

Senior Care Center1 Explores Hair Loss With Aging

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Senior Care Center1, based in the USA, is discussing the causes and treatments for hair loss, which is mostly associated with aging, with their community. They aim to provide the senior community with access to all the care facilities and information they may need in their retirement years.

On average, the lifespan of a strand of hair is around 2-5 years. As a person ages, the lifespan of the strands shortens, which can result in them losing hair. There are some steps that can be taken to reduce and treat this loss of hair. First, one must understand the anatomy of hair. Humans have around 5 million hair follicles in total, with 100,000 located on their scalp. It is normal for a person to lose about 100 hairs a day, but this can be accelerated by outside factors. These could include aging, stress, medication and diseases that damage the hair.

Hair consists of two distinct structures: the follicle and the shaft. The hair follicle is the living part located underneath the skin. This structure is tunnel-shaped and houses the root of the hair. The follicle is the pathway to the hair which transfers necessary nutrients for hair growth. The hair shaft is the nonliving structure above the skin. The shaft is disconnected from the follicle and, as the follicle continues to grow, it

pushes the hair shaft out. This is when the hair falls out. This process happens in four stages, which typically takes approximately 5-6 years to complete. Hair grows in four phases as well, namely the growth, transition, resting and shedding phases. The loss of hair occurs when this process is accelerated.

If a person?s hair does not receive enough nutrients (which they need to grow healthy) or they are exposed to too much DHT, the hair will start to fall out at an accelerated rate. The most common form of hair loss is Androgenetic Alopecia (male and female pattern baldness). This is a genetic condition that results in loss of hair and affects roughly 50 million men and 30 million women in the United States. Over 50% of men over the age of 50 have some degrees of loss while women are most likely to suffer from loss of hair after menopause. One of the ways to prevent or slow down this loss of hair is through the intake of certain supplements.

If a person?s diet is missing essential nutrients, this could lead to a significant loss of hair. Eating a balanced diet and getting a healthy amount of sun is the best way to keep healthy hair. Vitamin C builds collagen, which is the skin?s connective tissues found in hair follicles. Vitamin B (Biotin) promotes fatty acid synthesis, which is an essential process to the hair life cycle. Vitamin E contains antioxidants, which ensures a healthy scalp and better blood circulation. Both of these vitamins help keep the hair follicles productive. Vitamin A is partly composed of retinoids, which help increase the rate of hair growth. This vitamin also promotes sebum production, which keeps the scalp healthy. If an individual has a hard time with a balanced diet, they should consider taking supplemental nutrition. A doctor should be able to guide a person to the best options and correct dosage amounts. Another important ingredient to healthy hair is protein. Hair follicles are mostly made of keratin, which is a type of protein. Eating a protein-rich diet will help hair follicles have a sufficient amount of protein.

Certain foods are also beneficial in promoting healthy hair. Seaweed is rich in Omega-3 fatty acids and vitamins associated with healthy skin and hair. Spinach is a great source of iron, vitamin A, vitamin C, protein and sebum, which are all known to be important for hair growth. Eggs help rebuild damaged hair because they are rich in protein and vitamin B. Senior Care Center1 also acknowledges that certain medical sites, such as Mayo Clinic, can provide more information on topics that range from the causes for losing hair to treatment options and nutritional tips. There are currently several medications available for people who are losing hair. However, there are only two that have been approved by the U.S. Food and Drug Administration (FDA): Minoxidil and Finasteride.

Senior Care Center1 was founded on behalf of families of the elderly, and most of all, for the seniors who are entering this prime stage of life. The Center understands the difficulties of transitioning through each life stage and wants to be a valuable resource for those who need assistance and encouragement through this time. Senior Care Center1 stands on the principles of providing excellent quality service to each and every individual, with focus on providing informative counseling and advice to help a person make the best decision

possible. Their mission is to help families across America find the best care for their beloved seniors.

To learn about hair loss and similar topics as well as locate services for the elderly, interested parties may visit the Senior Care Center1 website. The organization can also be contacted via phone or email.

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For more information about Senior Care Center1, contact the company here:Senior Care Center1Casey Ryeback(855) 242-9668

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Senior Care Center helps family members find assisted living for their loved ones. Whether it be Alzheimer's Care, Residential Long Care, or Nursing Home, or Memory care Senior Care Center can help you find a great place for your loved one.

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