

## Hair Loss

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My topic today is hair loss. Have you ever been worried about hair loss? Every day, we shed hair without even noticing it. Under normal conditions, around 100 hairs naturally fall out every day. I believe many people experience hair loss problems like me, and this issue is becoming more common among young people. According to research, hair loss generally appears between the ages of 20 to 30, with a quarter of people experiencing hair loss before the age of 25.

I think we need to figure out why we experience hair loss. In fact, about 95 percent of people lose hair because their hair follicles are overly sensitive to a hormone produced by the body called DHT, which results in the follicles falling out. DHT is derived from testosterone, a main component of the male hormone. Testosterone is about ten times more abundant in men than in women, which explains why the probability of hair loss is much higher in men than in women.

This represents the fundamental principle of hair loss. My main concern is why more and more young people are suffering from hair loss.

Well, I believe we have an answer. There have been significant changes in the dietary habits of young people. The foods we often eat, such as fried foods and high-fat foods, provide nutrients but can also contribute to hair loss. In addition, many young people skip meals or eat irregularly due to work demands, leading to nutritional imbalances, which can also result in hair loss.

Secondly, unhealthy lifestyles also play a role. We're used to staying up late for studying, work, or leisure activities. Many young people also smoke and drink frequently without paying attention to their health. Therefore, a poor work-life balance can disrupt metabolism, accelerating the process of hair loss.

Furthermore, in the era of faster-paced lives and increased social pressures, some brainworkers are constantly in tense, stressful environments. In fact, their anxiety can overstimulate the scalp's sebaceous glands, leading to excess secretion of oil. This, in turn, can clog hair follicles and result in hair loss.

However, in addition to these factors, there is an insurmountable obstacle in our way—genetics. If your parents or uncles are already experiencing baldness, you should be aware that you may carry the gene for hair loss. Luckily my father isn't bald.

Indeed, I guess no one wants to go bald, because it can seriously impact our self-confidence and relationships. Although genetic factors sometimes play a role, there are strategies to prevent excessive hair loss.

As we know, maintaining a proper work-life balance and a positive mood can help. It's important to avoid staying up late and to reduce stress whenever possible. I think keeping a good mood can be achieved by engaging in activities you enjoy.

Secondly, in terms of diet, protein intake is crucial. So, we should eat more protein-rich foods such as fish, eggs and dairy and consider taking vitamin supplements.

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Additionally, we should carefully choose shampoos and hair dryers to protect our scalp. And if there are any scalp issues, it's advisable to seek treatment promptly.

For more severe hair loss, medical treatments like minoxidil and finasteride can be effective. Interestingly, caffeine is also beneficial. Whether ingested or applied to the scalp, caffeine may promote hair growth. However, it's important to note that medications can have side effects, so it's best to protect your hair before you lose it. I hope I never have to use these medications, and I wish fewer and fewer young people find the need to use them. Another option is hair implants, which may be the fastest way, but it can be expensive.

In conclusion, hair loss is an important concern for young people today and a major challenge for the scientific community. To prevent hair loss, I believe we need to start by making healthy choices in our lifestyles. But don't worry too much, you can also take inspiration from the manga character Saitama. Being bald can also be a symbol of strength, right?

Thank you very much for listening.