

Women's Hair Loss Protocol

Understanding the Root Causes Behind Hair Thinning & Shedding

A patient education guide designed to help you understand why hair loss occurs, the factors that may contribute to it, and the evidence-based options available to support healthier hair growth.



Hair Loss Is Often Multifactorial

Hair thinning in women is rarely caused by a single factor.

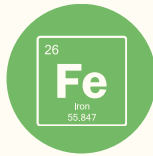
Hormones, nutrient deficiencies, thyroid function, metabolic health, stress, inflammation, and scalp health can all influence how hair grows and how effectively treatments work.



Hormonal Balance



Thyroid Health



Iron & Nutrient Levels



Metabolic Health



Stress & Recovery



Scalp Health

What This Guide Covers

- ✓ Common causes of female hair loss
- ✓ Hormones and hair health
- ✓ Thyroid and metabolic influences
- ✓ Iron and nutrient deficiencies
- ✓ Evidence-based treatment options
- ✓ Lifestyle strategies that support healthy hair growth
- ✓ Additional support options available through Nexus Derm



At *Nexus Derm*, we take a root-cause approach to hair restoration by looking beyond the symptoms and identifying potential underlying contributors.

Common Contributors to Women's Hair Loss

Hair follicles are highly sensitive to changes happening inside the body. When important systems become imbalanced, hair growth can be affected.



Low Iron Stores

Healthy hair growth requires adequate iron storage.

Even when standard iron levels appear normal, low ferritin levels may contribute to increased shedding, thinning, and slower regrowth.

Possible Signs:

- Increased shedding
- Fatigue
- Brittle nails
- Reduced hair density



Hormonal Imbalances

Changes in estrogen, testosterone, and insulin can influence the hair growth cycle.

Conditions such as PCOS, perimenopause, menopause, and insulin resistance may contribute to thinning over time.

Possible Signs:

- Widening part line
- Increased facial hair
- Irregular cycles
- Gradual hair thinning



Thyroid Dysfunction

The thyroid helps regulate metabolism and supports normal hair follicle function.

When thyroid hormones are not functioning optimally, hair growth may slow and shedding may increase.

Possible Signs:

- Fatigue
- Weight changes
- Dry skin
- Hair thinning



Metabolic Health & Insulin Resistance

Insulin plays an important role in hormonal balance.

When insulin levels remain elevated, they can influence other hormones involved in hair growth and follicle health.

Possible Signs:

- Difficulty losing weight
- Increased cravings
- Energy crashes
- Progressive thinning



Hair loss in women is rarely caused by a single factor. Identifying and addressing the underlying contributors is the key to *supporting healthier hair growth and long-term results.*

Often Overlooked Factors

Many women focus on products and treatments but overlook factors that may affect the hair growth environment itself.



Stress & Cortisol

Chronic stress can shift hair follicles into a resting phase, resulting in increased shedding several weeks or months later.

Stress management and adequate recovery are important components of a comprehensive hair restoration plan.



Perimenopause & Menopause

Declining estrogen levels during hormonal transitions can affect hair density, texture, and growth patterns.

Hair changes during this stage are common but often misunderstood.



Nutrient Deficiencies

Hair follicles require adequate nutrition to function properly.

Low levels of nutrients such as iron, vitamin D, zinc, and protein may contribute to poor growth and increased shedding.



Scalp Health

Healthy hair begins with a healthy scalp.

Inflammation, buildup, irritation, and poor circulation can affect the environment needed for healthy hair growth.



Questions To Ask Your Provider

- ✓ Which factors may be contributing to my hair loss?
- ✓ Are my iron stores (ferritin) at an optimal level?
- ✓ Should my thyroid function be evaluated in more detail?
- ✓ Could hormones be affecting my hair?
- ✓ Would additional labs be beneficial?
- ✓ What treatment plan is right for me?

Hair Growth Depends on Its Environment

The environment surrounding the follicle includes:



Hormones



Nutrients



Scalp Health



Stress Levels



Metabolic Health



Inflammation

Treatment Options for Women's Hair Loss

Treatment plans are individualized and based on your medical history, clinical evaluation, and underlying contributing factors.



Oral Minoxidil

Low-dose oral minoxidil may help support blood flow to the follicle and prolong the hair growth phase.

May Help:

- Increase density
- Improve growth duration
- Support regrowth



Hormonal Evaluation & Support

Hormonal assessments can help identify imbalances that may contribute to thinning and shedding.

May Help:

- Identify underlying causes
- Improve long-term outcomes
- Guide personalized care



PRP (Platelet-Rich Plasma)

PRP uses growth factors from your own blood to support natural healing and follicle activity.

May Help:

- Support follicle function
- Improve hair density
- Complement other therapies



Personalized Treatment Plans

Treatment recommendations may include:

- Laboratory evaluation
- Nutritional support
- Prescription therapies
- Lifestyle modification
- Scalp-focused treatments



The goal is not just to treat symptoms, but to identify and address the underlying factors so you can achieve *healthier hair and long-term results*.

Lifestyle Strategies That Support Hair Growth

Daily habits can significantly influence the environment surrounding your hair follicles.



Prioritize Protein

Hair is primarily made of protein.

Aim for protein-rich meals throughout the day to provide the building blocks needed for healthy hair growth.



Support Metabolic Health

Balanced blood sugar and insulin levels support overall hormone health and may positively influence hair growth.



Prioritize Sleep

Sleep plays an important role in hormone regulation, recovery, and overall wellness.

Consistent sleep habits may help support healthier hair growth.



Manage Stress

Chronic stress can contribute to increased shedding.

Mindfulness, exercise, recovery practices, and healthy boundaries can support overall health.



Support Scalp Health

A healthy scalp creates a healthier environment for growth.

Proper scalp care may help reduce irritation and support follicle function.



Consistency is key. Supporting your body from the inside out is one of the most powerful ways to promote *healthy, vibrant hair*.



Healthy habits today support healthier hair tomorrow.



Additional Support Options For Women's Hair Health

These options can complement your personalized treatment plan.



Xtressé™ Hair Support System

A physician-dispensed hair support system designed to complement comprehensive hair restoration care.

May Support:



Scalp environment



Hair density



Follicle support



Daily maintenance



Nutrafol® Women

A nutritional supplement formulated to support hair wellness through ingredients that target stress, metabolism, hormones, and overall follicle health.

May Support:



Hair Thickness



Stronger hair



Nutrient Support



Long-term consistency



PRP at Nexus Derm

PRP uses growth factors from your own blood to support follicle activity and natural repair processes.

Treatment plans are personalized based on:

- Clinical evaluation
- Labs
- Medical history
- Hair/scalp assessment



Every Treatment Plan Is Personalized

Your plan is designed based on a thorough evaluation to address the factors unique to you and your goals.



Ready to Take the Next Step?

At *Nexus Derm*, we take a root-cause approach to hair restoration by evaluating the factors that may be influencing your hair growth from the inside out.



CONTACT NEXUS DERM



6006 SW 18th St, Boca Raton, FL
33433, Village Point Shopping
Center Inside Salon Edge Unit B7



(561) 424-7176



www.nexusderm.com



kway@nexusderm.com



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