

# HEALTHY SKIN & HAIR

S1 February 2012

A SUPPLEMENT TO COSMETIC DERMATOLOGY®

## Hair: The Long and Short of It

### Feeling Flaky

You're Not the Only  
One With Dandruff

---

### Label Wise

Key Ingredients in  
Hair Care Products

---

### Not All Hair Is Alike

Know More About  
Your Hair Type

---

### Staying on Top

Recognizing Signs  
of Damage

Reception Area  
Edition for Patients

# Tired of your daily dandruff shampoo?



Control dandruff for 7 days\* with T/Gel®

T/Gel® Therapeutic Shampoo starts working from the first use to control itching, dryness, and dandruff—and controls symptoms all week long.\*

Only T/Gel® contains Neutar®, a patented ingredient clinically proven to control even severe dandruff symptoms. T/Gel® is so effective, you can use it once a week\*—giving you the freedom to use your favorite shampoo the rest of the week!

Talk to your doctor today or visit [tgel.com](http://tgel.com) to learn more.

\*For even better results, use twice a week or as directed by your doctor.



SCAN NOW TO GET A  
**\$2 OFF COUPON**

**Group Editor**  
Melissa Steiger  
973-206-8096

**Assistant Managing Editor**  
Alicia Wendt  
973-206-8098

**Editorial Assistant**  
Camille Malanka

**Proofreader**  
Michele V. Murray

**Art Director**  
Smita Sawant  
973-206-8977

**Creative Director**  
Mary Ellen Niatas  
973-206-8973

**Production Manager**  
Jaime Serra  
973-206-8011

**Corporate Circulation Director**  
Donna Sickles

**Subscription Service**  
800-480-4851

**Senior Vice President/Group Publisher**  
Sharon Finch  
973-206-8952

**Publishing Consultant**  
Claudia Shayne-Ferguson  
914-522-3188

**Administrative Assistant**  
Nikki Vargas  
973-206-8015

**Classified Advertising**  
Julian Knight  
973-206-2317

**Advertising/Billing Director**  
Tracy O'Keefe  
973-206-8022

**Reprint Inquiries**  
Sharon Finch • sharon.finch@qhc.com

**Director, Marketing Research**  
Lori Raskin  
973-206-8013

**Quadrant HealthCom Inc.**

**Chairman**  
Stephen Stoneburn

**President & CEO**  
Marcy Holeten

**President, Primary Care Division**  
JoAnn Wahl

**CFO**  
Douglas E. Grose

HEALTHY  
**SKIN & HAIR**

A SUPPLEMENT TO *COSMETIC DERMATOLOGY*®

S1 February 2012

# contents

Reception Area Edition for Patients

- 2 ▶ **Is Beautiful Hair Healthy Hair?**  
How to Have Both
- 3 ▶ **Not All Hair Is Alike**  
Characteristics of Your Hair Type
- 5 ▶ **On the Wild Side**  
Living With Your Hair Type
- 8 ▶ **Taking Control**  
Minimize Damage to Your Hair
- 9 ▶ **Feeling Flaky**  
Recognize and Treat the Cause  
of Dandruff
- 11 ▶ **Label Wise**  
Identifying Key Ingredients
- 13 ▶ **Going Natural**  
Using Ingredients From Mother Nature
- 14 ▶ **Staying on Top**  
Recognizing Signs and Symptoms of  
Damage and Disease
- 16 ▶ **Trend Spotting**  
The Inside Track on Taking Care  
of Your Hair



Publisher: *Cosmetic Dermatology*® (ISSN 1041-3766) (GST #128741063) is published monthly by Quadrant HealthCom Inc., with editorial and advertising offices at 7 Century Dr, Suite 302, Parsippany, NJ 07054-4609, telephone 973-206-3434, fax 973-206-9378.

Periodicals postage paid at Parsippany, NJ, and at additional mailing offices.



# Is Beautiful Hair Healthy Hair?

How to Have Both

**W**e have been conditioned to believe that our hair must be flowing, shiny, and vibrant to be healthy. However, healthy beautiful hair is really measured by breakage and shedding. Smooth spirals or sleek straight styles doctored with gels and hot irons are not necessarily what the doctor orders for hair to be healthy and strong. From nearly unnoticeable split ends to weighed down hair dotted by flakes, damage comes in a variety of packages.

▶ **A lack of luster.** Your hair is protected by a layer of keratinized scales called the cuticle. A normal undamaged cuticle is smooth and reflects light. The cuticle also is what gives your hair its texture and luster. When

the cuticle becomes damaged, these things also take a hit.

▶ **Frizz in the forecast.** The cuticle protects the inside layer of the hair (the cortex), which is responsible for retaining moisture. Moisture keeps the hair strong and prevents breakage. If your hair is damaged, you are more likely to have static and frizz, which are characteristics of dry hair.

