



MY HAIR LOSS STORY

Answer the following questions before your next dermatology appointment and be prepared to share your hair loss story in 60 seconds.

1. DO YOU HAVE A FAMILIAL HISTORY OF HAIR LOSS?

2. WHEN DID YOU FIRST START NOTICING HAIR LOSS? (PROVIDE SPECIFIC DATES)

3. HAVE YOU NOTICED HAIR DIAMETER DIVERSITY IN THE SHOWER, OR ARE ALL STRANDS THE SAME THICKNESS? IF THEY'RE DIFFERENT, WHAT PERCENT OF SHEDDING HAIRS ARE THICK VERSUS THIN? WHAT PERCENT ARE SHORT HAIRS VERSUS LONG HAIRS?

4. HOW QUICKLY HAS YOUR HAIR LOSS BEEN PROGRESSING?

5. AROUND THE TIME YOU STARTED LOSING HAIR, DID YOU ALSO NOTICE ANY OF THE FOLLOWING SYMPTOMS (AND ARE ANY OF THESE SYMPTOMS PERSISTENT SINCE HAIR LOSS INITIATED)?

SYMPTOMS: SCALP ITCHING, SCALP PAIN, SCALP REDNESS, SCALP DRYNESS, EXCESSIVE DANDRUFF, EXCESSIVE OILINESS, SENSITIVITY-TO-TOUCH OR HAIR ROOT PAIN WHEN COMBING

6. WHAT WAS YOUR LIFE LIKE IN THE 2-4 MONTHS PRECEDING YOU NOTICING HAIR LOSS?

ANY CHANGES TO: STRESS, WEIGHT, MEDICATION, DIET, LIFESTYLE, OR ENVIRONMENT?

7. ANY OTHER EXTENUATING HEALTH CIRCUMSTANCES THE DERMATOLOGIST SHOULD KNOW ABOUT?