

Causes of Hair Loss in Women

by Jackie Silver, Aging Backwards



Many people associate hair loss and baldness with men, but a surprising percentage of women also experience thinning hair. In fact, 40 percent of women have visible hair loss by the time they are age 40, according to the American Academy of Dermatology. [Rebecca Kazin, MD, FAAD](#), a dermatologist from the Washington Institute of Dermatologic Laser Surgery and faculty member of the Johns Hopkins Department of Dermatology, explains the causes of hair loss in women.

5 surprising causes of hair loss in women

While it's normal to shed 50 to 100 strands per day, more than that may be a cause for concern. "Hair loss may be a sign that something else is going on in your body. It may also signal that your lifestyle habits need a tune up," says Dr. Kazin.

So what might be the underlying cause of your hair loss? Dr. Kazin offers these five unexpected sources of shedding strands:

1. **Thyroid disorder:** Having an under- or overactive thyroid leads to hormonal

imbalances that can lead to thinning strands.

2. Medication: Check the label. Some medications, like those for adult acne or cholesterol, may interfere with optimal hair growth, leading to loss.

3. Crash diets: The stress of rapid weight fluctuations can cause hairs to go into one of the 3 growth phases simultaneously instead of cycling independently as usual. This is called telogen effluvium. You might notice most shedding up to 2-3 months after the stressful event.

4. Ponytails: Repeatedly pulling hair back applies chronic tension on roots that leads to traction alopecia.

5. Autoimmune conditions: Symptoms of conditions like lupus might include hair loss. If you are concerned about this type of condition it's best to see your dermatologist.