▶ **Breakage problems.** Wet hair is vulnerable hair. If your cuticle is damaged, it easily stretches and breaks when combed.

▶ **A scaly scalp.** Your scalp lays the foundation for healthy hair, but it is prone to environmental, hair-styling, and product abuse, which can lead to scaling and flaking.

## Damage Control

A healthy scalp and hair can be achieved in those with damage. Whether it is color or chemical processing used to create curly volume or straight strands, most of us know that these treatments over time can damage our hair. Befriend the hair you have and avoid damaging hairstyling techniques. If you prefer to use color or other chemical processes on your hair, be sure to use them as directed by a qualified stylist. Also use conditioners that will help with coating the hair and protect against weathering from chemical use (ie, dimethicone-containing products).

There is some damage you cannot control. With age your hair may demand a special treatment. The change in seasons also may impact your hair. Some hair characteristics are part of your genetic and ethnic makeup. Pay attention to your hair and how it is responding to your treatment regimen and be prepared to alter course as different needs arise.

Eating a healthy balanced diet can only help with hair health. Although specific nutrients are not known to help the appearance of hair, those who have a healthy diet tend to have fewer hair problems. Find out what will work for your healthy diet by speaking with a nutritionist.

For hereditary hair conditions or disease, take note of specific symptoms. There are hundreds of products on the shelves with different and varying amounts of active ingredients specifically targeting a variety of hair and scalp hang-ups. Learn to read labels so that you can easily identify ingredients and concentrations that will work best for your hair type or scalp condition.

Because healthy beautiful hair does not break or shed when styled, treat your tresses well by making the right adjustments to your hair care as needs change. No matter what hair type you have, there are solutions for your hair problems. ■





# Not All Hair Is Alike

## Characteristics of Your Hair Type

**T**he look and feel of hair varies from person to person because of race, age, or even the use of medications.

Physiologically, all hair is similar. All hair is made up of a follicle and shaft. The shape of the hair shaft determines our hair type. Because not all hair is alike, you owe it to your tresses to understand what differentiates your hair type from another.

### Hair by Trait

Race influences the shape of the hair shaft and grooming ease. Hair in Asian individuals tends to be naturally shiny because it is straight and has high moisture and oil levels. It also is strong and does not break as easily as other hair types. But it is more difficult to chemically alter (perm or

color) hair in Asian individuals and it often becomes damaged when these procedures are used because higher concentrations of chemicals and longer treatment times are needed.

In contrast, hair in black individuals generally is characterized by a fragile and tightly curled hair shaft. Hair fibers have a large diameter, explaining the coarseness of the hair. It also is most prone to breakage and damage from hair care practices.

Hair in white and Hispanic individuals can be straight, curly, or wavy. In general, the hair has moderate moisture and oil levels. Variation within this group leaves some with weaker hair and others with stronger hair; for example, curly hair typically is more vulnerable to dryness and breaking as well as a dull appearance.

Gray hair may appear sooner in white and Hispanic individuals, but regardless of race, gray hair is more coarse, stiff, and dries faster than pigmented hair. Gray hair grows more slowly and is weaker, making it more susceptible to damage.



### Hair by Numbers

Our hair even changes as we age. Each strand of hair has an expected life of 4 or 5 years on average. When the hair strand falls out, it is replaced with a new one.

With age, hair becomes fine, thin, and has less pigment, which may make it look faded in color or turn it gray. Gray hair may begin to show in your 30s. Genetics determines if you will go gray (and eventually white).

Some hair follicles may shut down, producing no new hair growth. The most common cause of hair loss in men is male pattern baldness. Approximately 25% of men will begin showing signs of hair loss at the temples or top of the head by 30 years of age. By 60 years, approximately two-thirds of men will have substantial baldness in one or both of these areas.

Women also may develop female pattern baldness, causing the hair to thin and the scalp to be exposed, but hair loss due to chemical or mechanical damage may be more likely. Chemical straightening, relaxers, and perms, as well as tension caused by tight braids or cornrows, can damage all hair types and cause temporary or permanent loss.

### Medication Mix

Whether it is an acne pill or antidepressant, drugs can affect hair, making hair loss, excess hair growth, or even



changes in hair color or texture more likely. If you have any unexplained changes in your hair, tell your dermatologist who will try and diagnose your hair dilemma by examining your scalp and, if necessary, running a variety of tests such as pulling on approximately 30 hairs to see how many come out; looking at the shape, length, and strength of the hair shaft; running a thyroid function test to look for thyroid disorders; biopsying the scalp; or performing hormone tests.

