

Toronto Functional Medicine Centre Explores the Application of Functional Medicine for Women's Hair Loss

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Toronto Functional Medicine Centre (TFMC) in Toronto, ON, Canada, has recently released a blog post that explores the use of functional medicine for women's hair loss. The article provides facts regarding alopecia in women or female pattern hair loss (FPHL), and how their private downtown clinic in Toronto may help in dealing with this issue. It is important to note that alopecia can affect any person, regardless of gender or age. It can be set off by a number of factors, such as certain medications, hormonal changes, underlying medical conditions, and/or the natural aging process.

To understand what is FPHL, it is natural for women to shed around 100 strands of hair every day. It is when it exceeds 100 daily that FPHL is a possibility. Other noticeable symptoms may include patches of scalp, missing or thinning hair, and strands of hair left around the home on pillows, clothes, or in the bathroom or shower drain. Some of factors that may result into FPHL include: nutrient deficiencies; contact with chemicals found in perms or dyes; excessive heat from styling tools; stress; hormonal imbalances (i.e. postpartum, post-menopausal symptoms); genetics; health conditions linked to thyroid issues, autoimmune conditions, sexually-transmitted infections, ringworm, diabetes, scalp infections, chronic inflammation linked to the scalp;

cancer treatments; wearing a hairstyle that incessantly pulls the scalp; and use of certain medications such as antidepressants, blood thinners and some steroids. FPHL may also be related to polycystic ovary syndrome (PCOS) and metabolic syndrome.

They want to emphasize that at the TFMC, they always take a custom-fitted approach to wellness. Each patient is regarded as a unique entity. During consultations, the patient?s health will not be compared in any way to that of another person. The treatment service provided will be ensured to be compatible with that individual?s biology and cellular health. They may recommend functional medicine lab tests to help target specific health goals. With regards to hair loss in women the lab tests recommended are: the DUTCH test and personalized nutritional assessment/metabolomics test.

The DUTCH test utilized dried urine samples to measure the amount of sex and adrenal hormones to help find out if they are the possible root cause of the FHPL. The personalized nutritional assessment/metabolomics test will check if the patient lacks some nutrients like biotin, iron, essential fatty acids, and protein. This test can find out if some of these essential nutrients are deficient in the patient so that this can be remedied through dietary changes and/or supplementation.

After the lab results have been evaluated, including the patient?s family history, environmental and lifestyle factors, and other key components, they will craft a personalized treatment plan. These may include resolving the nutritional deficiency, herbal supplementation for stress management, and dietary changes.

If the lab tests indicate excessive lack of certain nutrients, they may suggest IV therapy as an adjuvant treatment to the patient?s daily oral supplementation. A custom-made IV drip maybe recommended particularly if the patient suffers from malabsorption issues, such as Crohn?s disease. The use of adaptogens, such ashwagandha, may also be recommended if cortisol dysregulation is a possible cause of the hair loss. If inflammation plays a key role in FHPL, a diet with anti-inflammatory components, such as the Mediterranean diet, may be recommended.

The Toronto Functional Medicine Centre in Toronto, Ontario, Canada employs an integrative functional medicine approach that applies allopathic medicine, naturopathic medicine, acupuncture, bio-identical hormone replacement, IV therapy, detoxification, and more. This approach may be utilized for various kinds of health issues, including: postmenopausal health issues, acute health issues, neuropathic pain, athletic recovery, hormone imbalances, tissue repair, fertility issues, cellular damage, DNA repair, mineral deficiencies, thyroid issues, chronic fatigue, skin rejuvenation, immune function, adrenal function, and more.

Those who would like to learn more about the integrative functional medicine method, including the functional medicine adjunct treatment option for depression, can visit the Toronto Functional Medicine Centre website or call them on the phone (416) 968-6961 or through email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays and Wednesdays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; from 9:00 am to 5:00 pm on Fridays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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