

Causes and Symptoms of Telogen Effluvium

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DESCRIPTION

Telogen Effluvium (TE) is a common hair loss condition that results in excessive shedding of hair from the scalp. It is a non-scarring, reversible condition that affects the hair growth cycle. TE is often characterized by a sudden, diffuse thinning of hair, which can be distressing for those who experience it. The hair growth cycle has three phases: Anagen, Catagen, and Telogen.

Anagen is the growth phase, Catagen is the transitional phase, and Telogen is the resting phase. During Telogen, the hair follicle remains dormant and the hair shaft is released from the scalp. Shedding of hair during Telogen is a normal process and up to 100 hairs can be shed per day. TE occurs when there is a disruption to the hair growth cycle, specifically during the Telogen phase. The condition can be triggered by various factors including physical or emotional stress, hormonal changes, medications, and nutritional deficiencies. When the hair follicles are subjected to a sudden shock or trauma, such as surgery or childbirth, the hair follicles may enter the Telogen phase prematurely, resulting in excessive shedding.

Symptoms of TE can vary from person to person. Some individuals may experience a sudden loss of hair while others may notice a gradual thinning of hair over time. Hair loss may occur evenly across the scalp or in specific areas. TE can also affect the eyebrows and other body hair. Diagnosis of TE is usually made through a physical examination of the scalp and a thorough medical history. Blood tests may also be performed to rule out underlying medical conditions that may be contributing to the hair loss. TE is a self-limiting condition and in most cases, the hair will regrow once the underlying cause is addressed. Treatment options for TE may include addressing the underlying

medical condition, discontinuing medications that may be contributing to the hair loss, and improving nutrition. In some cases, topical medications or hair restoration procedures may be recommended to stimulate hair growth. One of the most common causes of TE is physical or emotional stress. Stress can be caused by a variety of factors, including work-related stress, financial stress, or personal stress. When the body is subjected to stress, it triggers the release of stress hormones, which can affect the hair growth cycle. The stress hormone cortisol can inhibit the growth of hair follicles, leading to hair loss. In some cases, stress-induced hair loss may occur several weeks after a stressful event has occurred. Hormonal changes can also contribute to the development of TE. This can occur during pregnancy, menopause, or as a result of hormonal imbalances. During pregnancy, for example, the body undergoes significant hormonal changes, which can cause hair to enter the Telogen phase prematurely. Hormonal imbalances, such as those associated with thyroid disorders, can also disrupt the hair growth cycle. Certain medications can also contribute to the development of TE. Chemotherapy drugs, for example, are known to cause hair loss. Other medications, such as beta-blockers and retinoids, can also contribute to hair loss. In most cases, hair loss caused by medication is temporary and will resolve once the medication is discontinued. Nutritional deficiencies can also contribute to the development of TE. Deficiencies in iron, zinc, and biotin, for example, can affect the hair growth cycle. A balanced diet that is rich in vitamins and minerals can help to promote healthy hair growth. In some cases, TE may be associated with underlying medical conditions. Autoimmune disorders, such as lupus and alopecia areata, can cause hair loss. Other medical conditions, such as hypothyroidism and anemia, can also contribute to hair loss.

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