WOMEN’S HAIR SOLUTIONS TO THINNING AND LOSS

By Jeffrey Paul
with Suzanne Bressler
HOW TO EVALUATE YOUR HAIR THINNING AND HAIR LOSS

Women’s hair thinning and hair loss are classified into two categories: **Diffusion** and **Pattern**. **Diffusion** indicates the percentage of thinning or loss in a pattern area. **Pattern** represents the extent of the area of diminished hair on the head. The stages of FPH, or Female Pattern Hair Loss (a hereditary condition, described in the previous chapter), are determined by how much of the head is affected by the area of hair loss. Assigning values to **Diffusion** and **Pattern** measurements is the first step to assessing levels of hair loss or thinning.

Thus, Hair Restoration and Replacement professionals are trained to give a client a **Diffusion Grade** and a **Pattern Stage**, based on scales developed over time. These classifications, along with the answers to the Personal Profile questions and consultations with the clients, allow us to move forward and understand the best Solutions for our clients. With that in mind, let’s take a look at the grading scale for diffusion and the stages of Female Pattern Hair Loss so that you can determine your grade and stage and begin to look at the Solutions in this book with your own classification in mind:

**PATTERN EVALUATION**

The answers to the above questions are pertinent factors to your Total Approach to strategically treating and styling your hair. The information revealed by your honest answers may play a role in other Solutions you seek in the future, beyond hair styling and framing. So knowing these answers now will help you to know where you stand as you read onward about the various Solutions available to you if you decide to use them.

To determine the **Pattern Stage**, you will need to look closely at your head to see which of the following five stages best describes the area of your thinning or loss.

Take a magnifying hand mirror, and, while your hair is still wet after showering, part your hair from the top of your ear to the center of the top of your head. Look at how far the thinning comes down from the top of the part. You can use the following diagram to see how you measure up.
Here are the **Pattern Stages** you can choose from as you determine your own stage; this label will be useful while considering potential Solutions later in this book:

**FEMALE PATTERN STAGES**

**Stage 1** – Hair is thinning or gone very close to the top and center of your head and forward, close to the hairline.

**Stage 2** – Hair loss or thinning extends almost to the back of the top part of your head and farther sideways in a manner that would line up with the outer edges of your eyebrows if you drew a line from those edges up onto your scalp.

**Stage 3** – Hair thinning or loss extends to the back of the crown and sideways and down to an inch or two above the tops of your ears.

**Stage 4** – The affected area stretches from the back of the skull before it caves in to drop down to the nape of your neck and extends sideways and down to the tops of your ears.

**Stage 5** – All-over hair loss or thinning, from hairline to nape of neck, and surrounding the ear area completely.

**GIVE YOURSELF A PATTERN STAGE:** ____________________________
Different Solutions described in this book will be more conducive to certain Diffusion Grades and Pattern Stages, and combinations thereof.

These are important tools you’ll refer back to as you learn about potential Solutions.

HAIR FALL OUT ASSESSMENT

Finally, a helpful indicator lies in what we call a “pull test”. Section off approximately ten hairs and pull lightly to moderately on those hairs. Repeat this exercise in five different locations on your head. If one section releases in five pulls, it’s normal. If two-three sections release hairs in five pulls, this indicates you are experiencing hair loss. If all sections release in five pulls, this may be an indicator that you may want to consult with a doctor to determine whether or not you have an iron deficiency or thyroid imbalance.

Pull Test

MY HAIR LOSS RATE = ________ OUT OF 5 PULLS RELEASED HAIR

WHODUNIT? AND WHEN TO TAKE DETECTIVES OFF THE CASE...

With test results and information from the hair loss history/health assessment, a good health professional can usually pinpoint the causes of your hair loss and recommend Solutions that are available to help you solve your hair loss problem.

But if specific causes can’t be identified even after all the research is signed, sealed and delivered, it shouldn’t keep you from beginning to address the problem and work on solving it. There are enough ways to handle hair loss to enable you to start treating the symptoms, rather than spending more valuable time on finding exact causes while you continue losing hair. In the interim, you would find that your ongoing hair loss could cause accelerated stress, which, in turn, could compound the problem. Don’t let a seemingly endless quest grow too long while your hair continues to abandon ship.
DETERMINING THE SIZE OF THE AREA OF HAIR THINNING AND LOSS

Now measure the pattern area that your hair thinning or loss encompasses. Using a tape measure, measure the pattern area from front to back (Length) and from side to side (Width) to determine the square inches of the affected area.

![Measure front to back (length)](image1)  ![Measure side to side (width)](image2)

**YOUR PATTERN AREA SIZE:**

\[
\text{LENGTH } \times \text{ WIDTH } = \text{ SQUARE INCHES OF PATTERN AREA}
\]

Now take a close look at the Pattern Area and see if you can tell which Grade of Diffusion best describes the extent of your thinning or loss. If you find you are having a hard time determining your Diffusion Grade, consult a professional, but first, try this method of evaluation at home.

