

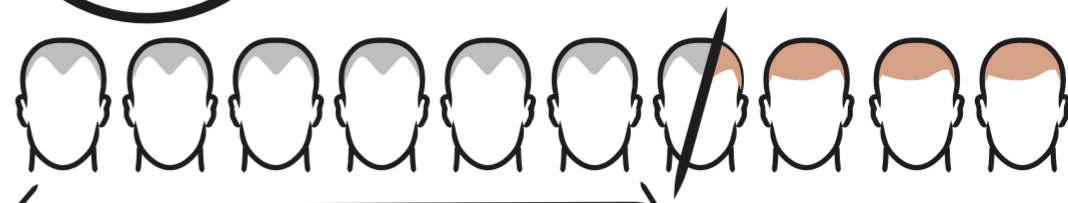
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SIGNS OF THINNING HAIR FOR MEN IN THEIR 20'S

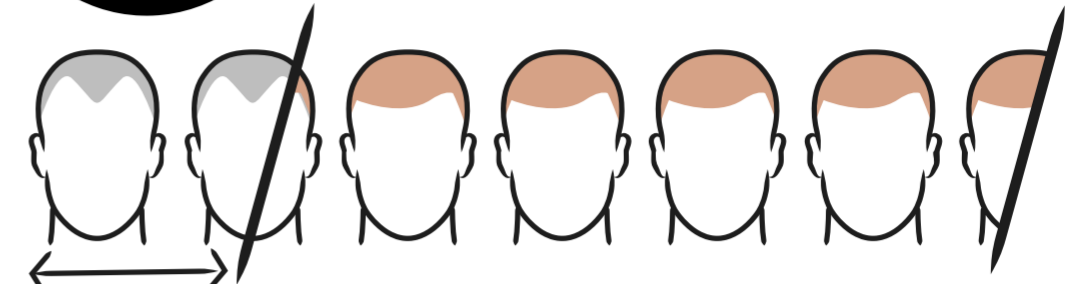
HOW TO CATCH HAIR LOSS EARLY AND KEEP YOUR LOCKS LOOKING GOOD.



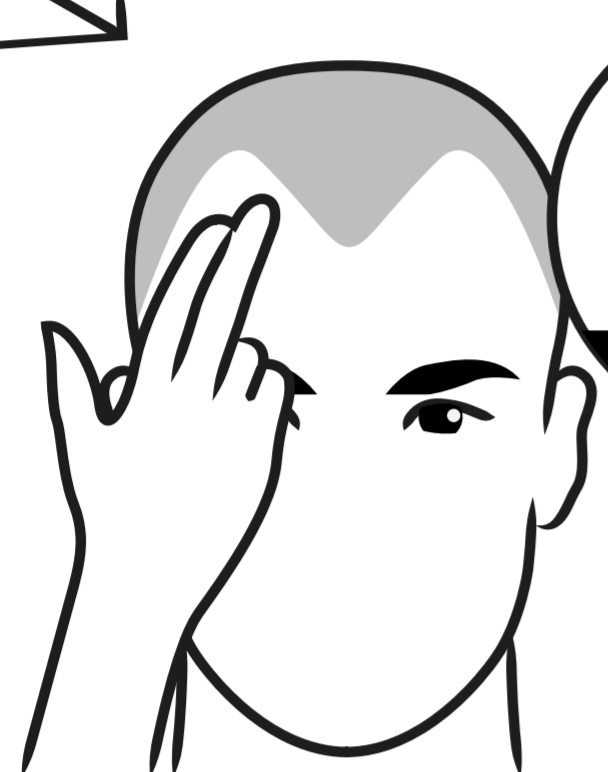
66% OF MEN WILL EXPERIENCE HAIR LOSS BY AGE 35



25% OF THESE MEN WILL START LOSING HAIR BEFORE THE AGE OF 21



CATCHING HAIR LOSS EARLY IS CRITICAL IF YOU WANT TO MAINTAIN A THICK HEAD OF HAIR. WHEN IT COMES TO YOUR HAIRLINE THE CLICHE "AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE" WAS NEVER MORE TRUE.



1ST
SIGN:

A RECEDING HAIRLINE

HOW TO SPOT IT: USE THE MIRROR AND LOOK TO SEE IF YOUR HAIRLINE IS TURNING INTO THE 'M' SHAPE THAT IS TYPICAL OF MALE PATTERN BALDNESS.

MALE PATTERN BALDNESS ACCOUNTS FOR MORE THAN 95% OF HAIR LOSS IN MEN.



