

Four Common Hair Myths, Debunked

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There are a lot of hair myths out there, and while some are obviously false (we all know Beyonce's highlights don't come from a box), others can be a little less clear. Here, Dr. Abraham Armani of the Hair Restoration Surgeons in Boston, MA, and Dallas, TX, gives the lowdown on four common hair myths. So next time your client asks if cutting her hair will make it grow faster, you can give her the facts!

1. Baldness Comes from the Mother's Side of the Family

Although the inheritance from the mother's side is stronger, typical hair loss can be inherited from the mother's side of the family, the father's side or both. It is true that a primary baldness gene is on the X chromosome which men get from their mothers however, there are nearly 200 other genes that regulate hair and hair growth. Hair loss, like most issues in medicine is "multi-factorial" meaning other factors can be to blame.

2. Stress Leads to Gray Hair

There is no scientific evidence demonstrating a direct link between stress and graying. Similar to hair loss, hair graying has age and genetics to blame as its primary cause. It is possible however, for chronic conditions to elevate stress hormone levels and cause damage to the pigment producing cells and therefore facilitate early graying.

3. Cutting Your Hair Will Make it Grow Faster

The growth rate and ultimate length of hair is mainly genetic although a number of other factors including general health, nutrition, and hormonal function can influence hair growth. It is true however that without regular trims hair can develop split ends traveling up the hair shaft causing hair-shaft breakage. Haircuts, will keep hair ends from splitting giving the appearance of healthier and longer hair.

4. Tight Hairstyles, Like Cornrows, Make Your Hair Fall Out

Tight hair styles including cornrows, tight ponytail, pigtailed, or braids CAN cause a form of permanent hair loss called "Traction Alopecia" (literally meaning hair-loss due to traction) caused by persistent pulling force being applied to the hair root called the follicle. Wearing normal fitting hats or headbands however do not cause a problem.

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