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<tr>
<th>DIFFUSION EVALUATION</th>
<th>GRADING SCALE</th>
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<tr>
<td>Top</td>
<td>Grade I (10% - 20%)</td>
</tr>
<tr>
<td>Crown</td>
<td>Grade II (30% - 50%)</td>
</tr>
<tr>
<td>Side</td>
<td>Grade III (60% - 80%)</td>
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<tr>
<td></td>
<td>Grade IV (90% - 100%)</td>
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</tbody>
</table>

Again, while hair is still wet after showering, use a hand mirror and your bathroom mirror to take a good look at your scalp after you do the following: part hair down the middle from the front at the hairline all the way to the nape of your neck. Use your hand mirror to see the back of your head very closely. Look at the hair closest to the nape of the neck (assuming this is close to your normal growth) and estimate how much less, as a percentage, is at the top of your head in comparison with that hair growth.

**GIVE YOURSELF A DIFFUSION GRADE:** _________
PERSONAL PROFILE SUMMARY

After you and your stylist evaluate your face shape and some of the more flattering styles to go with it, questions will arise about your hair, your personality and your lifestyle. The way these questions are answered – combined with your face-shape styling options – will help you and your stylist come to a decision about your new hairstyle and will also factor into determining which other Solutions might also work for you. The answers to these questions will also come into play when it’s time to build your team of specialists (Chapter 14), as determinations that emerge from your answers may point to your need for the assistance of particular types of experts.

Here are some of the questions that will inevitably come up. We ask these questions of our clients when they first come in for a consultation because they are very important in beginning the process of finding solutions and should be addressed before the first step of styling is taken. Start thinking about how you would answer them.

**HISTORY OF HAIR THINNING OR LOSS:**

**HISTORY OF HAIR THINNING OR LOSS:**

**HOW WOULD YOU RATE YOUR:**

- Stress Level...........  □ None  □ Some  □ Very Much
- Nutrition...............  □ Very Bad  □ Average  □ Good
- Condition of Hair...  □ Dry  □ Normal  □ Oily

**REASONS FOR HAIR THINNING OR LOSS:**

- Genetic Predisposition
- Stress or Trauma
- Nutrition & Diet
- Health
- Medications
- Environment
- Chemical Damage

**POSSIBLE CAUSES:**

- Family history of hair loss
- Constriction of blood supply / Poor vitamin assimilation
- High consumption of animal fats
- Thyroid / Alopecia / Lupus / Menopause
- Chemotherapy / Heart Medications
- Pseudo-Estrogens / Pseudo-Androgens
- Incorrect chemical processing / Chlorine

**FACE SHAPE:** □ Non-Active □ Semi-Active □ Active □ Athletic

**COLOR TONE:**

**LIFESTYLE:**

- Non-Active
- Semi-Active
- Active
- Athletic

**TEXTURE:**

- Straight
- Wavy
- Curly
- Kinky

**HAIRCARE REGIME:**

- Shampoo......  □ Daily  □ 2-3 per week  □ Once a week
- Conditioner...  □ Never  □ Sometimes  □ Every time

**PATTERN STAGE:** □ 1 out of 5 - Normal  □ 2-3 out of 5 - Active Hair Loss  □ 5 out of 5 - Excessive Hair Loss

**SIZE:** □ LENGTH x □ WIDTH = □ SQ. INCHES

**DIFFUSION GRADE:**

**HAIR LOSS RATE (from pull test):**

- 1 out of 5 - Normal
- 2-3 out of 5 - Active Hair Loss
- 5 out of 5 - Excessive Hair Loss

**FROM SOLUTIONS MATRIX – RECOMMENDED OPTIONS**

- Primary Solution: _____________________________
- Additional Secondary Solutions: _____________________________
- Attachment Method:  □ Daily Wear  □ Extended Wear
**SOLUTIONS MATRIX**

*Diffusion* indicates the percentage of thinning or loss in a pattern area. The *Diffusion Grade* and *Pattern Loss*, combined with information from the Personal Profile will help determine with best Solution(s) for you.

The *Solutions Matrix* provides a visual reference for possible solutions based on the defined *Diffusion Grade*.

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<th>CH. 7</th>
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<th>CH. 10</th>
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<th>CH. 12</th>
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</thead>
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<tr>
<td>SOLUTION(S)</td>
<td>Styling &amp; Framing</td>
<td>Camouflage Makeup</td>
<td>Topical Hair &amp; Scalp Therapy</td>
<td>Extensions (for thinning hair)</td>
<td>Integration</td>
<td>Duplication</td>
<td>Wigs &amp; Full Cranial Prosthesis</td>
<td>Hair Additions</td>
<td>Hair Alternatives</td>
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<tr>
<td>GRADE I 10-20%</td>
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<td>GRADE II 30-50%</td>
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<td>GRADE III 60-80%</td>
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<td>GRADE IV 90-100%</td>
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**SURGICAL SOLUTIONS: GRADES I-II IF YOU ARE A CANDIDATE**

If you are in the small percentage of women who are considered to be a candidate for Surgical Solutions, it is best for your hair loss consultant to advise you further on this solution. If they do not have this solution option as a part of their practice then ask for a referral of a reputable physician who specializes in Hair Restoration Surgical Solutions. You will also find a medical resource list on our web page [www.restoringbeautifulhair.com](http://www.restoringbeautifulhair.com).

Congratulations. You’re on the right flight path for the runway. Now let’s take a look at some of the standard approaches, or treatments, for hair thinning and hair loss.
EVALUATION AND SOLUTION MATRIX

WOMEN’S HAIR SOLUTIONS TO THINNING AND LOSS

“Beauty begins within…”
—Jeffrey Paul

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