

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.

**OUT OF
OUR
CONTROL**

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

**IN OUR
CONTROL**