

Hairline International launches therapies across five specialities

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Hairline International now offers appointments across its centres for consultation under each of these specialities, based on doctor consultation and advice.



Hairline International Hair and Skin Clinic will now offer patients a range of therapies across 5 specialities of Trichology. Patients visiting any of the 7 centres of Hairline International, can now avail of specialized care focused on Geriatric, Endocrine, Pediatric, Gynaecology-related and Psychiatric-related hair loss issues. Each of these specialities will be medically managed by in-house specialized doctors, with consultants being brought on board, based on need.

Speaking on the launch of these 5 specialities, Dr. Bani Anand, Founder and Managing Director, Hairline International Hair and Skin Clinic says, "The hair care needs of people varies at different stages in life and now Hairline International offers specialty treatment options in trichology catering to every segment. Eventually we will get to launching specific products which will also be used in therapies for each of these groups."

Speaking on the specialities, Dr. Divya K G, Dermatologist, Hairline International Hair and Skin Clinic says, "These specialities allow us to examine each patient for specific issues that may be afflicting them based on their general health, age and gender. This allows for a more focussed approach to therapy protocols that we work out for them."

Addressing the media on the importance of nutrition in Trichology care, Mansi Belani, Fitness Nutritionist, Hairline International Hair and Skin Clinic says, "While overall good nutrition may be common across age groups and genders, there is a need for customized dietary and nutritional approaches. Such approaches take into consideration age or gender specific ailments, personal health levels and more. Good nutrition is a very important factor to determine good hair and skin."

Here is a look at each of the specialities-

Geriatric Trichology: Besides male and female pattern baldness, alopecia areata and senescent alopecia there are several ailments that can lead to geriatric hair loss. This is particularly for patients in the age bracket of 60 years and above. These ailments can cause scarring alopecias likes LPP, Frontal Fibrosing Alopecia, Folliculitis Decalvans etc. There is also hair loss that is caused due to tumour metastasis to the scalp, commonly seen among breast cancer patients. Menopause can also cause hair loss. Overall hair loss among the elderly is multifactorial and warrants close inspection. Specialized treatments in

the form of hormonal therapies, topical treatments, SMP as well as non-surgical options of hair weaving and bonding, in addition to hair transplants, will be offered to geriatric patients at Hairline International.

Endocrinal Trichology: Endocrinal ailments cut across age groups. It is a fact that hair growth is regulated by hormonal changes in the body. In this specialty, patients will be diagnosed through a series of thorough blood tests. Based on individual cases, nutritional counseling will be provided. Medications that specifically deal with endocrine-related ailments will be prescribed. Additional therapies such as micro-grafting, SMP as well as hair transplants and micro-grafting options will be offered under this specialty at Hairline International.

Pediatric Trichology: There are several medical reasons for hair loss in children (here considered till the age of 15 years) such as fungal infections, lice infestations, alopecia areata, Trichotillomania, tractional alopecia, Telogen Effluvium as well as endocrinal and nutritional deficiencies that can cause unusual hair loss among children. Non-medical reasons include new born hair loss, frictional hair loss as well as hair abuse. These require specialized attention, counselling as well as treatment therapies that will now be managed through the specialties at Hairline International.

Gynaecology-Related Trichology: There are several gynaecological reasons why hair may be affected, especially in the age bracket of 18-55 years of age. During pregnancy, an increased number of hair go into resting phase which is a part of normal hair loss cycle. It may occur due to vitamin or mineral deficiency. Most common period of hairloss is 3 months post-delivery or post-partum. Upto 60% of hair that is in the growth phase may enter the resting phase leading to acute or chronic Telogen Effluvium. Hairloss is also triggered by the change in the estrogen levels which is characteristic of the peri- and post-menopausal stages in a woman's life. These changes in estrogen level can also affect hair in the post-menopausal stage. Each case will be examined and a personalized therapy approach will be created.

Psychiatric Trichology: Many psychiatric issues such as anxiety, depression, anorexia, bulimia, schizophrenia etc., can cause issues like Alopecia areata, Telogen effluvium and Trichotillomania etc. These issues can affect any age group. These problems can be addressed by a psychiatrist, a nutritionist and a dermatologist at Hairline by providing aesthetic help to improve confidence, self-esteem and external appearances.

Each of these specialties will also involve intense focus on the diet of an individual and will be examined and prescribed by a qualified nutritionist. A psychologist will also be available at each of the 7 centers of Hairline International for counselling who will consult across all specialties.

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What the Specialists say:

There are several causes for hair loss. These causes may be related to age, sex, overall health or may be the result of complications arising for certain ailments.

Dr. Sharat Honnatti, Consultant Geriatric Physician

Geriatric Trichology

"As a person ages, the growth rate of hair decreases. This happens because the follicles simply do not allow for hair growth as quickly. By the time a man is in his late 60s, 80% of men have some substantial balding or thinning present. Elderly women are affected, too. Hair loss in elderly individuals may also have a direct relation to a disease or other health conditions. In addition, medications used to treat some illnesses can trigger hair loss. All this and more will be investigated in Geriatric Trichology that is being offered at Hairline International."

Dr. Ananthraman R, Consultant Endocrinologist

Endocrinal Trichology

"Endocrine problems can cause hair loss. Hair loss is a major problem among women, and it's a serious problem. The most common endocrine cause of hair loss is hypothyroidism. And patients with hypothyroid are known to have thinning of their hair, losing their hair in the shower, and especially for example their hair on the outer portion of their eyebrows is very commonly lost. The other endocrine causes of hair loss are the hormones, the sexual hormones, and also patients with too high level of testosterone can also have hair loss. These are among the basics that will be evaluated in the course of treatment under endocrinal trichology, based on symptoms presented by patients."

Dr. Priyadarshini PG, Pediatric Dermatologist

Pediatric Trichology:

"Hair loss in children can be extremely stressful for the caretaker. Recognizing symptoms and bringing children in for examination is of utmost importance. For the majority of children 26 months or older suffering hair loss, the following could be the causes - tinea capitis, Trichotillomania, Telogen Effluvium as well as nutritional deficiencies such as the lack of Vitamin H or biotin, Vitamin A deficiency or even a Zinc deficiency. Hypothyroidism can also affect the hair in the children. There are non-medical reasons where newborns lose hair to make way for permanent hair. Hair loss from friction while rubbing on the pillow or mattress can also occur. Vigorous brushing and pulling of hair also causes hair loss."

Dr. Priyanka Shukla, Obstetrician and Gynaecologist

Gynaecology-Related Trichology:

"There are several gynaecological reasons why hair may be affected, especially in the age bracket of 18-55 years of age. These can be related to various stages in a woman's life. These can be from hormonal changes that take place at pregnancy, post-delivery or post-partum. It can be from the stress of child birth. It can also be a result of diet and lack of exercise. Some women are also genetically inclined to hair loss. Hormonal changes in the monarchy to menopausal stage can also result in hair loss."

Dr. Shilpasri SK, Consultant Psychiatrist

Psychiatric Trichology:

"Your mental health can be the cause of hair loss as well. Depression can affect the quality of your hair. The various physiological states of depression such as low mood, discouragement, low self-esteem and feeling drained can be a factor in reducing the hair growth phase, leading to hair loss. Anti-depressant medication too can create hair trouble. Chronic and emotional stress too can lead to hair loss. Stress related hair loss, in most cases, stops it's growth phase during a stressful period and lie dormant, causing the hair to shed. If the stress continues, the hair continues not to grow."