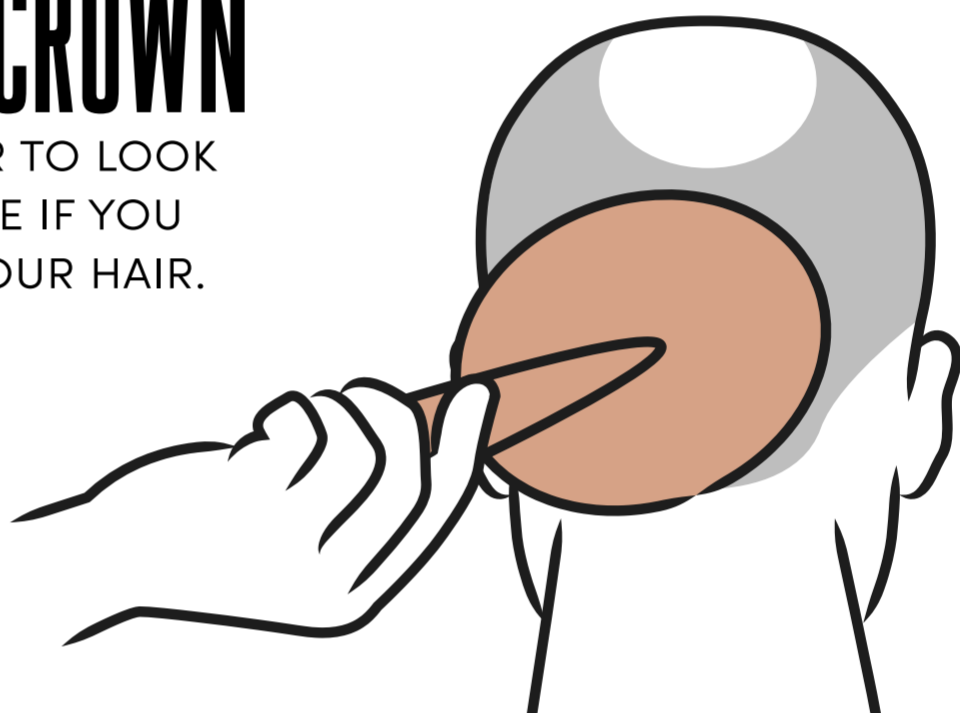
2ND
SIGN:

LESS HAIR ON YOUR CROWN

HOW TO SPOT IT: USE THE MIRROR TO LOOK AT THE TOP OF YOUR HEAD AND SEE IF YOU CAN SEE YOUR SCALP THROUGH YOUR HAIR.



100,000 - 150,000 THE NUMBER OF HAIR FOLLICLES THE AVERAGE PERSON IS BORN WITH ON THEIR HEAD.



3RD
SIGN:

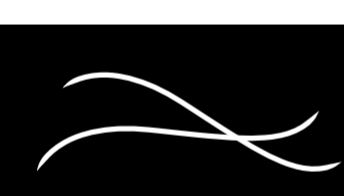
HAIR DOESN'T HOLD ITS STYLE

HOW TO SPOT IT: YOU AREN'T ABLE TO STYLE YOUR HAIR THE WAY YOU USED TO AND YOUR BARBER HAS TO GIVE YOU A DIFFERENT CUT TO COVER UP THIN AREAS.

