

# SUNDAY MORNING HEALTH CORNER

## September is Alopecia Awareness Month

Alopecia is an autoimmune disease that causes patches of hair to fall out. Alopecia affects 2% of the general population, with over 6.8 million people diagnosed with the condition in the United States. Alopecia is the number one hair loss problem in African American women.

### Causes and Symptoms

- When you have Alopecia Areata, your immune system mistakenly attacks one's hair follicles, causing one's hair to fall out.
- Alopecia Areata usually occurs in those with a family history of autoimmune diseases such as Type 1 diabetes or rheumatoid arthritis.
- Symptoms of Alopecia Areata include a loss of hair on the scalp or entire body, circular or patchy bald spots, and the sudden loosening of hair;

### Natural Treatment

Unfortunately, there is no cure for alopecia areata. However, these natural remedies can help treat the condition.

- Acupuncture
- Probiotics
- Aromatherapy
- Vitamins, such as zinc and biotin
- Aloe vera drinks
- Scalp Massages
- Essential oil treatments such as tea tree, rosemary, and lavender



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[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150  
Richmond, VA 23236  
804.644.2256