If you are going through chemotherapy, you may experience hair loss; some newer, more targeted chemotherapy drugs will not affect hair. Your hair may gradually thin or fall out all at once. However, hair does grow back, usually within a couple of weeks after chemotherapy is complete. As it grows back, it may have a different texture or be curlier than it was before. ■



### Some drugs may be the cause of unexplained hair loss:

- Acne medications containing vitamin A/retinoids
- Antidepressants
- Birth control pills
- Drugs that treat breast cancer
- Epilepsy drugs (anticonvulsants)
- High blood pressure medications
- Hormone replacement therapy
- Parkinson disease drugs
- Thyroid medications
- Weight loss drugs



To print, download, or send to a friend, go to [cosderm.com](http://cosderm.com)



# On the Wild Side

Living With Your Hair Type

**W**e tend to covet hair we do not have. If your hair is curly, you may want straight hair; if it is straight, you may want curls and volume. To achieve the look of healthy beautiful hair, how can you work with your hair type?

## Know Your Hair

Get to know your hair. Is it dry, oily, or a little bit of both? Is it

naturally frizzy or chemically fried? Is it fine or beginning to thin? We are born with some hair issues, but others we create on our own.

## Ethnic Variations

Asian individuals have heavy and straight hair that requires higher concentrations of chemicals and longer treatment times, which leads to damage. If you chemically process your hair to go wavy or make it straight,

avoid washing your hair too often and be sure to use a leave-in conditioner to keep hair from becoming too dry. Also try to increase the time between trips to the salon for procedures such as keratin straightening treatments.

If you are African American, your hair is more susceptible to heat and chemical damage. If you style your hair with braids or weaves or use chemical relaxers, your hair can become even more

brittle. Use an intensive conditioner and/or a daily leave-in conditioner to moisturize your hair.

In white and Hispanic individuals, hair that is chemically processed or colored may become dull and dry. If you chemically treat your hair, use heat styling sparingly. Because hair can vary from straight to curly, use a shampoo/conditioner made for your hair shape.

### Be Solution Savvy

Because hair is not a living part that the body can repair, strategies for masking damage are important to restore the look of healthy hair. Use products with dimethicone to increase manageability and shine; select shampoos and conditioners designed to improve moisture and minimize frizzies; or modify your hair coloring regimen (ie, go

natural or go darker, stay within 3 color shades of your natural color).

If you have textured curly hair and use chemical straighteners or relaxers, remember that your hair will be more prone to heat-related damage. To protect your hair, wash with shampoos and conditioners that offer intensive conditioning; dry hair under a hood dryer or cap, not with the direct heat of a hair dryer; and use rollers instead of curling irons or flat irons. If you opt to embrace your curls, use more robust products designed to maintain your curls and minimize frizz; use a light leave-in conditioner every day; and wash your hair about once a week.

### Thick and Thin

If thin or fine hair is your rival, make your hair look fuller with a temporary hair cosmetic similar to pressed

powder to conceal the scalp. Avoid conditioning shampoos because they can weigh down your hair and make it look limp and thin; use volumizing shampoos that usually have ingredients (ie, protein) to coat the hair and create a fuller appearance. Use a conditioner but be sure that it is for fine hair. Select a low-heat setting when drying, curling, or straightening your hair.

### Hair Loss

Hair loss can be the result of your genetic code, a medication, or your diet. If an environmental factor is the cause, you may be able to reverse hair loss by working with your dermatologist to determine the source. Hair transplantation and topical agents such as minoxidil are other options you may want to consider. ■



## Stop Damage in Its Tracks

Placing tension on the hair can contribute to hair loss. Recent research has shown that braids and weaves are linked with central hair loss as a result of traction. The solution? Go au naturel. To manage frizz and maintain curls, use a silicone- or glycerin-based product to add moisture and define the hair shape.

Download  
or print this  
article at  
[cosderm.com](http://cosderm.com)



**Aveeno**<sup>®</sup>  
ACTIVE NATURALS<sup>®</sup>

- sulfate-free formulas with seaweed extract lift away impurities without over-drying or over-moisturizing



- gently renews hair to its naturally healthy, most balanced state every day

ACTIVE NATURALS<sup>®</sup> | SEAWEED EXTRACT 

new 

now, it's actually  
**healthy**  
to wash your  
**hair**  
**every day**



**FREE sample** while supplies last  
text **PURE** to 467467

standard msg & data rates apply text STOP to quit HELP for info



# Taking Control

## Minimize Damage to Your Hair

**T**he combination of treatments and products we use to straighten, curl, or color our way to perfectly manicured hair ironically is the culprit of irreparable damage. Hair is porous, damaged hair even more so, which means it readily absorbs what you put into it. To protect your hair from damage and maintain healthy hair, start by taking control.

### Turn Down the Heat

Heat is a common source of damage, especially when the hair is wet. Turn down the heat with these easy tips: allow your hair to partially air dry, stop or minimize the source of heat damage, or use a temperature-controlled device and gradually increase heat.

### Cut Back on Chemicals

Straightening, curling, or coloring your hair with chemicals, especially when you combine treatments, can cause moisture loss, making hair dry, dull, and prone to breaking. Frequent coloring can damage the hair. Permanent hair color is oxidative, causing an actual chemical

reaction in the hair to achieve the desired color. The ingredients in hair relaxers also increase your risk for hair breakage and loss. The presence of formaldehyde is a concern in keratin-based hair straightening treatments, but the flat iron used in the process to seal the cuticle also garners concern.

