

File Created by [Blogging Rebirth](#) WP Plugin

# How to treat & cure Alopecia

An article about how to treat and cure Alopecia to stop thinning hair and baldness  
alopecia, baldness, thinning hair

I have been a sufferer from the condition alopecia for many years. Like all sufferers of alopecia we search for how to treat alopecia and its cures in the hope that soon we can return back to a full head of hair.

Only recently i won the battle so i decided here to write about how i treat alopecia and the cures that actually work for me for other people with alopecia.

Thinning hair had dramatic effects on me personally. The feelings of anxiety are common when alopecia starts. As a previous sufferer of alopecia all i did was worry about my thinning hair when all i wanted to do was just live a normal life.

The pressures of society to look beautiful projected in glossy magazines and media advertising only go to make matters worse for the sufferer with sometimes feelings of isolation taking effect. The psychological factors of anyone losing their hair at any age can be catastrophic.

It has been estimated that 50% of men aged up to 50 years old suffer from alopecia and 40% of woman suffer from alopecia by menopause age.

1.7% of the population overall, including more than 4.7 million people in the USA alone suffer from alopecia and most don't know how to treat alopecia. A figure of close to a million people has recently been suggested for the United Kingdom population alone and as we can see it's a lot more common than we think.

Over 25% of people around the world who are affected by alopecia usually have someone within their family who have or had to treat alopecia at some stage of their lives.

Some studies have shown a link with between alopecia and stress or trauma of some kind.

In male and female pattern baldness, the culprit is something called dihydrotestosterone, or DHT, which is derived from androgen which is a male hormone. Circulating through the bloodstream, androgen is converted to DHT.

Those with greater enzyme activity have more DHT binding to their hair-follicle receptors. If flooded by DHT, the follicles sprout thinner hairs during the the normal recycle period until eventually nothing regrows.

How to treat alopecia is something that you have to wait for im afraid for maximum results, to treat alopecia can take months if not years. If you start now and incorporate a routine into your daily lifestyle, before you know it the alopecia will be gone.

You can also find this article published on [How to treat & cure Alopecia](#)