



Initial Signs Of Hair Loss Checklist

Presented By



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We often receive questions like "what are some of the ways to know if I'm losing more hair than I should?" or "Is It likely that I'll be facing hair loss problems in the future?" We've compiled a handy checklist of a few self-help tests to help you detect early signs of hair loss.

Physical Signs Of Hair Loss

- Forehead looks a little bit longer. A look in the mirror might confirm that your hairline has taken a major retreat away from your brow or if the hair at your temples has started to dwindle.
- Look out for excessive hair on your pillow, the shower bed or in the bath plug, or on your hands when styling your hair in the morning.
- Your scalp is oily but you are also experiencing flaky scales, a tell-tale sign of dandruff.
- Your individual hair strands seem thinner. Compare a photo of yourself a year or two ago to now. You may be able to spot not only a receding hairline but possible thinning spots.
- Your ponytail is thinner than it has been in the past.
- You've recently experienced sun burn on top of your head for the first time.
- Your hair appears to grow slower.

Emotional Signs Of Hair Loss

- Feeling the need to wear hats at all times, even when it may not be socially encouraged to do so.
- You avoid sitting under bright lights to prevent people from seeing your scalp.
- You're hesitant to be included in pictures with family or friends.
- Feeling nervous when someone speaks about hair or hair loss. Have any of your closest friends or family members commented on your thinning hair? One obvious sign of hair loss is when your friend starts to notice the change before you do.
- Changing your hair style to hide your thinning as you start to feel like people are looking at your hair more often.
- Your hair loss makes you feel less attractive.



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Interested In Getting Help?

Meet with a professional National Hair Centers hair loss specialist who will work one-on-one with you to address all your hair loss concerns and help you determine which hair loss treatment or hair replacement solution is right for you.

Thanks to our state-of-the-art technology we will be able to show you the magnified view of your scalp so you can see and understand exactly the condition of your hair and scalp.

Our consultants will take time to discuss your options and answer any question or concerns you may have so you can regain a full head of hair and lead your life on your own terms without the constant anxiety hair loss causes for so many men.

Get All Your Hair Loss Questions Answered

**Book A
Consultation**

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