



# Lupus and Hair

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WORKING AROUND YOUR  
LIMITATION

## Lupus and hair loss

Not everyone with lupus will suffer hair loss

But many may encounter loss around the hairline/edges

Sometimes the hair grows back and sometimes it does not

The key is to manage hair loss and not exacerbate it

## Hair loss caused by inflammation

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Inflammation is the main cause of hair loss with lupus

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Inflammation can develop around the scalp and hair follicles leading to hair loss

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Hair loss caused by inflammation can be reversible if lupus is managed properly or if it goes into remission

Hair loss caused  
by sores or  
legions

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Lupus as many of you will  
know can cause sores and  
legions

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Sores and legions can lead  
to permanent scarring can  
damage follicles and lead to  
hair loss

## Hair loss from medication

As you will all know some drugs are prescribed to suppress your immune system and to help you achieve remission.

Unfortunately some of these drugs can cause you to lose your hair

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Lupus hair loss may be  
reversible.

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If the disease can be controlled  
it is reversible

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And if you don't have scarring or  
legions it can be minimised and  
reversed

# The Sugar and inflammation connection



There is now enough evidence to show that sugar including too much simple carbohydrates, like white bread can spike blood sugar levels.



Excess sugar leads to increased inflammation and remember we already noted the link between inflammation .



Studies also show that diets low in sugar correlate with improvement in acne, clarity and skin health



Most people eat too much sugar

# Diet choices and hair.

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I believe in a balanced diet

Iron and Vitamin D deficiencies

Keto and hair loss.

Vegan and hair loss #IRON #COMPLETEPROTEIN #B12

Whatever diet you use be intentional about with nutrient sources



# Fish oil for hair

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Fish oil is an oil or a fat extracted from fish tissue

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Everyone should know of cod liver oil. My mum took it religiously.

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Fish oil contains omega 3 fatty acids which our body needs to function correctly

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We get omega-3 fatty acids from food or our diet

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There has been positive research to suggest that fish oil can provide essential nutrients to hair follicles and skin

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Prevent hair follicle inflammation – which can contribute to hair loss

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Promote circulation in the scalp that may trigger hair growth

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## Okay where is the science?

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A 2015 study indicated that women taking a fish oil supplement experienced reduced hair loss

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A 2018 Study indicated a link between fish oil and hair growth

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A 2015 study indicated that women experienced reduced hair loss and increased density when taking a supplement of antioxidants along with omega -3 and Omega-6 fatty acids

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According to the European Food Safety Authority up to 5,000 mg of an omega-3 fatty acid supplement can be safely consumed daily.

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The research is **NOT CONCLUSIVE** but a strong suggestion it may have hair benefits

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Please do your own research and consult your doctor – blood pressure medication/contraceptives

# Stress and Sleep on hair

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Research has shown that insufficient amounts of sleep have significant consequences for the body which can lead to hair loss and thinning

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The body also undergoes numerous cycles during sleep, which promotes stem cell activity that generates cells for hair growth

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The release of hormones and neurotransmitters can also significantly influence the growth of hair

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Human Growth Hormones is produced when we progress through normal sleep cycles. Lower levels of HGH can contribute to thinning hair.

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Your body produces a hormone called melatonin. Melatonin helps to regulate your sleep cycle, and it has also been shown to increase hair growth. If your body decreases its melatonin levels, it's possible this can lead to hair loss

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Sleep deprivation can also lead to stress – stress leads to hair loss

# How to improve your sleep

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7 to 8 hours a night.

