

# 9<sup>TH</sup> CLINICAL DERMATOLOGY CONGRESS & 2<sup>nd</sup> International Conference on PSORIASIS, PSORIATIC ARTHRITIS & SKIN INFECTIONS

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## Nutrition for shiny and healthy hair

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Shining and healthy hair is the attribute of healthy people looking after themselves and taking good care of their body. Weak and falling out hair might extremely lower the comfort of people's life, lead to lowering of self-esteem and stress which is bound to this may even intensify the problem. Human hair consists of proteins, lipids, water, trace elements and pigments. Depending on its moisture content (up to 32% by weight), human hair, consists of approximately 65% to 95% proteins. The remaining constituents are water, lipids (structural and free), pigment, and trace elements that are generally not free, but combined chemically with side chains of protein groups or with fatty-acid. Taking into consideration fact that the ingredients of diet contained in various groups of consumed food products should contain proteins, lipids, water, trace elements for direct impact on structure, growth and keeping hair. Standard value proteins containing sulphur amino-acids: cysteine and methionine as precursor to keratin hair protein synthesis are basic element of diet conditioning of hair building. Irreplaceable having impact on keeping hair in skin integument is exogenous L-lysine, mainly present in the inner part of hair root is responsible for hair shape and volume. Fats present in the diet take part in steroid hormones synthesis (from cholesterol) thus have influence on keeping hair in skin integument. Diets should contain products rich in complex carbohydrates, with low glycemic index and load containing fiber regulating carbohydrate-lipid metabolism of the body. Vitamins also have impact on the state of hair: C vitamin, group B and A vitamins. Minerals which influence hair growth are: Zn, Fe, Cu, Se, Si, Mg and Ca. It is worthwhile to pay closer attention to diet shining and healthy hair.

## Biography

S M Bakhtiar Kamal has completed his DDV at 2000 and MD in Dermatology at 2005 from Bangabandhu Sheikh Mujib Medical University (BSMMU). He is the Director of Kamal hair & Skin center and Assistant Professor in Dhaka Medical College. He is a Trichologist and Hair Transplant Surgeon. International faculty and life Member of the Hair Research Society of India. He is the Founder Secretary General of Association of Cutaneous Surgeons of Bangladesh and Member of Asian Association of Hair Restoration Surgeons. He has done more than 1000 cases of hair transplant. He has published more than 15 papers in reputed journals.

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