

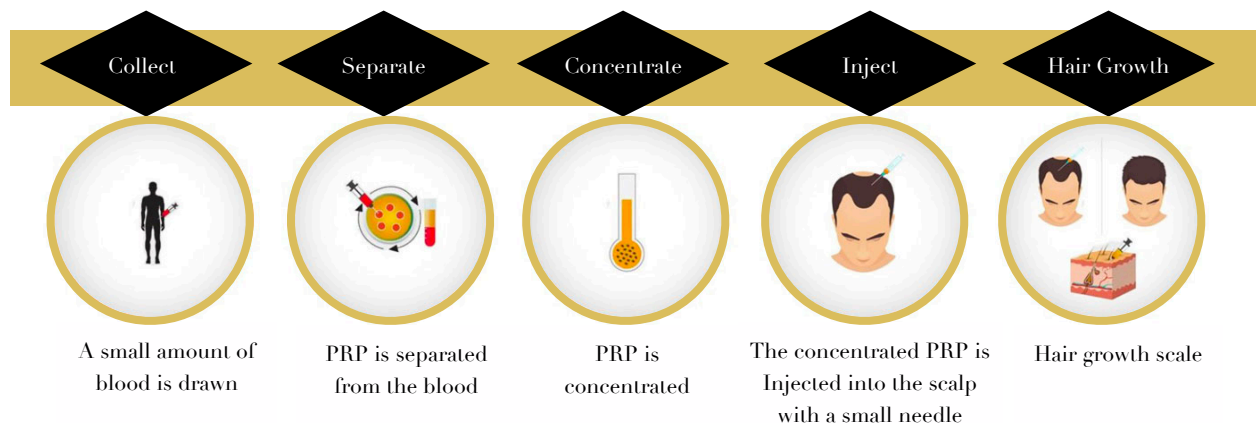
Hair Loss Guide

Is this normal?

It is **normal** to shed some hair every day. However, some people may experience excessive (more than normal) hair loss. This widespread condition affects both **men and women**, with two-thirds of all men, one-with of all women, and two-thirds of all women after menopause experiencing a hair loss condition. Reasons for hair loss vary, including hormonal changes, diet, poor circulation and genetics. Anyone that has experienced this condition knows just how frustrating it can be. The good news is that hair restoration may just be what you need to restore your self-confidence & self-image.

How do I treat this?

Platelet Rich Plasma (PRP) or Fibrin Matrix (PRFM) is one of the leading non-surgical methods for hair restoration and growth. Many medical experts are calling PRP and PRFM “**liquid gold**” because of it growth factor rich content which has been shown in multiple clinical studies to be helpful in the rejuvenation in everything from skin to joints. A procedure with PRP/PRFM is simple & fast, taking approximately 30 minutes. A small sample of blood is painlessly taken from the patient and then filtered to extract only platelets and growth factors, which are then injected into problem areas. Treatments are done 4-5 times, one month apart. They are well tolerated with no downtime. **Patients who are fearful of needles can use laughing gas with our FDA approved Pronox system.** Human blood and platelets possess the essential elements needed for tissue health and therefore hair growth.



Studies show that PRP/PRFM stimulates hair growth through the formation of blood vessels that provide essential scalp tissue (or other needed areas) as well as encourages hair follicles to enter and extend the duration of the “growing phase” of the hair cycle. PRP/PRFM is great for both men and woman pre/post a hair transplant, for men who are concerned about facial hair growth, or any patient who wishes to improve the quality of their hair or skin.

How do I treat this? (contd.)

Stem Cells

Dr. Halaas' latest technique employs the extraction of stem cells to prompt and maintain new hair growth. By extracting multipoint cells from one's own fat, Dr. Halaas is able to deliver HA, growth factors, cytokines and anti-inflammatory properties directly into hair follicles. This combination of nutrients is the enriched, youthful elixir your scalp needs to stimulate cells, rejuvenate follicles and grow a fuller head of hair.

When it comes to your appearance, it is important to invest in the best treatments. While some offices feature variations of stem cell integration, Dr. Halaas provides the most advanced formula on the market. Traditional methods such as adipose or bone marrow extraction are invasive and dependent upon your cell age. However, our personalized fat harvesting technique derives cells from the most nutrient-rich area of the body to harvest essential hair growth factors such as Mesenchymal Stromal Cells (MSC). These super nutrients possess the regenerative qualities required to offer you natural looking results. Dr. Halaas is one of the only NYC providers of stem cell therapy for hair loss and thinning hair. Both stem cell treatments can be combined with PRP.

Exosomes

A new innovation to the regenerative process for cells is something called 'Exosomes.' Dr. Halaas has now incorporated this into our hair transformation protocols. Exosomes are the blueprint for healthy new cells. They include anti-inflammatory cytokines, angiogenic growth factors, anti-tumor signals, cell death inhibitors, regenerative and healing signals. As stated above, stem cells help with new cell generation but we want these new cells to be 'pure' & healthy - this is where Exosomes play a key role to successful results.