To protect your hair from chemical processing, extend the time between straightening/relaxer treatments; the less you process, the less the damage! Choose a color within 3 shades of your natural color or try a semipermanent or temporary hair color.

### Get Style Savvy

Tension from hair extensions, braids, and other hairstyles can cause hair breakage or hair loss. To maintain healthy hair, avoid pulling hair too tight into ponytails or braids, and do not brush your curls. If you experience unexplained hair loss, see your dermatologist.

### Be Sun Smart

Sun damage is a concern for your hair and scalp, not just your

skin! UV rays can fade your hair color, dry your hair shafts, and split your ends. (You also risk a sunburned scalp!) To shield and protect your hair and scalp from the sun, wear a hat or swim cap.

### Use Products With Purpose

There are tons of products to clean, moisturize, or smooth your hair. But before slathering on solutions, step back to the basics. Shampooing too frequently will strip the hair of its natural oils. As a result, the tendency is to overcondition, which can make hair feel heavy and oily, precisely what compels you to wash it yet again. Bring back balance by shampooing your scalp and letting the shampoo run through your hair without working it in, conditioning your ends first and working your way up toward the scalp, and using a pH-balanced shampoo to control frizz. Talk with your dermatologist about styling products or concerns you have about the appearance of your hair. ■



### Treatment Tips for Your Tresses

- ▶ Moisturize hair regularly to reduce the appearance of heat-damaged hair or stop using the heat source
- ▶ Pick a shampoo/conditioner based on your hair type (straight, curly, fine, frizzy)
- ▶ Use products with dimethicone to increase shine and improve manageability
- ▶ Use a conditioner with protein to repair split ends
- ▶ Look for heat-shielding and hydrating products that contain silicone to coat the hair, seal in moisture, and fight breakage
- ▶ Get regular haircuts to remove damaged ends and maintain a healthy appearance

➤ Go to [www.cosderm.com](http://www.cosderm.com) to print, download, or send to a friend



# Feeling Flaky

Recognize and Treat the Cause of Dandruff

**S**ymptoms such as an itchy flaky scalp are embarrassing and can affect your self-esteem. Flakes can be caused by low humidity, an allergic reaction to a hair product, or overshampooing. Frequent itching and flaking could indicate dandruff, seborrheic dermatitis, or scalp psoriasis. But no one wants to be looking over their shoulder for dandruff. The good news is that cleansing properly with a gentle shampoo is all you need to keep most mild cases of dandruff at bay.

A number of medicated shampoos are available over-the-counter and most fit right into your regular routine.

## The Root of the Matter

First, treating dandruff requires that you determine the root of the problem. Finding the source of your particular irritation will help you pick the right solution.

Flakes associated with dry scalp are typically small and it is likely that you will notice dry skin on other parts of your body. Similarly, sun exposure

and sunburn can cause the scalp to become irritated and flaky.

The most common cause of dandruff is a skin condition called seborrheic dermatitis. This condition is associated with irritated oily waxy patches of skin that result in white to yellowish brown flakes. In severe cases, patches can affect other areas of the head and body such as in and around the ears, eyebrows, sides of the nose, armpits, upper back, and groin. Although the exact cause of seborrheic dermatitis is not known, it is believed that genetic

factors, stress, climate, and general health are culprits. Another cause might be yeast called *Malassezia* that can be found on nearly everyone's head but can irritate the scalp, resulting in oily clumps of flaky skin.

Scalp psoriasis is another common cause of an itchy scalp. Depending on the severity of the condition, it can appear with red patches to thick silvery scales due to overproduction of skin cells accompanied by itching and bleeding. It can appear as small patches or it may cover the entire scalp. People with scalp psoriasis also may have psoriasis patches on other areas of the body, such as the elbows and knees.

Aside from medical conditions, frequent combing and shampooing often can irritate your scalp, and not shampooing often enough can lead to product or oil buildup, which can create flakes of dandruff. Similarly, allergic reactions to ingredients in your hair care products can lead to an itchy, inflamed, and flaking scalp.

For many people, the presence of flakes may coincide with the seasons. As the seasons change, so should your hair routine. Adjust your hair care to minimize weather-related scalp afflictions.

### Scalp Solutions

Regular cleansing with any gentle shampoo will help to prevent a buildup of skin cells on your scalp. If product buildup is already an issue, reduce the number of styling products you use, as styling gel, mousse, and hair spray can build up on your scalp. In addition, the more products you use, the more likely you are to expose your scalp to irritating ingredients.

