Understanding Thinning Hair

What your hair may be trying to tell you.

DID YOU KNOW?
Hair thinning is not a diagnosis. Changes in density can be influenced by genetics, hormones, nutrition, stress, medications, scalp conditions and other health factors.

Three Things to Know About Thinning Hair

Notice the early signs. A widening parting, increased scalp visibility or reduced hair volume can develop gradually over time.

The cause matters. Not all thinning hair has the same underlying cause. Understanding why it is happening is often more important than choosing the latest product.

Timing is important. Hair changes can reflect events from weeks or months ago, making a wider assessment valuable.

The Bigger Picture

Hair thinning may be influenced by scalp health, medical history, lifestyle, family history, nutrition and hormonal factors. Looking at only one possible cause may miss important clues.

What's Really Behind Your Thinning Hair?
Hair thinning is often more complex than it appears. Subscribe to The Pocket Trichologist for trusted, evidence-informed guidance, exclusive resources and early access to tools designed to help you better understand your hair and scalp.

Because healthy hair starts with understanding what is happening beneath the surface.

The Pocket Trichologist
Helping you understand your scalp and hair with trusted, evidence-informed guidance.

Educational information only. Not a substitute for individual medical or trichological advice.