

# TRACTION ALOPECIA

## 1- What is Traction Alopecia?

Traction Alopecia is a type of hair loss due to repeated traction or pulling of the hair. The constant pulling of the hair lead to follicle damage. This type of hair loss is the most common form of hair loss among people with skin of colour. However, traction alopecia may be seen among all ethnic groups and ages; For example, Ballerinas, gymnasts, military personnel are required to wear their hair pulled back, which may lead to traction alopecia. Even those with natural hairstyles, like locks, may get traction alopecia from the weight of the hair pulling on the scalp.

## 2-What are the causes of Traction Alopecia?

- **Hairstyle** : Wearing the same hairstyle (extensions, dreadlocks, braids , ponytail) for a long time, especially the ones that thug the hair from the scalp.
- **Headwear** : Cap, Accessories, Head Protection.
- **Hair pulling**: causes loosening of the hair from the follicles and sometimes bumps, redness and tenderness.
- **Hair products** : Excessive and misuses of relaxers.



The prolonged inflammation and repeated hair tension may lead to gradual hair loss and scarring of the hair follicles.

## 2-How do I know If I have Traction Alopecia?

- Flesh colored or white bumps
- Hair loss
- Sparsed and broken hair

Traction Alopecia is temporary, but if hairstyling habits are unchanged, there may be permanent hair loss.

**Contact your dermatologist**

### 3-What treatments are available ?

- Eliminate Hairstyles that pull on the hair.
- Scalp tenderness, irritation can be treated by antibiotics or topical corticosteroids.
- Severe Traction Alopecia can be treated by aggressive treatments such as oral antibiotics, injected corticosteroids or topical Minoxidil. **Contact your dermatologist.**
- If the scarring is irreversible, Hair Transplant is an option.

**The best treatment is PREVENTION**  
**Seek professional advice**

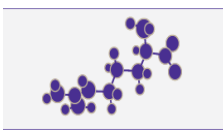
### 4- Hair routine to prevent hair issues



**WASH** : With a **cleanser**. You should wash your hair weekly with an effective product.



**NOURISH & MOISTURIZE** : Use **Moisturizers** and **hair foods** products to prevent dryness.



**PREVENT BREAKAGE** : Use products to reinforce your hair **strength** and **reduce breakage** such as the one with **Ceramide/Arginine** for Hair restoration.



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