

## Hair Loss Caused by Cancer Chemotherapy has been linked to Changes in Self-Concept

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### DISCRIPTION

Hair loss commonly referred to as alopecia or baldness is the loss of hair on one's head or body. At the very least, the head is usually engross. Hair loss can range in intensity from a small patch to the entire body. In most cases, there is no inflammation or scarring. Some persons experience psychological anguish as a result of hair loss. Alopecia aerates, male- or female-pattern hair loss, and telogen effluvium, or thinning hair, are all common types. Hair loss that mostly affects the top and front of the scalp is known as pattern hair loss. Hair loss in male-pattern hair loss (MPHL) often manifests as a receding front hairline, hair loss on the crown (vertex) of the head, or a combination of the two. Female-pattern hair loss (FPHL) is characterized by thinning hair that spreads throughout the entire scalp.

The genetic predisposition and circulating androgens, notably dihydrotestosterone, appears to be responsible for male pattern hair loss dihydrotestosterone (DHT). The exact reason of female hair loss is unknown. Accepting the issue could be sufficient management. Minoxidil, finasteride, dutasteride, and hair transplant surgery are all typical medical therapies. Finasteride and dutasteride are not well-studied in women, and if taken during pregnancy, they may cause birth abnormalities. By the age of 50, roughly half of males and a quarter of females had experienced pattern hair loss. It's the most common reason for hair thinning.

### Signs and symptoms

- Classic male-pattern hair loss begins above the temples and at the scalp's vertex (calvaria). A rim of hair remains at the sides and back of the head as it progresses. This is known as a 'Hippocratic wreath,' and it rarely progresses to complete baldness. Pattern hair loss is one type of non-scarring hair loss.
- Women's hair loss is much more likely to cause diffuse narrowing without hairline recession; female androgenic alopecia, like its male counterpart, did result in total hair loss.
- The Ludwig scale is used to assess the severity of woman hair loss. These include Grades 1, 2, and 3 of balding in people

based on the appearance of their scalp in the front due to thinning hair.

- In most cases, the receding hairline is the first point of departure; the hair begins to move backwards from the front of the head and the sides. Acknowledging the situation and shaving one's personal head may be all that is required treating pattern hair loss.
- Treatment options include the medications minoxidil and hair transplant surgery. Steroid injections in the affected area can be used to treat alopecia areata, but they must be back to be effective.
- Hair loss is a very common issue. By the age of 50, roughly half of the men and a quarter of women who experience pattern hair loss. Alopecia areata affects about 2% of the population at some point in their lives.

### Skin conditions

- A heavily tarnished face, back, and limbs may indicate cystic acne. Cystic acne, the most severe form of the condition, is caused by the same hormone imbalance that cause hair loss and is linked to dihydrotestosterone production. Dihydrotestosterone (DHT, 5-dihydrotestosterone, 5-DHT, androstanolone, or stanolone) is an endogenous androgen sex hormone and steroid.
- In certain tissues, such as the prostate gland, seminal vesicles, epididymides, skin, hair follicles, liver, and brain, this same enzyme 5-reductase catalyses the creation of DHT from testosterone.
- Dermatitis, a condition whereby an excess of sebaceous glands is generated and accumulates just on scalp (similar to adult cradle cap), is also a sign of hormonal imbalances, as is an excessively oily as well as dry scalp. Both can result in hair thinning.

### Drugs

- Several medications, including for high blood pressure, diabetes, heart disease, and cholesterol, can cause temporary or permanent hair loss.

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- Any medication that alters the body's hormone balance, such as the contraceptive pill, hormone replacement therapy, steroids, and acne medications, can have a significant impact.
- Some treatments used to cure mycotic infectious diseases can result in significant hair loss.
- Medications (drug side effects such as chemotherapy, anabolic steroids, and birth control pills)

## CONCLUSION

Hypothermia caps may be used to prevent hair loss during certain types of chemotherapy, particularly when taxanes or anthracyclines are used. It is not advised to use it if cancer is present in the scalp skin, or if you have lymphoma or leukemia. In most cases, scalp cooling used during chemotherapy only has minor side effects.