



HAIR LOSS

Hair strands that are falling out; receding of hairline; thinning of hair

CAUSES

MALE PATTERN BALDNESS

As men age, the hair at their temples start to thin out. The hair at the top of the head follows, with the hairline at the forehead receding. This kind of pattern baldness is usually hereditary, and thus most likely cannot be prevented. However, the rate at which the hair sheds may be slowed down by proper hair care. Females may also experience a thinning of hair, usually during periods of hormonal imbalance such as pregnancy or childbirth. Pattern baldness, however, is more common in men.



More common in men, baldness is usually hereditary.

Symptoms:

- Thinning of hair at the temples and at the top of the head

DO:

- Use a wide-tooth comb instead of a brush when fixing the hair.
- Be gentle to your hair. Use a mild shampoo and conditioner to reduce tangles. Carefully dry your hair with a towel.
- Wear a waterproof cap when swimming to protect the hair from chlorine.
- If the hair loss is permanent, consider a hairpiece, a weave or a hair transplant.

DON'T:

- Don't blow-dry your hair often. The excessive heat may contribute to the hair prematurely falling out.

ALOPECIA

People who have alopecia experience a thinning (or in some cases, complete baldness) of one or more small patches in the scalp. The condition usually goes away by itself and the hair usually grows back completely in a few months.

Symptoms:

- Hair falling out in clumps
- Thinning of hair in a small spot or patch in the scalp

DO:

- Use a wide-tooth comb instead of a brush when fixing the hair.
- Be gentle to your hair. Use a mild shampoo and conditioner to reduce tangles. Carefully dry your hair with a towel.
- Wear a waterproof cap when swimming to protect the hair from chlorine.
- If the hair loss is permanent, consider a hairpiece or a weave or a hair transplant.
- Seek help to determine if the alopecia is a symptom of an underlying medical condition.

DON'T:

- Don't blow-dry your hair often. The excessive heat may contribute to the hair prematurely falling out.



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RINGWORM

Ringworm is a fungal infection that may cause patches of hair to fall out. The infected area is a round spot on the scalp that is itchy and appears scaly and blistered.

Symptoms:

- Hair loss on infected area
- Itching, scaly, blistered scalp

DO:

- Use a wide-tooth comb instead of a brush when fixing the hair.
- Be gentle to your hair. Use a mild shampoo and conditioner to reduce tangles. Carefully dry your hair with a towel.
- Wear a waterproof cap when swimming to protect the hair from chlorine.
- Seek help in case anti-fungal medicine applied externally does not relieve the symptoms.

DON'T:

- Don't blow-dry your hair often. The excessive heat may contribute to the hair prematurely falling out.
- Don't scratch your scalp, as it might worsen the infection.



HAND PAIN

Pain or swelling in the hand

CAUSES

ARTHRITIS

See page 124.

INJURY

In a muscle sprain, the ligaments connecting the tissues to a joint are torn. This condition causes considerable pain. Sprains usually occur during strenuous physical activity (such as sports) or if a hard blow has injured the hand. A mild sprain can be treated at home.

Symptoms:

- Pain in the hand
- Swelling
- Redness
- Difficulty moving the hand

DO:

- Apply the PRICE remedy (Protect, Rest, Ice, Compress, Elevate).
- Try over-the-counter pain reliever such as ibuprofen and acetaminophen.

DON'T:

- Don't apply pressure to the hand or over-exert it if healing is not yet complete. This may worsen the sprain.

Over-exerting an injured or sprained hand if it has not yet completely healed may worsen the condition.