

7 Surprising Habits That Are Slowly Making You Lose Your Hair



By: Carina Wolff | January 26, 2018

Nothing is worse than running your fingers through your hair, only to find that your hair is thinning, breaking, or worse, falling out. Most of us know that things like bleach or using heat products can weaken hair, but there are a number of surprising habits that cause hair loss. Staying away from these habits can help ensure your locks stay thick and healthy — and more importantly, remain on your head.

"Hair loss can be due to a variety of reasons, but most commonly occurs as a result of your genetics," Dr. Shereene Idriss of Union Square Laser Dermatology tells Bustle. "If most women in your family have thinned out hair, it may be because they have higher levels of androgens [hormones like testosterone] circulating in their system. The cause is often hereditary, but can also happen due to a hormonal imbalance brought on by pregnancy, birth control pills or even menopause. If, however, you suspect you are losing your hair, but all the women in your family have a full head of hair, it is important that you be evaluated for anemia, thyroid dysfunction, vitamin D deficiency, and autoimmune disorders."

Some hair loss occurs normally as part of the typical hair growth cycle: Daily hair loss of about 50 to 100 hairs is considered the usual amount. However, if you start to notice thinning hair across your scalp or an uptick of hair present on your morning pillow do not fret — a visit with your dermatologist may be able to help find solutions to the issue.

Here are seven surprising habits that can lead to hair loss over time.

Wearing Tight Hair Styles



Ashley Betz/Bustle

Tight ponytails and french braids may be easy hair styles, but excessive tugging on the hair can lead to hair loss over time. "Wearing braids or extensions that are too tight for a long period of time can lead to permanent hair loss," dermatologist Dr. **William Kwan** tells Bustle. "This is called traction alopecia." The solution? Keep braids or ponytails a bit looser, this way your hair isn't tugged too tightly from the roots.

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