

## BUZZ AROUND TOWN



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**Dr Sajjad Khan**

Photo: Dhies Handumon

# Don't blame water for your hair loss

Hair transplant surgeon **Dr. Sajjad Khan** busts some myths on hair loss

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**H**ow many times have you heard your friends and colleagues blaming Dubai for their increased hair loss? They attribute it to the water in the city.

Dubai-based Dr. Sajjad Khan, the celebrity hair transplant surgeon, clears some common misconceptions.

Dr. Khan has treated top Bollywood actors, royalty and athletes. His website mentions actors like Gulshan Grover, Sanjay Kapoor, singer Abhijeet

Bhattacharya and more.

Being associated with Dubai for the past two decades, he knows what the reasons for hair loss – and water is not one of them.

“I laugh when some of my clients insist on washing their hair with mineral water. It is not required at all. If you have so much money, give it to charity. If the water in Dubai is harsh, it will only make your hair brittle but that could be mended by using a better shampoo and conditioner,” said Dr. Khan.

And that's not the only myth he busted during the chat he had with *City Times*.

Dr. Khan goes on to share that a majority of his clients are men who suffer from genetic hair loss. “Men are more prone to balding because of their genetics, but it can be corrected with a good diet and regular exercise. The problem, however, is that if we don't address the hair loss issue, and don't seek timely medical help, it may be too late to reverse the damage.”

While hair transplant can be an effective one-time solution, in many cases, regenerative medicine can fix your hair woes. “Great hair starts with a healthy scalp and regenerative treatments can harness

the power of your own body's stem cells to strengthen hair and reduce loss,” Dr. Khan explained.

It is not only men, genetics is also responsible for hair loss among women – at least in 50 per cent of the cases.

The other 50 per cent is metabolic as women's bodies go through many changes due to pregnancy or menopause.

Special attention should be given to pregnant women's diets because sometimes, the hair they shed never comes back, Dr. Khan cautioned.

Menopause is a very critical time as 90 per cent of the

estrogen levels drop due to the reduction in testosterone levels, he said. It is the imbalance in hormone levels that leads to hair loss.

“In these cases, replacement therapy is very helpful as estrogen levels can be restored. If replacement therapy is not an option, regenerative medicine can regenerate hair through your own body stems.”

The other common causes of hair loss among women include low hemoglobin levels and thyroid hormone levels. Drastic weight loss (3-4 kg a month) can also lead to hair fall or thinning hair, he said.

### COMMON MYTHS

**Don't use conditioner on scalp:** The focus, these days, is to make the scalp better, and healthier. If your scalp is not treated right, your hair will never be healthy. Today's conditioners are conducive for the scalp too and you have to moisturise your scalp.

**Opt for sulfate-free shampoos:** The notion of using shampoos without sulfate is wrong. Sulfate-free shampoos are not a must, but you must look for milder sulfates.

**Go organic:** Not all organic hair products are good for your hair. Some sophisticated ingredients are needed for healthy hair and scalp. Organic ingredients cannot provide them. It is necessary to consult a hair expert and opt for the best shampoo by renowned pharma brands.

**Scissors matter:** Professional hair stylists use top-quality scissors (some costing between \$200 to \$500). The stylist's scissors must be well-maintained as dull scissors damage hair cuticles and lead to split ends.

**Oily hair:** Hair structure is made up of protein and oils are made of fat. Your hair needs moisture and oil doesn't provide any of it. So, while oiling might help lay flat the cuticle, it is not essential for healthy hair. A good conditioner can do better!

### Summer care

During summer, your hair becomes dry due to the heat. The average moisture in hair should be around 8 to 10 per cent and losing it, makes your hair brittle. “In case of extreme temperatures, you could use thermal active heat protectant on your hair. It coats the hair and you don't risk losing the moisture,” Dr. Khan advised. He further stated that ultra-violet rays affect the hair cuticles and weaken them. “You could also mix SPF 30+, oil free sun-screen into your conditioner and apply it to your hair to provide extra protection.”