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# Hair Loss at Menopause: Less hair on head, more on face

Contributed by Webmaster

By mogsta22

Its perhaps one of the most distressing symptoms of menopause: thinning hair. While many assume its a mans problem, some 40% of women over 50 experience hair loss. The problem can cause loss of self-esteem and self-confidence, so its not something to be taken lightly. The good news, though, is that if you find your hair falling out during menopause, theres usually something you can do about it.

## The reasons for thinning hair

There are several causes for hair loss at menopause, but for once, estrogens not to blame.

This time its testosterone, an important hormone for women as well as men.

Although the exact causes are unknown, its thought that as your estrogen and progesterone levels drop, you end up with a relatively higher level of testosterone, which affects your hair follicles.

A genetic irregularity in the way your follicles metabolize testosterone causes this hormone to be converted to dihydrotestosterone (DHT) at a higher rate more than in other women. DHT causes the hair follicles to shrink and the result is hair loss, thinner strands of hair, and less pigment (grey or white hair).

In most women who experience this, hormone and reproductive function is normal, so theres nothing to worry about in that department.

Hormones arent all there is to it, though. Many women overlook the fact that stress can also lead to thinning hair. Whether its a serious illness, the death of a loved one, or adjusting to a major life change such as retirement, stress can shock the hair follicles into dormancy. If you have extreme hair loss, though, contact your doctor. Dramatic hair loss can be a sign of a serious health condition like thyroid disease.

## Is it temporary or permanent?

The first question most women want answered is whether hair loss during menopause is temporary or permanent. Does it grow back or are we stuck with thin hair? The answer depends on the cause of your thinning hair. If you suffer from genetic female pattern baldness (your mother or grandmothers lost hair, too), then unfortunately hair loss is likely to be permanent. Thats why its a good idea to do what you can to prevent it before it goes too far. On the other hand, hair loss from stress is temporary and your hair will resume its normal rate of growth within 6 months after the stress passes.

## How to prevent hair loss

If you think you may be facing the possibility of permanent hair loss, there are things you can do to prevent it. Good nutrition is vital for healthy hair, especially vitamins A and D, iron and protein. For mild hair loss, it can help to increase the level of female hormones in the body. For a natural way to do this, try foods rich in phytoestrogens like soy and lentils or natural progesterone creams made from these plants.

## Hair loss products

For serious cases of hair loss, products may be prescribed by a physician. The two most popular products for men,

Minidoxil (Rogaine) and Finasteride (Propecia) can be used by women, but only those no longer able to conceive, since these drugs are known to cause fetal abnormalities.

While thinning hair during menopause can become a serious problem if left untreated, there are a things you can do to save your hair. If youd rather not to risk it with prescription drugs, try adding hair-health nutrients and phytoestrogens to your diet.

Visit [Buy Natural Progesterone](#) for more information about menopause and how Natpro natural progesterone cream can help.

If you would like to buy Natpro Natural Progesterone Cream it is available to purchase online from the above website