Medicated shampoos are available and each contains different types of active ingredients. Shampoos containing salicylic acid break down scalp buildup and split flakes into small pieces, making it easier to wash them away. Coal tar, a by-product of the coal manufacturing process, is an ingredient that slows down overproduction of skin cells and helps treat dandruff, seborrheic dermatitis, and psoriasis. Antibacterial and antifungal shampoos containing zinc pyrithione can reduce the yeast on your scalp that may be causing dandruff and seborrheic dermatitis. Selenium sulfide shampoos may reduce yeast growth as well as slow down skin cell turnover. Shampoos containing ketoconazole work by eliminating yeast or fungal growth.

Your dermatologist may recommend that you rotate shampoos to get the best results, using specific shampoos on alternate days and your favorite cosmetic shampoo the rest of the time. For example, you might want to try a medicated shampoo once a week and then use your regular shampoo the rest of the time. Medicated shampoos are stronger than daily washes, warranting follow-up with a conditioner.

### Conditioners

Using a daily dandruff shampoo can be harsh and requires a good follow-up conditioner. Medicated shampoos and some regular cleansers can be hard on your hair, stripping

the natural oils and roughing up the cuticles on your hair. Conditioners protect the hair. They are applied with a focus on the hair shaft and ends to moisturize, nourish, and protect from further damage. Conditioners leave a coating on the hair, replacing the natural oils rinsed away by shampoo, to restore the pH of the scalp, smooth the cuticle, and seal split ends, making hair more manageable and less prone to friction and tangling.

Because there are a number of treatment options available, if one does not work for you, it would be worth trying another. If your scalp becomes red or swollen, it is time to see your doctor or dermatologist to determine if your dandruff is due to a condition such as seborrheic dermatitis or psoriasis that might require a stronger or prescription treatment. ■

Download  
or print this  
article at  
[cosderm.com](http://cosderm.com)





# Label Wise

## Identifying Key Ingredients

**S**electing hair care products can be a daunting task. The store shelves are filled with different shampoos and conditioners, each promising fuller, brighter, shinier, softer, straighter, curlier, or smoother locks. And the list of ingredients can leave you even more puzzled.

Some hair care products promote a specific ingredient that will miraculously transform your hair;

in some cases, the product is named after that ingredient. But a closer look at the label could reveal that there is less than 1% of that ingredient included in the product. So what really makes up your hair care formula? And what makes it good or bad?

The first step is to understand that the US Food and Drug Administration does not regulate cosmetics the same way it regulates

### Common Ingredients in Hair Products and Their Purpose

▶ **Water**—The bulk of every formula because without enough of the liquid, the product will not work.

▶ **Surfactant/Detergent**—The cleaning agent. It works by lifting dirt and oil, so water can rinse them away. Ingredients include ammonium lauryl sulfate, ammonium laureth sulfate, and sodium lauryl sulfate.

▶ **Foaming agent**—Ingredients that provide suds, such as cocamide or cocamidopropyl betaine.

▶ **Acid**—Ingredients such as sodium citrate or citric acid are used to keep shampoo at the right pH level so it does not cause hair damage or irritate the scalp.

▶ **Silicone**—Deposits a lightweight coating to smooth and shine. Dimethicone is an example.

▶ **Polyquaternium**—Fights static and thickens shampoo, making it easier to pour.

▶ **Conditioner**—Locks in moisture and helps the cuticle lay flat to create smoothness and shine. Typical ingredients include fatty alcohols, fatty esters, vegetable oils, mineral oils, or humectants.

▶ **Preservative**—Typically parabens, phenoxyethanol, methylisothiazolinone, and sodium benzoate to prevent the product from growing mold and bacteria.



Download  
or print this  
article at  
[cosderm.com](http://cosderm.com)

food and drugs. However, regulations do address how the ingredients are listed on labels. Be prepared to quickly identify key active ingredients and concentrations that will work best for your hair type or scalp condition.

### The Ordered List

Federal regulations require that cosmetics, including hair care products (natural or otherwise), must be labeled with ingredients in descending order of their quantity in the product.

Most shampoos, for example, contain the same base ingredients: Each is comprised of 80% to 90% water with 2% to 8% detergents and foaming agents and approximately 1% fragrance and preservatives. The other agents in the formulation provide a particular benefit; for

example, body-building shampoos contain proteins that bond to the hair to increase volume, often swelling the hair shaft, and replenishing shampoos made for chemically treated or damaged hair contain gentler detergents or ingredients intended to preserve color or repair split ends.

Medicated shampoos intended to treat dandruff, scalp psoriasis, or seborrheic dermatitis may contain ingredients such as salicylic acid to loosen skin flakes; coal tar to slow overproduction of skin cells to reduce flakes and decrease itching and inflammation; or selenium sulfide, zinc pyrithione, ketoconazole, or ciclopirox to reduce yeast growth on the scalp. Shampoos containing

coal tar are useful for dandruff, scalp psoriasis, and seborrheic dermatitis.

