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the most important concerns as we age.

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Hair Loss in 8-Year-Old

Dear Dr. Meletis,

My brother's step granddaughter is 8
years old and she is having her hair fall
out in clumps. (Her hair is very thick and
strong looking.) At first clump loss was
dime size but now is quarter size. The
8-year-old does not have a good diet,
is becoming overweight and has the
first signs of going into puberty. They
are taking her to a doctor today and are
looking into special hair products. Can
you shed any light?

Ms. M.

Dear Ms. M.,

I think the first thing to do is to make sure
her iron levels are fine as reflected by her
blood ferritin and also her CBC (Complete
Blood Count). It is also important to check
her thyroid TSH, Free T4 and Free T3.
Additionally, checking for heavy metals such
as lead or mercury may be needed.

From a supplemental perspective, *Extension
Hair and Nails*, *Zinc Monomethionine* and a
good fish oil rich in both EPA and DHA (such
as DHA Jr. Softgels) is essential.

Also visiting with her about stress is
important as either illness or emotional
stress can cause hair loss up to 6 months
from a given event.

Sincerely,

Chris D. Meletis, ND