

Increasing the Telogen Cycle and Its Key Stage in the Hair Growth Cycle and Hair Restoration

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DESCRIPTION

Hair growth is a complex process regulated by several factors, from genetics and hormones to lifestyle choices and environmental influences. One of the most important, yet often overlooked, aspects of this process is the Telogen phase. This phase is an important part of the hair growth cycle, which includes three primary stages: Anagen, Catagen and Telogen. The hair development cycle's resting period is known as the telogen phase. After a hair follicle completes its active growth (Anagen phase) and transitions through a brief shedding and regressing stage (Catagen phase), it enters the Telogen phase. During this phase, the hair follicle is not actively producing hair, but rather resting.

Stages of the Hair Growth Cycle

To understand the role of the Telogen phase, it's important to look at the entire hair growth cycle, which consists of three main phases:

Anagen phase (Growth phase): This is the active phase of hair growth, lasting from 2 to 7 years, depending on the individual. During Anagen, the hair follicle produces new cells that push the existing hair upward, leading to visible hair growth. About 85-90% of the hair on the scalp is in the Anagen phase at any given time.

Catagen phase (Transitional phase): Active growth ends during this brief phase, which lasts two to three weeks. The growth process is slowed during Catagen as the hair follicle shrinks and separates from the blood supply. Approximately 1-2% of hairs are in this phase at any time.

Telogen phase (Resting phase): As mentioned, the Telogen phase is a resting period where the hair follicle is inactive and the hair stops growing. The follicle initiates a new Anagen phase to start growing new hair once the hair is shed at the end of the Telogen phase.

The Telogen phase typically lasts between 2 to 4 months. However, the duration can vary among individuals and is

influenced by a number of factors such as age, health and hormonal levels. After this period, the hair naturally falls out and a new hair begins to grow in its place. It's important to note that not all hair follicles are synchronized in their growth cycles, meaning that at any given time, a combination of hairs is in Anagen, Catagen and Telogen phases.

Telogen effluvium: When the resting phase disrupts hair growth

Telogen effluvium is a condition in which a significant number of hair follicles enter the Telogen phase simultaneously, leading to noticeable hair thinning or shedding. This condition is often triggered by a variety of factors, including:

Physical or emotional stress: Major life events, illness, or trauma can disrupt the normal hair growth cycle.

Hormonal changes: Pregnancy, childbirth and menopause can affect the duration and timing of the Telogen phase.

Nutritional deficiencies: Lack of essential nutrients like iron, protein and vitamins can result in hair follicles entering the Telogen phase prematurely.

Medications: Certain medications, including chemotherapy drugs, can induce Telogen effluvium as a side effect.

Supporting healthy hair growth

While the Telogen phase is a natural part of the hair cycle, several factors can influence how efficiently the hair moves through its growth stages.

Maintain a balanced diet: Ensure the getting adequate nutrients to support hair health, including vitamins A, C, D, E and the B vitamins, as well as minerals like iron, zinc and biotin.

Manage stress: Chronic stress can impact the hair cycle, so adopting stress-reducing techniques like exercise, meditation and mindfulness may help minimize its effects on hair growth.

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Use gentle hair care products: Harsh shampoos, frequent washing and excessive heat styling can damage hair and disrupt the natural cycle.

CONCLUSION

The Telogen phase is a natural and essential part of the hair growth cycle, allowing hair follicles to rest before they regenerate and begin the growth process anew. While shedding hair during the Telogen phase is normal, excessive hair loss or disruptions in

the cycle can lead to conditions like Telogen effluvium. Understanding the role of the Telogen phase and maintaining good hair care practices can help support healthy hair growth and minimize the impact of external stressors on the scalp health. Whether they are managing everyday shedding or addressing more severe hair loss, the key is recognizing the importance of the hair growth cycle and taking proactive steps to maintain balance.