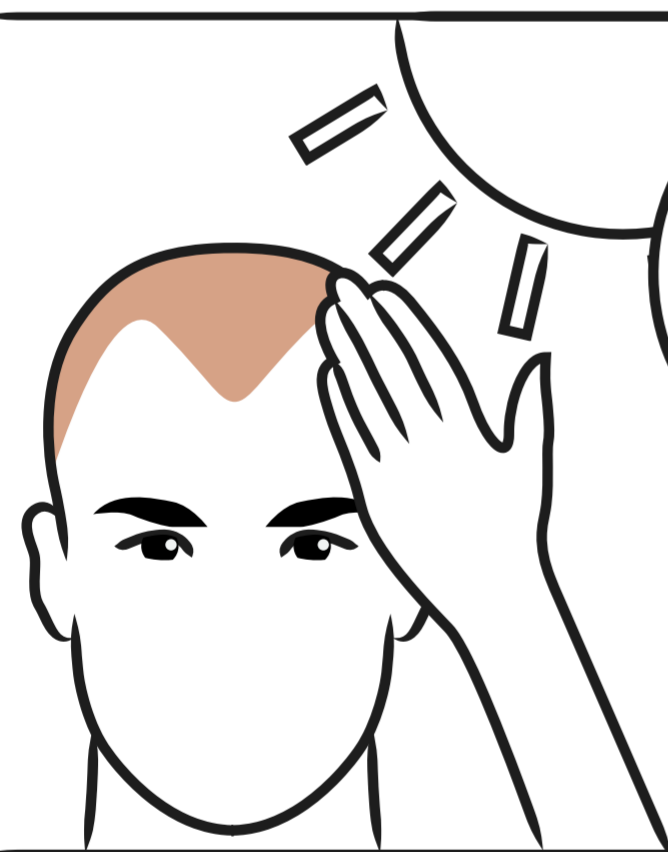
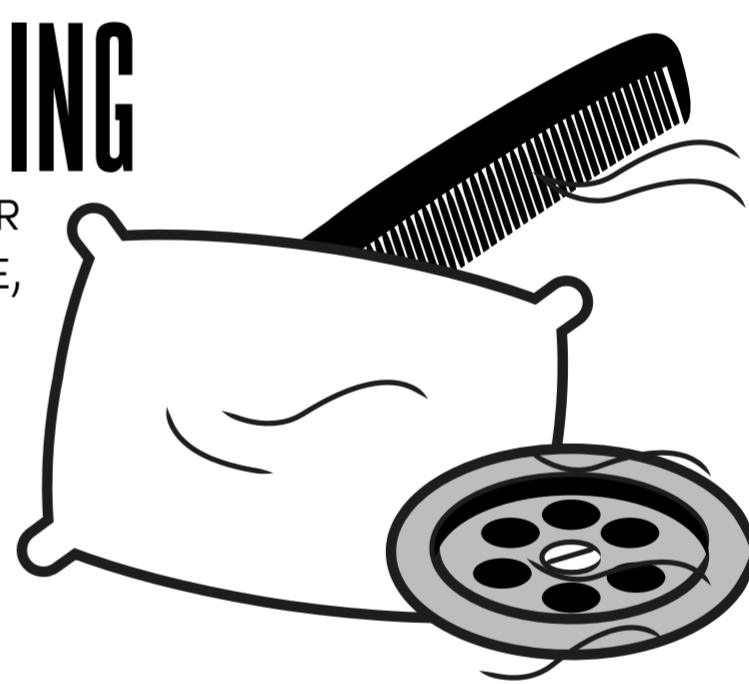
4TH
SIGN:

NOTICING MORE HAIR SHEDDING

HOW TO SPOT IT: THE KEY PLACES TO LOOK FOR EXCESS HAIR SHEDDING ARE YOUR PILLOWCASE, SINK DRAIN, SHOWER DRAIN, AND COMB.



100 THE AVERAGE NUMBER OF HAIRS AN ADULT SHEDS DAILY -- WHICH IS NORMAL



5TH
SIGN:

SCALP MORE PRONE TO SUNBURN

HOW TO SPOT IT: IS YOUR SCALP GETTING SUNBURNED WHEN YOU GO OUTSIDE WITHOUT A HAT? YOUR HAIR IS PROBABLY THINNING.



85% OF MEN WILL EXPERIENCE HAIR LOSS BY AGE 50

IF YOU'RE NOTICING ANY OF THESE SIGNS OF HAIR LOSS THEN IT'S TIME TO ACT. IT'S EASIER TO KEEP THE HAIR YOU HAVE THAN IT IS TO GROW BACK HAIR ONCE IT'S GONE.

HERE'S WHAT TO DO:

ADD THESE THINGS TO YOUR ROUTINE IMMEDIATELY:



DHT BLOCKING SHAMPOO

DHT (DIHYDROTESTOSTERONE) IS THE MAIN CULPRIT IN CAUSING MALE PATTERN BALDNESS.



MINOXIDIL 5% SOLUTION

FDA APPROVED HAIR LOSS TREATMENT IN A SERUM OR FOAM.



VITAMIN SUPPLEMENT

BIOTIN ALONG WITH OTHER VITAMINS AND MINERALS TO HELP GROW HEALTHIER, THICKER HAIR.

TALK TO YOUR DOCTOR OR DERMATOLOGIST ABOUT THE FOLLOWING:



USING FINASTERIDE

FDA APPROVED HAIR LOSS MEDICATION PRESCRIBED BY A DOCTOR.



OTHER HEALTH FACTORS AROUND HAIR LOSS

DATA SOURCES:

[HTTPS://WWW.WEBMD.COM/SKIN-PROBLEMS-AND-TREATMENTS/HAIR-LOSS/UNDERSTANDING-HAIR-LOSS-BASICS#1](https://www.webmd.com/skin-problems-and-treatments/hair-loss/understanding-hair-loss-basics#1)

[HTTP://WWW.AMERICANHAIRLOSS.ORG/MEN_HAIR_LOSS/INTRODUCTION.ASP](http://www.americanhairloss.org/men_hair_loss/introduction.asp)

hims