



TRUE ROOT

HEALTHY HAIR. HEALTHIER YOU.

SCIENCE.
COMPASSION.
REAL SOLUTIONS.

The True Root Guide to Hair Loss & Restoration

Understanding common causes,
treatment approaches, and when
to seek a clinical evaluation

ROOTED IN KNOWLEDGE.
GROWING BRIGHTER TOMORROWS.



Why Does Hair Loss Happen?

Hair naturally moves through cycles of growth, transition, rest, and shedding. Losing some hair each day is normal. However, noticeable changes in shedding, density, hairline, scalp condition, or hair strength may indicate that something else is occurring.

Several different processes can contribute to hair loss.

Excessive Shedding

Sometimes more hairs than usual enter the shedding phase at approximately the same time. This can occur following significant physical or emotional stress, illness, surgery, major weight changes, hormonal changes, nutritional deficiencies, or certain medications. The triggering event may occur weeks or even months before increased shedding becomes noticeable.

Gradual Thinning

Progressive thinning can occur when hair follicles gradually produce finer, shorter hairs. Genetics and hormonal factors commonly contribute. You may notice a widening part, reduced density at the crown or temples, changes in the hairline, or increased visibility of the scalp.

Breakage

Hair breakage is different from hair loss occurring at the follicle. Heat, chemical processing, dryness, excessive manipulation, tight styling, and other forms of physical stress can weaken the hair shaft. Distinguishing breakage from follicular hair loss is important when determining the appropriate approach.

Traction-Related Hair Loss

Repeated tension from tight hairstyles can place significant stress on hair follicles. Braids, extensions, locs, weaves, tight ponytails, buns, wigs, or other styles that repeatedly pull on the hair may contribute, particularly around the temples and hairline. Long-standing or severe traction can sometimes cause permanent follicular damage.

Hormonal and Nutritional Factors

Changes in thyroid function, reproductive hormones, iron stores, protein intake, and certain vitamins or minerals can affect normal hair growth. Nutritional support is most appropriate when a deficiency or increased nutritional need has been identified.

Scalp and Inflammatory Conditions

Inflammation, excessive scaling, itching, tenderness, infection, or certain inflammatory scalp disorders may interfere with normal hair growth or damage follicles. Persistent scalp symptoms deserve evaluation rather than simply being covered with oils or cosmetic products.

Other Contributors

Hair loss may also be associated with aging, genetics, autoimmune conditions, medications, illness, major life events, significant weight loss, pregnancy and postpartum changes, and other health factors. More than one contributor can be present at the same time.

Why Diagnosis Matters

Hair loss that looks similar may have very different causes.

Two people can both experience thinning at the crown while the underlying reasons and appropriate treatments are completely different. Choosing treatment based only on appearance, social media recommendations, or a product advertisement can therefore be frustrating and sometimes ineffective.

A clinical evaluation can help answer important questions:

- ✓ Is the hair shedding, breaking, or becoming progressively thinner?
- ✓ Are the follicles still capable of producing healthy hair?
- ✓ Is inflammation or another scalp condition present?
- ✓ Could hormones, nutrition, medications, health conditions, or lifestyle factors be contributing?
- ✓ Are styling practices placing excessive stress on the hair or scalp?
- ✓ What treatment approach makes sense for you?

Hair restoration is rarely about finding one universal product. The goal is to identify what may be affecting your hair and create a treatment strategy based on those findings.

Early evaluation can be particularly important when hair loss is progressing rapidly, occurs in patches, is associated with scalp pain or inflammation, or may involve conditions capable of permanently damaging follicles.

When should you consider an evaluation?

Consider seeking clinical evaluation when you notice persistent or worsening shedding, visible thinning, bald or patchy areas, a receding hairline, scalp pain or inflammation, or hair changes that do not improve after modifying obvious styling or hair-care stressors.

Approaches to Hair Restoration

Treatment recommendations depend on the type and cause of hair loss, your health history, the condition of the scalp and follicles, and your individual goals. A personalized plan may incorporate one or several approaches.

