



Hair Loss after Bariatric Surgery?

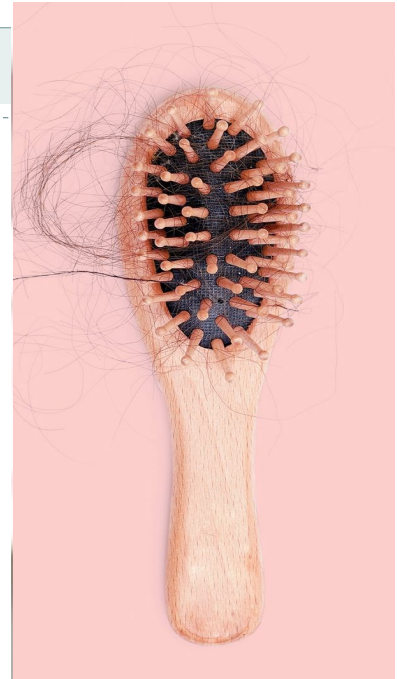
How Much Hair Do We Lose on a Given Day?

Telogen effluvium is a fancy term for excessive shedding of resting hair after some metabolic stress, hormonal changes, or medication. Telogen effluvium affects your hair when it's in the telogen or resting stage. After a stressor or change to your body, up to 70% of your hair in the anagen stage prematurely enters the telogen phase, which causes hair loss.

Telogen effluvium causes hairs to enter the resting stage from the growing stage prematurely. Most people who are healthy lose up to 100 strands of hair per day and really don't notice this loss. If you have telogen effluvium, you may lose up to 300 strands of hair per day.

Nutritional Reasons for Hair Loss

Most hair loss after bariatric surgery is simply due to the stress on your body from having a major surgery otherwise known as telogen effluvium.. Another cause of hair loss after bariatric surgery is low protein intake. When a person's body receives less protein than it is used to, it will use the protein for the most essential functions which leaves the hair with not as much protein. The best way to prevent this type of hair loss is increasing protein intake and taking BMI vitamins to prevent any other nutritional deficiencies. If you are already getting the minimum 60 g of protein a day, try to see if you can comfortably increase this number. You can try to add protein waters to get extra protein and have the added benefit of extra hydration.



Tips:

- Use a soft bristled brush
- Use less heat products
- Consider washing your hair less often

STRESSORS THAT CAN CAUSE HAIR LOSS

- Major Surgery
- Acute Physical Trauma
- Hormonal Disruption (pregnancy, menopause, child-birth)
- Acute Weight Loss
- Iron or Zinc Deficiency
- Chronic Diseases (hypothyroidism, cancer, etc)
- Low Protein Intake