

# WHY ARE YOU LOSING YOUR HAIR?

*Hair Loss Handout, ages 8-10*

## ALOPECIA (AL-O-PEESH-A)

People of all different ages get alopecia. Someone with alopecia can lose patches of their hair or all their hair, including eyebrows and eye lashes sometimes. It does not mean they are sick! Alopecia is not contagious.

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## CANCER TREATMENT

Cancer is a very serious disease that people of all ages may have. In order to fight cancer, patients may have a treatment called chemotherapy. This treatment helps to fight cancer but also has the side effect of hair loss, but the benefits of fighting cancer are more important than losing hair.

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## NUTRITION

Our hair needs nutrients and vitamins that we get from healthy food. If we don't get those nutrients, our hair may fall out. Some people choose not to eat healthy food like fruits and vegetables because they don't want to or don't like it. Others may not be able to buy all the healthy food that has the vitamins needed for strong hair, and as a result, they may begin to lose hair.

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## HAIR STYLING

If someone blow dries, straightens, or curls their hair all the time without a heat protecting spray, it may seriously damage the hair, causing it to fall out. Sometimes people use chemicals to permanently curl or straighten their hair; this may also cause them to lose more hair than normal.