Indian men increasingly suffering premature hair loss
Men in 20s and 30s are opting for hair restoration surgery

New Delhi, 30 August 2017: According to statistics, there has been an increase in the number of people with premature hair loss in the last few years. Of every 10 people complaining of hair loss, about 8 are men. As per the IMA, a sizeable number of young men in their 20s and 30s are opting for hair restoration surgery. Premature hair loss is a problem that is increasing in incidence among young Indian men due largely to stress and lifestyle factors.

It is normal for a person to lose about 50 to 100 strands of hair a day. However, serious hair loss is a sign that something is not right with the body and is called alopecia. The four major factors responsible for premature hair loss include stress, certain habits such as smoking and drinking, pollution, and poor nutrition.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Alopecia is usually genetic. However, thanks to the lifestyle changes and stress today, younger men are becoming prone to this problem. Hair fall can be a reaction to extreme mental or physical stress. The body typically starts shedding hair after a gap of three months. Other than this, certain diseases which cause mal-absorption of nutrients such as food poisoning can also lead to hair loss. With increasingly stressful jobs, consumption of junk food that is devoid of nutrients and fibre, inadequate consumption of water, and habits such as smoking and drinking, premature hair loss is becoming a major cause of concern among young men.”

Nutrition is vital for hair growth. No other part of the human body grows at the rate of half an inch per month, except the bone marrow. It is therefore important to feed it right.

Adding further, Dr Aggarwal, said, “Unless the problem becomes severe and requires treatment, it is possible to bring about an 80% change through lifestyle changes only. One can bring about some simple lifestyle changes such as getting seven hours of sleep, drinking enough water (strands are made up of minerals, which only water can replenish), and eating protein-rich foods at regular intervals, as these can prevent premature hair loss.”
Some tips to prevent premature hair loss include the following.

- Massage your scalp with lukewarm oil as this will help in improving blood circulation and stimulate hair follicles.
- Try and avoid stress through techniques such as yoga and meditation. The stress hormones, epinephrine and cortisol, interfere with the natural growth of hair.
- Eat fresh fruits and vegetables as they help in promoting healthy hair growth. It is good to consume food rich in iron, zinc, proteins, and omega three fatty acids.
- Quit smoking and drinking. Not only do these habits result in hair loss but also prevent hair growth.

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**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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