



Hair Loss

Did you know that an average adult loses about 100 strands of hair per day? However, we do not usually notice an obvious thinning of the hair on the scalp as new hair is growing at the same time.

Hair loss becomes obvious when new hair does not replace the hair that has fallen out. It can happen because of various reasons such as:

- aging
- hereditary (hair loss is common among your family members)
- certain medical conditions
- you have scars on your scalp
- side effect of medicines

What are the Treatments Available?

1 Topical treatment

- **Topical solution, lotion or foam containing Minoxidil can be applied to the affected area of the scalp.**
- Minoxidil works by increasing blood flow to the hair follicles, which then promote hair growth and slow balding.
- Hair growth usually occurs after at least 4 months of continuous use.
- Topical Minoxidil is only effective for as long as it is used. You may experience hair loss again after you have stopped using Minoxidil.



2 Vitamins and Supplements

- Hair growth supplements contain vitamins and nutrients that may help to promote hair growth.
- The vitamins and nutrients may help to improve hair texture and scalp circulation, resulting in hair growth.
- **Ask our Pharmacist for advice on selection of supplements.**



3 Hair tonic, Shampoo and Conditioner

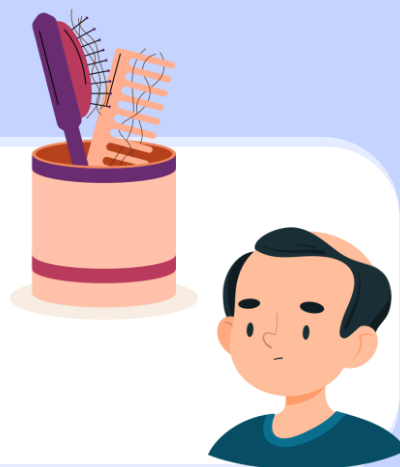
- Hair tonic helps to moisturise scalp and deliver nutrients to the hair follicles, promoting hair growth and reducing breakage and split ends.
- **Using suitable hair care shampoo and conditioner can also help to promote healthy hair growth, improving overall scalp and hair health.**
- **Ask our retail staff for recommendations.**



When to see a doctor?

Signs and symptoms to look out for:

- Scalp is red, flaky or itchy
- Losing hair suddenly or at a young age
- Losing hair after taking a new medication
- Losing weight, having muscle weakness or unable to stand cold temperatures



If you have any signs and symptoms mentioned above or have any existing medical conditions or are currently taking any long-term medications, you may wish to consult our Pharmacist or Doctor for appropriate treatment and advice instead. **For more information on hair loss, click [here](#).**

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