



## UNDERSTANDING HAIR LOSS AND PATTERN BALDNESS

Like millions of men around the world, you might have noticed the unwelcome signs of hair loss and balding. Genetics, hormonal imbalances, stress, and other underlying medical issues can cause your follicles to thin and fall out.

### UNDERSTANDING MALE HAIR LOSS

With around 100,000 hair follicles on our head, it is normal to lose about 100 hairs per day. However, if you notice excessive hair loss or thinning of hair, then you may be experiencing symptoms of male hair loss. This process can gradually turn into male pattern baldness. Early signs of balding include:

- Receding hairline
- Thinner hair
- Lack of volume
- Bald spots

You may also notice it takes longer to grow back healthy hair. If you are noticing any of these symptoms, you are not alone. In fact, studies show that upwards of 80% of men experience hair loss in their lifetime.

Here's the good news: you don't have to live with a receding hairline or bald spots forever. Today, there are proven solutions to halt and often reverse hair loss in men that don't involve surgeries or complicated procedures. Keep reading to learn what causes hair loss and how we've found hair loss treatments for men.

### WHAT CAUSES HAIR LOSS IN MEN?

From hereditary reasons to diet and lifestyle, there are many causes of hair loss in men. Here are some of the most common hair loss causes:

- Genetics
- Hormonal Changes
- Excessive Stress

- Poor Diet
- Smoking
- Hair Treatments

First, we'll explain the science behind genetics and forms of hereditary male hair loss like male pattern baldness. Then, we'll talk about the correlation between hormonal imbalances and male hair loss. Let's get started.

### **MALE PATTERN BALDNESS EXPLAINED**

As you know, male hair loss is often associated with a genetic predisposition. The best way to tell if you are experiencing hereditary hair loss is to observe your father's or grandfather's hair. If they underwent changes in hair thickness and quality similar to your own, then it is most likely a genetic issue.

Usually, the first sign of male pattern baldness is the formation of a receding hairline. Just like male pattern baldness, a receding hairline is a hereditary trait. Since a receding hairline is one of the first signs of balding, it is important to get to the root of the problem before all the hair falls out for good.

### **WHAT CAUSES A RECEDING HAIRLINE?**

The receding process usually begins when a man enters his 30s. However, many young adults may notice their hair diminishing by the age of 21. As men with this condition age, hair loss symptoms tend to become worse.

Typically, the hair will thin and fall out near the temples and work its way back. However, some men experience crowning, where the hair thins at the top of the head and creates a bald spot with a halo of gradually thinning hair around it. So, what causes receding hairline?

The reason your hairline begins to recede is due to the imbalance of certain male hormones that cause your hair follicles to become sensitive, thin, and fall out.

### **ROLE OF HORMONES IN HAIR LOSS**

According to several scientific studies, male pattern baldness and receding hairlines correlate with levels of male sex hormones called androgens. One of the most well-known androgens is testosterone.

When levels of androgens like testosterone increase, they can negatively affect the hair follicle and cause its growth phases to shorten. This, in turn, leads to shorter strands of hair that have less strength and volume.

Along with imbalanced hormones, several medical issues such as Lyme disease and hypothyroidism can decrease the fullness of your hair. Many other medical concerns, such as adrenal fatigue, go hand-in-hand with hormonal imbalances, which can link to hair loss.

## **HOW WE PROMOTE HAIR RESTORATION IN MEN**

Whether you have a hormone imbalance, an underlying medical issue, or a genetic predisposition to hair loss, our Oklahoma Men's Clinics offer several proven solutions to halt and even reverse hair loss in men. Ready to grow back thicker and fuller hair? See how your Oklahoma Men's Clinics provide the best options for hair growth for men.

Some of our natural and effective therapies include:

- Hormone Replacement Therapy (HRT)
- Topical Prescription Applications
- Platelet-Rich Plasma (PRP) for the affected scalp.
- Upgrades to PRP with Wharton's Jelly – and Topical Exosomes.

At OMC, we believe the most effective solution to male hair loss is to create a custom plan that works with your specific blood work results and body type. Once we create a personalized hair restoration plan just for you, our practitioners will give you the proper knowledge on how to maintain a healthy head of hair. It's that easy! The best part is that none of our treatments involve surgery or complicated procedures. Ready to grow back your hair and regain your confidence?

## **THE OMC DIFFERENCE**

As you may know, there are several proclaimed solutions for hair restoration in men on the market today. These trendy "treatments" include hair plugs, grafting, transplants, on line cheap topical treatments, and various supplements that claim to repair hair from the outside. However, with less than 50% proven success, these solutions often offer minimal results.

Meanwhile, OMC uses science and medically proven male hair restoration techniques to back up our therapy. Furthermore, our clinics offer expert advice and create custom hair solutions that fit your body's individual needs!

Not only are our therapies completely natural and safe, but our team of medical professionals will follow up with your hair growth progress and ensure you maintain your new hair properly. Contact OMC to schedule a free hair restoration consultation today.

## **WHO IS A GOOD CANDIDATE FOR HAIR RESTORATION?**

Anyone who has experienced the following:

- Thinning of hair from aging
- Early-stage male pattern baldness
- Those wishing to strengthen transplanted hair
- Patients with a resolved or treated medical condition that causes hair loss

As in any type of medical condition every patient will respond differently. Most results are quite significant and there is a vast improvement in the appearance, thickness, and quality of the hair. As always, some

patients get better results than others, but barring significant medical issues (which will be ruled out beforehand) everyone will gain quite a visible improvement. OMC Hair Restoration PRP patients will notice improvement within 3-6 months.

The frequency of hair restoration therapy varies based on our patient's goals and is customized to their specific treatment plan. It can be done up to once per month or as little as once every 3-6 months. We can have you looking great in no time!