



Buzzworthy

DR. PAUL COTTERILL

Dr. Cotterill's private practice has been exclusively limited to the treatment of hair loss for over 20 years. He is an internationally respected hair restoration surgeon with offices in New York and Toronto where he offers medical and surgical treatments for hair loss.

Cotterill is the President of the International Society of Hair Restoration Surgery (ISHRS), which is the largest society of its kind, with over 700 hair restoration doctors worldwide. He is board certified by the American Board of Hair Restoration Surgery (ABHRS,) where he is a director and examiner.

What are the causes of scalp hair loss?

In men, the major cause of hair loss in men is male pattern baldness (MPB). This affects up to 50% of men by age 50. MPB in men can start in the mid teens and is due to genes passed on from either side of the family, in combination with male hormones.

In women, the two major causes of scalp hair thinning are: 1. Temporary thinning due to such triggers as general anesthetics, child birth, iron deficiency, rapid weight loss and high fever, thyroid imbalance, anemia, psychological stress and side effects of certain drugs. In this condition once the trigger has had time to be removed the hair usually comes back. 2. The other common reason for scalp hair thinning in women is Female Pattern Hair Loss (FPHL), which can start in the late teens and can progress to a generalized thinning of the hair on the top of the scalp. This condition is associated with a genetic tendency passed on from either parent and may be affected by elevated male hormone levels.

What are the medical treatments for Male Pattern Baldness and Female Pattern Hair loss?

Currently, the only FDA approved medical treatments are topical minoxidil solution for men and women (brand name Rogaine) and oral Finasteride for men only (brand name Propecia). There is a new foam formulation of Rogaine on the market that is easier to apply and does not contain alcohol so that there is less scalp irritation. Women that have FPHL and have elevated male hormones may also benefit from medications aimed at lowering their male hormones.

Who can benefit from hair transplants?

Hair transplants are one of the most commonly performed cosmetic surgeries performed on men. The chief reason for having transplants is to get back the hair lost from MPB, but transplants can also be used to thicken eyebrows, mustaches, or on almost any area of the body that has lost hair, even onto scars. The ISHRS estimates that approximately 168,000 hair restoration procedures were performed worldwide in 2004.



Can hair transplants be used for women?

Women also can have transplants to thicken areas of the scalp that has lost hair due to FPHL or to hide areas of hair loss and scarring after facial cosmetic surgery. Eyebrows, eyelashes, even pubic hair transplants can be performed in appropriate circumstances.

Are transplants permanent?

A hair transplant will keep growing for the rest of your life, wherever you put the hair, in the exact same fashion as where it was taken from. That means that if you were to have your eyebrows thickened with hair taken from the back of your scalp, you will need to clip that transplanted hair every 5-7 days as it will grow just as fast as where it was taken from. Transplanted hair is normal growing hair that can be cut, colored, curled, and will grow forever.

Are transplants natural looking?

Long gone are the days of large, visible 'pluggy' looking transplants. Today's modern techniques employ microscopic dissection to obtain 1-3 haired follicular unit grafts that will yield a very natural appearance. Hair is usually taken as a strip from the back and sides of the scalp, where the hair is thicker and permanent. Hair can also be taken from other areas, such as the chest and back, by a process called follicular unit extraction (FUE).

How can I find out more about treating hair loss?

Dr. Cotterill's New York office is located, at 620 Park Avenue –www.Drcotterill.com where he is available to see patients in consultation to discuss their hair loss concerns. For further information about hair loss, The International Society of Hair Restoration Surgery, www.ISHRS.org, is the world's leading medical authority on hair, from hair loss to hair restoration.