

Self Induced Hair Loss

Some damage to the hair is self inflicted sometimes consciously or unconsciously the two main types of self induced hair loss are Trichotillomania and Traction Alopecia.

Trichotillomania

Trichotillomania is self induced hair loss which results from the continuous pulling or plucking of the hair. It occurs most commonly among young children, adolescents and women and affects twice as many females as males. The hair is often pulled out in distinct patches on the scalp however some individuals also pull out eyebrows and eyelashes.

The treatment for trichotillomania often involves counseling or psychiatric help; however in some cases an antidepressant may be prescribed.

Traction Alopecia

Traction alopecia is usually caused by continuous and excessive pulling on the hair due to various types of hairstyling. Ponytails, buns, braiding and cornrows often result in a continuous pulling on the hair. This traction gradually results in hair loss. If this type of traction and hair loss continues for an excessively long period of time then the hair loss may become permanent. Generally however a change in hairstyle that reduces the traction on the hair and hair follicle is all that is required in the treatment of traction alopecia.