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Keep it dark

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Keep it quiet

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Keep it cool not too warm

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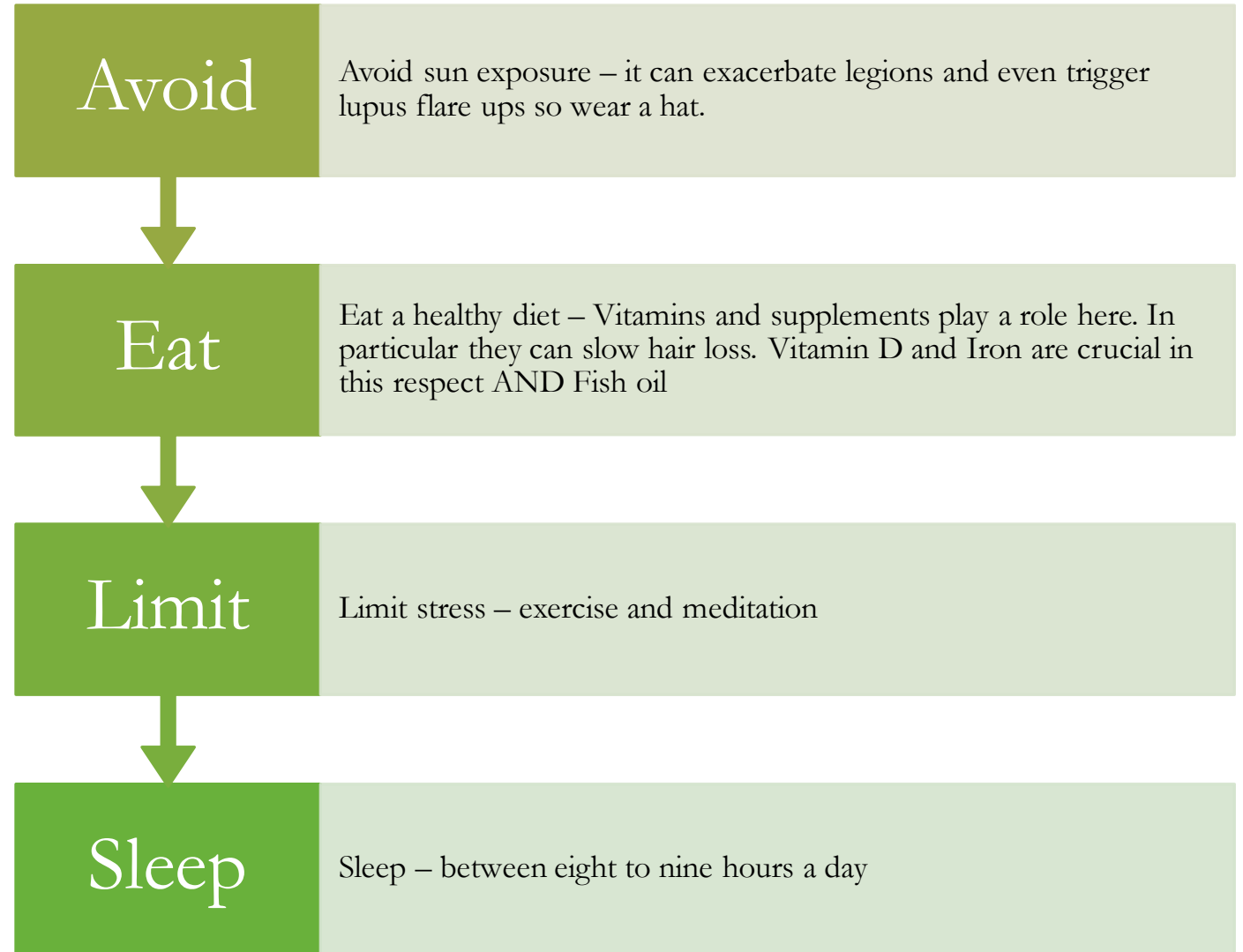
Keep it consistent

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Limit alcohol and eating close to bed time

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# How to minimise hair loss



# Adopting a healthy hair regiment

Wash	Wash frequently – once a week or every two weeks
Handle	Handle your hair in sections for detangling, styling, etc
Detangle	Detangle your hair with care
Do not comb	Do not comb your hair when it is dry
Prioritise	Prioritise moisturising products – moisturising shampoo, deep conditioner and leave in conditioner
Avoid	Avoid harsh hair care treatments eg colouring, heat until you are able to get the disease under control