

Example: Good News Bad News

Keyword: <stress and hair loss>

Subject: <Symptoms>

Subsection: <stress>

<goodnewsbadnews title="The Truth about Stress and Hair Loss" rid="487467" keyword="stress and hair loss" subject="Symptoms" subsection="stress">

<intro>

The common myth that stress can induce grey hairs is just that- a myth. The link between **stress and hair loss**, however, is real. In fact, stressful events can trigger hair loss as much as three months after the event itself. While many of the effects of stress can seem overwhelming, there are things you can do.

<goodnews title="The Good News">

Hair loss can come in many forms. Three types of hair loss are associated with high stress levels. Alopecia areata results from white blood cells attacking the hair follicle. Telogen effluvium causes hairs to go into a resting phase. Trichotillomania features a more direct cause-and-effect relationship between **stress and hair loss**. It causes the sufferer to pull the hair out due to stress or anxiety. The good news is that these effects don't have to be permanent. Effective stress management can be implemented. In certain cases, hair can even grow back. Stress management can be done throughout the day, and is relatively simple to implement. It could be as simple as doing breathing exercises or cutting out causes of stress from your daily life. In some cases, hair loss can be a sign of a more serious underlying condition. This can be a positive thing: hair loss can often lead to the early diagnosis of some diseases it is associated with. If you notice unusual hair loss, see a doctor. If the condition is the result of stress, and not an underlying condition, your doctor can suggest treatment options.

<badnews title="The Bad News">

It's often difficult to diagnose the root cause of hair loss. While it can be caused by stress, it's often not caused by day-to-day stress. More often, it's associated with a traumatic stress to the body. That means that, during many typical events, hair loss can occur. Pregnancy and childbirth, for example, can lead to stress-related hair loss. Normal hair loss consists of about 100 lost hairs per day. Hair loss can start at a mild rate, resulting in a significant amount of time passing before a sufferer recognizes significant hair loss. The length of time that passes between the event and hair loss, plus the gradual increase in severity, can lead to a period of confusion, or even denial, about the relationship between **stress and hair loss**. High fever, severe infection, surgery, or severe emotional stress can all cause hair loss. A number of medications are also linked to the symptom. Typically, when this type of hair loss occurs, it tends to decrease over a six-month period. Often, severe hair loss is the result of an underlying problem. Unfortunately, because of the confusion caused, many wait to see a doctor.

<conclusion>

While **stress and hair loss** are directly related, it's usually a very high level of emotional or physical stress. Day-to-day stresses are not an overwhelming contributor to hair loss. If you notice significant hair loss, see a dermatologist as soon as possible. Take care to be as open as possible about significant traumatic events in your recent past.

<callout class="dyk">

Dark chocolate has been known to decrease stress levels. Cortisol levels are positively impacted by its consumption. It's also rich in antioxidants.