ALOPECIA
• Condition that makes hair fall out in patches or completely
• NOT contagious
• Can affect children and adults of all genders

CANCER TREATMENT
• Chemotherapy helps fight cancer, but it can also cause hair to fall out as a side effect of the treatment.

NUTRITION
• Vitamins help keep our hair strong.
• Those vitamins come from food.
• If we don’t get enough vitamins, our hair can fall out.
• Some people don’t get enough vitamins because they don’t like eating vegetables and healthy food, but other people don’t get vitamins because they don’t have enough food.

HAIR STYLING
• Chemicals from certain styling products, like to straighten or perm your hair, can cause extra hair loss
• Also, consistently straightening, blow drying, and curling your hair without some type of protection can cause damage and hair loss.

Remember, it’s normal to lose between 50-100 hairs a day!