If you have a sensitive scalp, look for ammonium lauryl sulfate and ammonium laureth sulfate as ingredients; they tend to be easier on the scalp than sodium lauryl sulfate.

### Seals and Certifications

Some manufacturers who use natural ingredients have chosen to carry seals granted by a variety of organizations. Many of these guidelines mirror those established by the US Department of Agriculture for organic food.

Understanding exactly what different seals and certifications mean will help you discern among many of the natural claims. Some claims on product labels include the terms *Natural*, *100% Natural*, *All Natural*, *Made With Natural Ingredients*, or *Made From Natural Ingredients*. Consult the

official Web site describing the seal to fully understand the terminology to be able to make an informed decision on your hair care products.

Because even natural ingredients may cause scalp reactions, just as their chemical counterparts, it is good to keep your eye on those labels. The best way to examine hair products is to note the condition of your hair and scalp after each use. Is your hair dry? Is your scalp itchy? If you notice a more severe reaction to a particular ingredient or product, or your scalp condition gets worse, talk with your dermatologist who can help you pick the safest and most effective product. ■

# Going Natural

Using Ingredients From Mother Nature



Consumers have become more interested in purchasing natural and organic products that they think are better for their overall personal health and friendlier to the environment. But what does it mean when you see the words *natural* and *organic* on the label? Are those products really better than their conventional alternatives?

Generally, products with natural ingredients are considered less irritating because they avoid the use of unnecessary chemical additives, where possible, in favor of herb or plant-based ingredients. Many chemical ingredients can strip the hair of its natural oils, making it more vulnerable to damage. Natural ingredients can cleanse without drying or stripping the hair; they also can protect, moisturize, and balance the pH level of the hair and scalp, which is beneficial considering the damage we inflict on our hair. The following ingredients from Mother Nature are just some to look for when scanning store shelves for shampoos and conditioners.

## Natural Ingredients

Avocado oil, high in vitamins B and E, is believed to have skin healing and soothing properties and can be found in a number of hair products to support hair growth. Tea tree oil comes from the evergreen leaves of the Australian *Melaleuca alternifolia* tree and is known for antibacterial and antifungal properties that may help fight dandruff. Products containing jojoba oil aim to balance the amount of oil produced by the scalp, seal in moisture, cleanse pores, and dissolve hair follicle blockages that may lead to hair loss and support hair growth. The

nourishing component of aloe vera juice makes it a perfect ingredient for products aimed at repairing overly heated and chemically treated hair. It also acts as an astringent to reduce oily buildup. Wheat protein helps prevent damage from combing by smoothing the surface of the hair. Arnica (from *Arnica montana*) can be found in hair tonics and antidandruff products and is known for its antibacterial and antifungal

## Look for these natural ingredients to combat some of the main hair problems:

- ▶ **Damaged Hair**  
Macadamia oil, sweet almond oil, wheat protein
- ▶ **Dry Hair**  
Aloe vera juice, apricot kernel oil, avocado oil, glycerin, jojoba oil
- ▶ **Dull Hair**  
Citric acid
- ▶ **Frizzy Hair**  
Keratin, shea butter, silicone
- ▶ **Scalp Conditions**  
Aloe vera, *Arnica montana*, biotin, caffeine, chamomile, olive oil, sesame oil, zinc pyrithione
- ▶ **Thin Hair**  
Panthenol, sesame oil

properties. Powder extracts of ligustrum, which comes from the berries of the privet tree, can be found in products for supporting hair growth as well as those for treating premature graying due to its ability to help prevent damage to cells that cause color change and hair loss. Also look for products with allergen-free fragrances that are composed of naturally derived ingredients such as plants and fruits.

## Do-it-yourself Treatments

Some of the natural ingredients that can be used on our hair can be found at home, making it possible to do-it-yourself. For example, coconut oil is one of the best natural oils for hair. Regularly massaging coconut oil into the scalp and hair as a prewash conditioner can nourish and restore damaged hair and also protect it from chemical, sun, and heat damage. The oil coats the hair shaft, preventing water absorption and protecting the cuticle during combing.

Olive oil has rich moisturizing properties, making it ideal for adding softness, manageability, and shine. It can be used as a conditioner, hot-oil treatment, or hairstyling aid. A mixture of olive oil, honey, and beeswax may improve conditions such as scalp psoriasis and dermatitis.

Shea butter, which comes from the nut of the shea tree, has a unique blend of unsaponifiables, which provides natural UV protection.

As the naturals market continues to evolve, researchers are learning more about the therapeutic benefits that Mother Nature has to offer. Remember that not every product with added naturals has medicinal value and that you can experience irritation from one of these products, just like any other hair product. Just because an ingredient is natural does not mean it is nonallergenic nor does it mean that these products are better than those with approved chemical ingredients. Stay vigilant to how you respond to any product. If you experience an allergic reaction, inflammation, or irritation from any new scalp product, stop using it and see your dermatologist for evaluation. ■

# Staying on Top

Recognizing Signs and Symptoms of Damage and Disease

**T**he combination of environmental stressors, such as sun, cold weather, and air pollution, and our own hairstyling routines can take a toll on our hair. But staying on top of what you expose your hair to and how you treat it will minimize future damage and lay the foundation for healthy, strong, and lustrous hair.