Dermal papilla (DP) cells are mesenchymal-derived cells located at the base of the hair follicle and play a critical role in growth and cycling of hair follicles. The modulatory properties of exosomes on hair growth *in vitro* were first noticed in studies using stem cell-conditioned media. As studies enhanced, exosomes isolated from DP cells increased proliferation of DP cells, hair matrix cells, and outer root sheath cells. Studies using *ex vivo*-cultured human hair follicles found that DP cell-derived exosomes increased hair shaft elongation and prolonged anlagen phase.

How do I treat this? (contd.)

Hydrafacial Keravive

This may seem obvious or not, but an improvement to the scalp starts with proper cleansing just like your skin. When men and women begin the treatment plan from their initial assessment, it is important for them to know that one of the major contributors to thinning and damaged hair is poor scalp health. This can be identified by dry skin, clogged follicles, dead skin cells, and poor circulation.

Our proprietary serum consists of Hydrafacial's patented Vortex Technology, Keravive Peptide complex & skin proteins, growth factors, special ingredients such as EGF, VEGF, BFGF, and Thymosin Beta=4. So what does that mean?

It means this formula contains the natural ability to stimulate blood vessels, produce keratin, and improve microcirculation of the scalp resulting in a 200 times more concentrated formula than any other scalp health treatment. This scalp facial should be done monthly ideally for at least 4-6 months (or monthly if possible).

Hair Transplant

The main difference between a hair transplant procedure and other hair restoration solutions is the permanence and results. Advances in medical technology have not only made the vision of restoring one's hair a reality, but made the dream of natural-looking results the presumed standard.

Dr. Halaas can make use of different techniques to extract and transplant large numbers of hair follicles (follicular units). There are two primary techniques, the FUE (Follicular Unit Extraction) and the FUG (Follicular Unit Grafting) methods. They differ mainly in the way hair follicles are extracted from the donor area.

How do I treat this? (contd.)

Hair Transplant Techniques

Follicular Unit Extraction (FUE)

In an FUE hair transplantation, each follicular unit is individually taken directly from the scalp with no strip of tissue being removed. Hair follicles are removed in a random fashion and the result is less density in the donor area that many say is not even noticeable. This is the main difference between FUE & FUG. Additionally, with the FUE method, hair follicles can be harvested at a time using micro grafting technology like NeoGraft or Smart Graft.

Pain Management

With no stitches required and no linear scar left to heal, FUE procedures do have a faster healing time and less post-procedure discomfort compared to traditional FUG procedure.

Scarring

Since FUE procedures involve removing hairs individually from the scalp, there is no linear scar left behind. However, there will be tiny (1mm in diameter or less) puncture marks that tend to heal on their own after scabbing-over in the days following the procedure. These tiny wounds typically heal within three to seven days.

How do I treat this? (contd.)

Hair Transplant Techniques

Follicular Unit Grafting (FUG)

The FUG or “Strip” process involves removing a small strip of tissue, typically from the back of the head, from where the donor hair follicles will be extracted. The hair follicles are harvested from the strip by Dr. Halaas. The hair follicles are then dissected under microscope from this strip. Each hair graft is then individually transplanted to the recipient areas. FUG typically allows for the greatest number of grafts to be transplanted in a single session.

Pain Management

Some patients report higher levels of discomfort with FUG procedures compared to FUE due to the sutures in the area where the strip of tissue was removed. However, both methods have a very manageable recovery period and pain medication can be prescribed if needed. Hair transplantation procedures are outpatient surgeries with some patients going back to work within days.

Scarring

The FUG strip extraction method typically results in a very narrow linear scar in the back of the head (typically 1mm in diameter or less in size). Over time, the scar will become less noticeable as it fades.



Next Steps?

Dr. Yael Halaas, M.D. is a Facial Plastic Surgeon especially trained in Hair Restoration Surgery. During your consultation, she will examine and evaluate the areas of hair loss that you would like corrected. Based on her expertise and experience with non-surgical hair restoration, Dr. Halaas will determine whether medical treatment would be helpful, or a hair transplant is necessary or possibly a hair transplant in conjunction with medical therapy. Having a doctor you can trust is essential when seeking hair restoration. Dr. Halaas has helped many people restore their confidence through different hair restoration methods.

Not Ready?

We have patients all the time that aren't ready to start with treatments or surgery, but want to get started with at least something to aid in hair loss and/or prevention. Here are a couple of easy things to start doing:

- **Lifestyle** - patients who have been experiencing sudden stress and hormonal changes can do different work-ups to see if they can get to the root of the issue. Anyone who smokes should consider quitting as this can be a huge contributor to hair loss.
- **YH Formula** - topical solution available in (3) different options based on gender hormones & hair loss
- **Phyllotex4** - robust hair supplement that should be taken daily (even if doing hair treatments)

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*These are our common practices for hair loss. For other questions,
please contact us at 212.688.5955*