Topical Therapies	Topical treatments may be used to support hair growth, improve scalp health, reduce certain forms of inflammation, or address specific causes of hair loss. The appropriate product, strength, frequency, and duration depend on the individual and the condition being treated.
Prescription Treatment	For certain types of hair loss, prescription medications may be appropriate. Medication selection should take into account the underlying diagnosis, medical history, other medications, potential side effects, and individual treatment goals. Prescription therapy is not appropriate for everyone.
Nutritional Support	Iron, protein, vitamin, and mineral status can influence healthy hair production. When history, symptoms, or laboratory findings suggest a nutritional deficiency, correcting that deficiency may become an important part of treatment. More supplements are not automatically better.
Platelet-Rich Plasma (PRP) and Other Therapies	PRP uses a concentrated preparation derived from a patient's own blood and is administered to targeted areas of the scalp. It may be considered for certain forms of hair loss. Results vary, and candidacy depends on factors including the underlying diagnosis and condition of the follicles. Other restorative therapies may also be recommended when clinically appropriate.
Hair and Scalp Care	A comprehensive approach may include recommendations involving washing and scalp care, heat and chemical processing, protective styling, tension and traction, moisture and breakage prevention, product selection, and frequency of manipulation.
Addressing Contributing Conditions	When hair loss is associated with another medical, hormonal, nutritional, inflammatory, or medication-related factor, treating the hair alone may not address the full problem. Additional evaluation, laboratory testing, treatment, or coordination with another healthcare professional may be recommended.

Textured Hair Deserves Particular Consideration

Hair restoration is not one-size-fits-all. People with curly, coily, and tightly textured hair may face a unique combination of hair and scalp considerations. The appearance of the hair alone does not always reveal what is occurring underneath.

Breakage and Hair Loss Are Not Necessarily the Same Thing

Textured hair can be particularly vulnerable to dryness and mechanical breakage. At the same time, true follicular hair loss can occur alongside breakage. Understanding the difference is essential.

Styling Practices Matter

Braids, locs, extensions, weaves, wigs, chemical treatments, heat styling, edge-control practices, and other techniques can affect the hair and scalp differently depending on how they are used. Protective styling should protect the hair, not create persistent pain, excessive tension, inflammation, or progressive loss.

Scalp Health Matters

Itching, scaling, burning, tenderness, bumps, or inflammation should not automatically be considered a normal part of maintaining a hairstyle. These symptoms may warrant closer evaluation.

Your Hair-Care Practices Should Be Part of the Conversation

You should not have to choose between receiving appropriate care and maintaining hair practices that are meaningful to you. The objective is to understand your hair texture, styling practices, scalp health, lifestyle, concerns, and goals so recommendations can be both clinically appropriate and realistic.

Your hair. Your health. Your story. A thoughtful plan considers all three.

Your True Root Consultation

Your consultation is designed to move from questions to clarity.

1

Evaluation

We begin by learning about your hair concerns, when you first noticed changes, how those changes have progressed, your medical and family history, medications, nutrition, styling practices, previous treatments, and other relevant factors. Your hair and scalp are evaluated, and additional testing may be recommended when appropriate.

2

Individualized Recommendations

Once we better understand what may be occurring, we discuss treatment approaches that may be appropriate based on your findings, health considerations, goals, lifestyle, and preferences.

3

Your Treatment Plan

When treatment is appropriate, we develop a plan that may incorporate topical or prescription therapy, nutritional support when indicated, restorative procedures, scalp care, changes to hair-care practices, or a combination of approaches.

4

Monitoring Your Progress

Hair restoration takes time because hair grows in cycles. Monitoring allows us to evaluate your response, make adjustments when appropriate, and determine whether your treatment strategy should continue or change.

Ready to Get to the Root of Your Hair Loss?

You do not have to keep guessing which product to try next or whether the changes you are seeing are normal. Your hair loss deserves an evaluation that considers your hair, your scalp, your health, and your individual experience.

SCHEDULE YOUR CONSULTATION

Your path to healthier hair starts at the root.

Important Information: This guide is provided for general educational purposes and is not intended to diagnose or treat any medical condition or replace individualized medical advice. Hair loss and treatment response vary among individuals. Treatment recommendations, including prescription medications, nutritional supplementation, PRP, and other therapies, should be based on an appropriate individual evaluation. Results cannot be guaranteed.