## Seasonal Stress

Your hair and scalp need year-round care. Dull, brittle, or frizzy hair, and a dry flaky scalp, may be exacerbated by cold, dry, or windy air. Try switching your routine according to the season and opt for hydrating cleansers and deeper conditioners free of alcohol, sulfates, and silicones. Take care as you bundle up too. Opt for a hat made with a soft weave to reduce breakage from taking it on and off.

In warmer months (or for those who live in warmer climates year-round), sun damage to both the scalp and hair can occur with too much UV exposure. Signs of sun damage

can include dry brittle hair, split ends, faded color, frizz, thinning hair, and a flaky scalp. Protect your scalp from sunburn by wearing a wide-brimmed hat to block sun exposure. Leave-in conditioners containing zinc oxide may help protect any loose hair from sun damage and discoloration.

## Irritating Indications

Intense itching may be a sign of an infection, such as head lice, or a medical condition, such as dandruff. Both are common problems. Head lice are tiny insects that inhabit the

scalp, feeding off blood. The bites can cause the scalp to become itchy and inflamed. Head lice are most common in children and spread through direct contact with contaminated people and personal belongings. Dandruff typically is associated with flaky skin trapped among hair strands and dusting your shoulders. It results from a medical condition. At times, product buildup can cause fine flakes in the hair that look similar to dandruff.

Both head lice and dandruff typically can be treated using over-the-counter medicated





shampoos. For resistant cases of lice, your doctor may prescribe an oral medication. Resistant cases of scaling of the scalp may be due to more serious medical conditions that can be diagnosed by your dermatologist and controlled using a prescription-strength shampoo or topical agent.

Allergic or irritant contact dermatitis can result from any number of ingredients in your hair care products. Allergic contact dermatitis occurs when you have an allergic reaction to 1 or more ingredients. Typically you will experience redness, itching, and hives. Because shampoos run down your body as your hair is rinsed, remember that reactions are not limited to the scalp. A reaction can appear anywhere on the body, though the scalp, face, eyes, ears, lips, and neck are the most common sites.

Irritant contact dermatitis is more common than allergic contact dermatitis and results when a harsh substance damages the

skin. Symptoms include patches of itchy, scaly, inflamed skin. To steer clear of these afflictions, those with sensitive skin may want to avoid common irritants, including fragrances, hair colorants, and chemical styling agents.

### Product Predicaments

Even with regular shampooing, hairstyling products and conditioners can buildup over time, leading to dull hair and dandruff as well as an oily irritated scalp. To curb these potential problems, use a clarifying shampoo once a week. Because clarifying shampoos tend to use stronger cleansers, more regular use can irritate your scalp.

### Handling Hair Loss

In general, it is normal to lose 50 to 100 hairs every day. Hair loss can be gradual or it can be sudden and extreme. Gradual hair loss is more likely due to heredity and is the most common cause of hair loss. About

80 million men and women in the United States experience hereditary hair loss. Men may notice a receding hairline or hair loss on the top of the head.

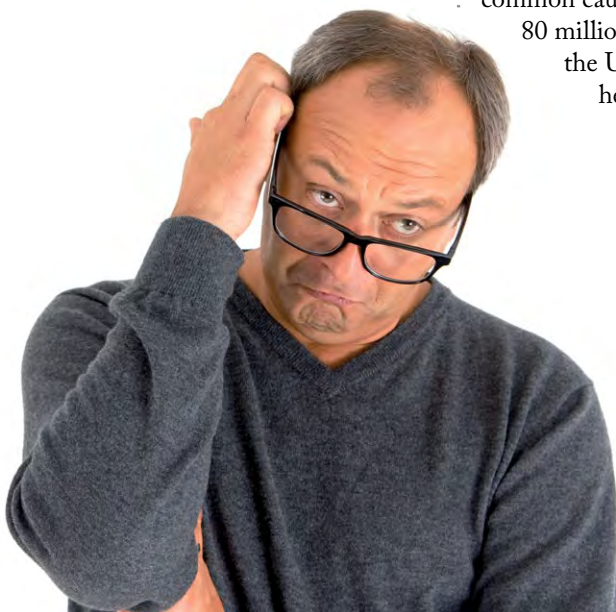
Women tend to keep their hairline but will notice thinning over the front and top of the scalp.

