



## **Hair Loss Facts vs. Fiction**

A recent national survey showed that most Americans are not familiar with the facts of hair loss, its causes and effective treatments.

According to the survey, more than 75% of Americans incorrectly identified stress as the leading cause of hair loss. In addition 35% thought that frequently wearing a hat could lead to hair loss.

In fact, 95% of all hair loss is hereditary. It is in our genes and occurs whether or not we are stressed or fond of wearing hats.

Hair loss treatment is more effective the sooner it begins. Unfortunately, most people don't realize that their hair is thinning until they have lost nearly 50%. And many people rely on hair care regimens that are ineffective for regrowing hair, leading to further delay.

Healthy diets, specialized shampoos, and herbal remedies have not been shown to increase hair growth.

Talk to your dermatologist about effective treatment options for hair loss. Hair loss treatment options include Rogaine® and Propecia®, as well as hair transplants.

## **Spots, Tags, and Other Skin Changes with Aging.**



As we age, the appearance and physical qualities of our skin changes. It loses its underlying layers of fat, and the

production of collagen and elastin fibers slows. As a result, the skin becomes thinner, develops fine lines and wrinkles, and becomes drier and prone to itching. Aging skin is also prone to the development of certain growths or spots.

Some common skin growths that become more common with the passing years include:

**Age spots** - These flat, brown areas, also called "liver spots" or solar lentigines usually arise on sun-exposed portions of the body, including the backs of the hands, shoulders, and face. Some topical medications, including a topical retinoid, may help diminish the appearance of these spots.

**Skin tags** - These flesh-colored growths protrude from the skin, often on a stalk. They're often found on the neck or in the armpits. Your dermatologist can remove them with electrocautery or cryotherapy.

**Cherry angiomas** - These small, smooth, cherry red spots are commonly found on the torso. They range from pinhead size to ¼ inch across. They can be removed with a laser, cryotherapy or electrocautery.

**Seborrheic keratoses** - These brown, black, or pale skin growths look like they have been pasted onto the skin. They appear most commonly on the face, chest, shoulders, and back. They can be easily removed in the office.

Although usually harmless, they should be evaluated by your dermatologist to rule out skin cancer and recommend an appropriate treatment plan.

## **Rosacea Study Identifies Cause of Flushing**

In a study funded by the National Rosacea Society, researchers identified the molecular pathway for flushing caused by niacin that is found in many foods. (Niacin is also referred to as vitamin B3 or nicotinic acid.) The new findings may lead to future improvements in the treatment or prevention of rosacea, which is commonly associated with facial flushing.

The researchers noted that niacin, an essential vitamin, is found in an extensive range of foods, including foods reported to trigger rosacea flare-ups, such as beef liver, yeast, avocados, and spinach. Niacin has also been associated with severe flushing in individuals taking large amounts as a supplement.

By better understanding the molecular pathway for flushing that begins with niacin, new rosacea treatments might be developed to block this process.

Read more recent findings about about rosacea in the National Rosacea Society's [Winter 2010 Newsletter](#).

**[To learn more about these or any other conditons, click here.](#)**

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