

HERLIFE
ASK THE
EXPERT

WRITTEN BY
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Treating Hair and Eyebrow Loss

All of us know a man in our lives who has undergone hair restoration, but many women do not realize they are also candidates for eyelash, eyebrow and hair restoration. With every aspect of our health, the first step is to determine if there is a nutritional or hormonal imbalance. Thyroid disease and perimenopause are very common causes for hair loss.

Hair transplantation is painless and minimally invasive. With this new technique there is no permanent incision line like those that were always required for the older techniques. But you need to be aware that the transplanted hair takes approximately six months to grow in. If you have an important event in your life, you will need to plan ahead just as you do for your eyelid and facial procedures.



Dr. Kimberly Cockerham



Dr. Theodore Stahl

Q. I AM A 50-YEAR-OLD WOMAN AND MY HAIR IS SUDDENLY FALLING OUT. WHAT SHOULD I DO?

A: See your primary care doctor and have a complete medical evaluation including a thyroid examination and laboratory assessment. If you are diagnosed with thyroid disease, for instance, getting your thyroid normalized with medication can often be curative.

Q. I AM 32 AND MY EYEBROWS DON'T GROW ANYMORE. I PLUCKED THEM A LOT IN THE PAST BUT NOW MY THIN BROWS MAKE ME LOOK OLDER THAN I AM. HELP!

A: The same products that are used to grow eyelashes, prostaglandin inhibitors such as Latisse®, GrandeLASH™ and others, can be used on your brows to enhance eyebrow growth. Other non-surgical options include microneedling and platelet rich plasma. If these measures fail, hair transplantation using an advanced technology called SmartGraft™ is now available in the Central Valley.

Q. WHEN I WAS ONLY NINE YEARS OLD, MY HAIR STARTED TO FALL OUT. BY AGE TEN THE HAIR ON MY HEAD, MY EYELASHES AND EYEBROWS WERE COMPLETELY GONE. I TRIED STEROID INJECTIONS BUT THEY DIDN'T REALLY HELP. NOW I AM IN MY MID-40S AND I HAVE SOME HAIR ON MY HEAD, BROW AND A FEW LASHES. WHAT ARE MY OPTIONS?

A: Hair loss at such a young age is often due to a genetic cause such as alopecia areata. An assessment of your nutritional and hormonal status is still indicated to optimize your hair growth. Supplementation, microneedling and platelet rich plasma injections can help grow more lashes, brows and hair. Hair transplantation can be successful when combined with this comprehensive approach.

Q. MY EYEBROWS WERE THIN AND LIGHT IN COLOR, SO I HAD PERMANENT MAKE-UP BROWS DONE TEN YEARS AGO. NOW THEY HAVE TURNED AN ODD GRAYISH PINK. I LOOK REALLY WEIRD; WHAT CAN I DO?

A: You can try microblading, a newer form of permanent make up where the individual eyebrow hairs are tattooed rather than a coloring in the area of the permanent brow. As an alternative, tattoo removal can be performed with a laser, followed by hair transplantation from your scalp to your brows. Surgical excision of the discolored skin is rarely done, but it's an option if the tattooed brow is disfiguring and does not look better after tattoo removal and/or microblading. The surgical removal scar could then have microneedling, platelet rich plasma injections and hair transplantation. ■

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