Overstyling, illness, diet, medicine, or hormone fluctuations can lead to sudden hair loss. Many women

experience noticeable hair loss a few months after giving birth due to the substantial physiologic stress from childbirth. Because this form of hair loss usually is short lived, hair growth should return to normal by the child's first birthday, as long as the trigger of the hair loss is removed. The dramatic change of hormone levels during menopause also can lead to hair loss in women. Alopecia areata is hair loss that results from an autoimmune disease in which the immune system mistakenly attacks hair follicles. It is characterized by round patches of complete baldness. Sometimes the hair grows back spontaneously. If persistent hair loss occurs, a trip to the dermatologist can help to identify prescription treatments.

Underlying medical conditions such as thyroid disease, anemia, and trichotillomania (the impulse to pull out your own hair) can result in hair loss, as well as severe fungal infections. Emotional or physical stress from a major surgery, high fever, severe infection, or even the flu can push growing hair into a resting phase, making hair loss possible when simply combing or washing your hair. Low protein or iron, excessive vitamin A, or weight loss and some prescription medications also can cause hair loss. Because there are many causes, the key is to seek treatment as soon as you begin to notice excessive loss.

Staying on top of what ails your scalp will help you pinpoint ways to prevent further damage. Handle your hair with care and seek advice from a dermatologist for sudden or extreme symptoms that might be signs of more serious conditions. ■



To print, download, or send to a friend, go to [cosderm.com](http://cosderm.com)



# Trend Spotting

The Inside Track on Taking Care of Your Hair

**M**aking healthy hair beautiful sometimes calls for a few tricks of the trade. For those who experience hair thinning, we look to the experts for tips and new research to pave the way for future innovations.

## A Matter of Routine

Your hair is nonliving and does not heal itself once damaged. To improve the appearance of your hair, remember these tips and think about how they can influence your routine.



**Don't overclean your hair.** You do not want to strip your hair of its

natural oils, so wash your hair when it is dirty. If you have oily hair, you may wash your hair more often than someone with finer or drier hair.



## Wash the right way.

Shampoo the scalp and allow the shampoo to run through the length of the hair rather than scrubbing the hair. Condition the ends of the hair and work your way up rather than beginning at the scalp. Most of us habitually begin with the scalp, which can create a false indication of dirty hair and lead to washing too frequently. You also may not be getting the conditioner where you really need it: in the length and ends of the hair.



## Give your hair a break.

Forego the hairdryer, flat iron, and/or hot rollers once per week, and let your locks rest. Embrace a more natural hairstyle, especially if you have ethnic hair, to avoid hairstyling techniques that may cause breakage or hair loss. For highly textured hair, products that are silicone or

glycerin based can help to organize your curls, reduce frizz, and protect the hair by adding moisture.



## Get regular haircuts or trims.

When hair is damaged, get a good-quality haircut.

## Color of the Future

We have been highlighting, color swapping, and covering up the gray for many decades, but we are still using the same approach to hair coloring as was used 150 years ago. What can we expect in the future? Color that lasts longer, looks more natural, and is safer. Researchers are currently working to develop nanosized colorants, which will more easily penetrate the hair and remain inside for longer-lasting color. Geneticists are working on gene therapy that could reverse the gray by stimulating genes to produce melanin. Whether it is a more effective product or one that gives your genes a jolt, we can expect new innovative approaches to color that will take care of our hair.

## Stressed Out Tresses

Does stress affect hair loss? In some cases it can affect hair loss. Physiologic stress can cause hair loss. Examples of this kind of physiologic stress include weight loss, surgery, general anesthesia, major infections, or other systemic disease. Treatment of this kind of hair loss is to remove the underlying cause. Only the limited effectiveness of standard hair-restoration remedies have been available to treat stress-related hair loss, but researchers are now looking at new ways to address the issue.

As we continue to find new ways to style our hair, there will be a need for new recommendations to protect it. Be aware of what you are putting on your hair and change your daily regimen if needed. ■



To print, download, or send to a friend, go to [www.cosderm.com](http://www.cosderm.com)

# The first step for better dandruff control



T/Sal® provides immediate relief of itching and flaking—and can help prepare your scalp for other treatments

T/Sal® Therapeutic Shampoo Scalp Build-Up Control starts working right away to break down crusty, flaky scalp buildup. Formulated with clinically proven salicylic acid, it helps prepare your scalp for other medicated treatments. Its clear, conditioning formula is free of added color, preservatives, and fragrance.

Talk to your doctor today or visit [tgel.com](http://tgel.com) to learn more about T/Sal®.



SCAN NOW TO GET A  
**\$2 OFF COUPON**

**Aveeno**<sup>®</sup>  
ACTIVE NATURALS<sup>®</sup>

- sulfate-free formulas with seaweed extract lift away impurities without over-drying or over-moisturizing



- gently renews hair to its naturally healthy, most balanced state every day

ACTIVE NATURALS<sup>®</sup> |   
SEAWEED EXTRACT

new 

now, it's actually  
**healthy**  
to wash your  
**hair**  
**every day**



**FREE sample** while supplies last  
text **PURE** to 467467

standard msg & data rates apply text STOP to quit HELP for info