

#HEALTH & FITNESS

LOSING THE LOCKS

the baldness issue

Whether you are particularly concerned about how you look or not, every now and then it is normal to look into the mirror and wonder if you are stuck with your baldness for the rest of your life.

A few years ago, I came across a silly meme while scrolling through Facebook that went something like this — *Women with straight hair want curls, women with curls want straight hair... Men are simple, they just want their hair to stay.*

Every bald person that I know laughed and nodded in agreement.

Causes

The first step to any problem is to identify the source of said problem. There are different kinds of baldness and before you start any sort of treatment for them, you must know what is causing your hair fall. A number of factors could be responsible — genetics, hormones, underlying medical condition, medications, stress, excessive hairstyling routine, and even diet could be the cause of your hair loss. Male baldness is different from female hair loss but it is particularly noticeable because it is much more severe.

Professor Syed Afzalul Karim, Chairman and Senior Consultant at Aurora skin and Aesthetics and former Professor of Dermatology at Holy Family Medical College Hospital in Dhaka is one of the leading figures in this field in Bangladesh and had some insightful information to share.

