 10, 000 hairs.

Therefore 10,000 / 100 days which is the average 'timeframe' of the telogen phase = 100 hairs shed per day.

The 100 number is most unhelpful because it is impractical for anyone to actually count the actual number they lose – remember bed, shower, car, etc.

The 60s Hair Loss Count

The 60s hair loss count is a hair loss count test that you can do in the comfort of your own home at intervals throughout your hair loss treatment programme.

The test takes just 60 seconds to conduct. It has been scientifically standardised by PhD; Jeffrey J. Miller, MD of Penn State Health in his ground-breaking study.

The study was reviewed and accepted by the institutional review board of Pennsylvania College of Medicine, Hershey. The study concluded: -

"A properly performed 60-second hair count is a simple, practical, and reliable tool for the assessment of hair shedding."

The 60s Hair Loss Count is therefore the perfect tool for the ongoing counting, and monitoring of results throughout any Self-prescribed hair loss treatment programme.

How Does It Work?

It's simple. A 60 second test that you can do at any time that will provide you with a standardised hair loss count result.

Use the special comb to perform the count for 60 seconds over the special contrasting 'landing mat' before shampooing.

Pull the comb from the back top of the scalp forward to the front of the scalp for 60 seconds. "That 60 seconds allows you to dislodge any of the resting hairs that are **supposed** to be shed," explains Dr. Miller of Penn State Health.

Repeat the procedure before three consecutive shampooing sessions, always using the special comb. Count and record the number of hairs in the comb and on the landing mat.

Compare your result with averages contained in the kit and your own historic numbers to ascertain your progress.

The 60s Hair Loss Count Kit

The 60s Hair Loss Count Kit from Ahead Solutions contains everything you need to conduct your hair loss count test at intervals throughout your treatment programme.

It also provides guidance on the options you should consider you not see an improvement in your condition.

The 60s Hair Loss Count Kit provides:-

- ✓ The physical tools that you'll need to conduct your tests inc.
    - o Shampoo
    - o 60s kit comb
    - o Landing mat
    - o Instructions

- ✓ Guidance on averages
- ✓ Track and monitoring card

Still to come...

- ✓ Identifying the cause of your hair loss