

## Hair Loss in Weight Loss

### Common reasons:

1. Fast weight loss (?etiology) – does stop after weight loss levels out.
2. Protein deficiency / muscle loss: especially patients eating <34g/day
3. Lack of Omega 3: Take at least 2 fish oil tablets daily (2000mg)
4. Lack of Biotin: try biotin tablets
5. Lack of Zinc: 15-30mg in non surgical patients and up to 200mg three times daily in bypass pts. (Ask physician for the dose you should try.) Zinc gluconate 50 mg daily for 2 weeks is commonly used to encourage more hair growth
6. Changes in estrogen/androgen balance (estrogen stored in fat decreases with rapid weight loss resulting in “androgen alopecia” - Spironolactone (prescription) may help
7. Meds: Phentermine/Zonegran/Topamax rarely can cause
8. PCOS: Spironolactone (anti androgen) helpful in eliminating facial hair as well as slowing hair thinning
9. Other helpful agents to try:
  - a. The highest dose Rogaine (more helpful in preventing additional loss vs hair growth)
  - b. Men could use propecia 1mg but proscar 5mg 1/2 tab 3x/week is equally as effective and much cheaper. Avodart (off label) is better than either of the above.(Physician needs to be aware of PSA levels prior to prescribing)

**Although the etiology of hair loss varies, one thing bariatricians agree on is that it is almost always temporary and grows back after weight is stabilized again.**

