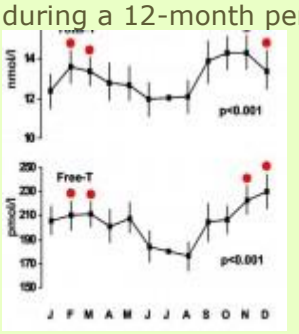
Do you lose more hair at certain times of the year?

Yes some do, according to a set of scientists. Circannual rhythms (physiological variations that occur in the same period of the year) can be described as a change in the level of hormones secreted by your body. Scientists believe that these fluctuations explain many pathologies (the scientific study of the nature of disease and its causes) such as male pattern baldness. A study called the "Tromsø study" screened all inhabitants aged 25 years or older living in Tromsø (Norway) for their Testosterone blood levels over a period of time.

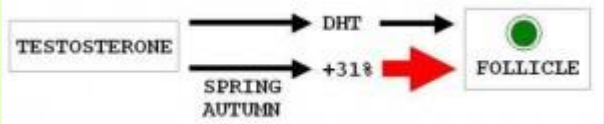
The study showed that Testosterone reaches two peaks during the year, one in February-March and the other one in November-December (Figure 1**). As can be seen from the graph below the biggest peak is in Autumn.**

Figure 1 – Shows Total Testosterone (Total-T) and free Testosterone (Free-T) levels during a 12-month period.



It has also been observed by some scientists that more hair is lost in Spring and in Autumn. This coincides with the Tromsø study that shows a seasonal variation (of about 30% by season) of total and free testosterone (Figure 2). **So why does more hair fall out in these seasons? It is postulated that Spring and Autumn both see a sudden change in climate – both temperature and amount of daylight**. These sudden variations in the factors may be stressing the body.

Figure 2



The body responds by releasing the hormone, Testosterone. Higher Testosterone blood levels means more DHT in the scalp and consequently less hair on your scalp. (DHT attacks hair follicles.) Use hair supplements such as Nutrigro Hair Food Capsules which is rich in the herb Saw Palmetto to help keep the hormone as Testosterone rather than DHT.
So do not worry if you are shedding more hair in the Spring and Autumn.