

《小偏方。大拆解2》 Health Hacks 2

Filming on 4 May, 4-6pm

Interview Questions for Dr Ker

1. 涂抹姜片/ 喷姜水在脱发处有助生发?

- 这个偏方能帮助生发吗? 为什么有用或没用?

No evidence that applying ginger pieces/ paste or ginger water on the scalp can help with hair growth. (perhaps you can check with TCM Dr on their view on this). Ginger contains minerals such magnesium, phosphorous, and potassium, so there may be a belief that topical application of these “nutrients” can help with hair growth. However, it is better to have a balanced diet so that these minerals can be present in the diet, as there is no evidence that application can help with hair growth.

- 每天掉头发很正常, 医学上如何定义有脱发问题?

Losing more than 100 strands of hair daily, or, for each light tug of 10-20 strands of hair, 2 strands fall out

- 本地常见的脱发类型和原因是哪些?

1. Androgenetic alopecia - can affect males and females. Due to age (onset usually 40-50s), genetic influences (if someone in the family eg parents have hair thinning, there is a higher chance that you will have hair thinning and may have onset at a younger age)

2. Telogen effluvium - a reactive hair loss due to these causes:

- (a) Nutritional causes - low iron levels can lead to hair loss (eg in females who lose blood through menses every month), people who are picky on food, crash diet eg can cause malnutrition and leads to hair loss

- (b) Sudden stress - eg exams, high fever or severe illness, bereavement of a family member

- (c) Thyroid abnormalities can cause hair loss

3. Alopecia areata - these are round bald patches on the scalp, due to immune system attacking the hair follicles. No apparent reason what triggers the immune system attack

4. Traction alopecia - tying the hair too tight for prolonged periods (eg tying tight ponytails/ ballet dancers) can cause hair loss at the front or top of scalp

5. Scarring alopecia - permanent loss of hair due to underlying illness of the skin on scalp - eg lupus, severe scalp acne

- 头皮油的人和有脱发家族遗传史的人，是不是特别容易有脱发问题？为什么？这些人该怎么预防脱发？

Having an oily scalp does not lead to hair loss directly. If hair hygiene is an issue due to oily scalp (infrequent washing causing build up of oil/dirt/sweat residue) then this can lead to infections or irritation of the scalp and unhealthy hair follicles, causing hair loss.

Having a positive family history of hair loss (androgenetic alopecia) can lead to onset of hair loss at a younger age due to hereditary factors. Once you notice hair thinning it is advisable to seek a medical consultation with a Dr to start treatment early to delay the progress of hair loss.

- 西医如何治疗脱发/秃发问题？（我找到的资料是，生发一般只有三种方法 - 口服finasteride (Propecia)、外敷的Minoxidil (分剂量) 和植发)

Topical minoxidil can be used for androgenetic alopecia. 2% minoxidil lotion for females and 5% for males. Oral finasteride (Propecia) is only for males, and results are better than topical minoxidil. Hair Transplant is an option to increase density of hair in areas that are sparse.

- 脱发可能是其他身体的疾病吗？比如斑秃，是身体哪里出了问题？

Yes for example Telogen effluvium (see above point 2) may be due to underlying nutritional problems, low iron levels, thyroid hormone abnormalities.

Alopecia areata - mostly exact cause is unknown but sometimes it can be associated with thyroid abnormalities

- 为什么斑秃也会发生在小孩/青少年身上？斑秃要如何治疗？

Alopecia areata can happen in children, and adults. It occurs when the immune system at the skin level is abnormal and attacks the hair follicles, causing hair to fall. There is no exact cause found, why the immune attack occurs. Treatment is with topical or injection steroids to the affected area, in severe cases oral medicines need to be given.

2. 经常用醋洗头可去除头屑?

- 这个偏方能去除头屑吗? 为什么有用、只是局部有用/完全不管用?

No scientific evidence that vinegar/ apple cider vinegar can help to remove dandruff

- 头屑到底是什么来的? 形成头屑的原因是什么?

Dandruff is due to eczema of the scalp. When there is inflammation of the scalp it is itchy and irritated and produces excessive turnover of skin and dead skin cells accumulate and show as dandruff. Excessive yeast on the skin surface (Malassezia) can also cause skin inflammation and lead to dandruff.

- 西医如何治疗头屑问题?

Anti-inflammatory shampoo containing zinc pyrithione or salicylic acid or anti-fungal shampoos (Ketoconazole, Selenium sulfide) can help. Topical anti-inflammatory solutions can reduce the itch and irritation and excessive dandruff.

- 使用去屑洗发水有帮助吗?

Yes, if it is an anti-fungal shampoo or has active ingredients as listed above.

3. 解释头皮敏感的问题

- 为什么头皮会变敏感?

Some people have a sensitive skin overall, and scalp is skin after all so they can have a sensitive scalp. Genetic influences can cause sensitive skin (eg parents/ siblings have eczema, allergic rhinitis or asthma), this causes the person to have background predisposition to sensitive skin. Excessive exposure to dust, sweat/ humidity can irritate the scalp (build up of oil and sweat residue), harsh chemical treatments can irritate the scalp and make it sensitive.

- 怎么知道自己有敏感头皮? 它有些什么症状?

Scalp is red (observed by hairdresser), constant itch, dandruff

- 头皮敏感为什么经常会发痒? 要如何止痒?

Itch happens when there is inflammation of the skin.
Anti-inflammatory topical medicines can be given to reduce the inflammation.

- 敏感头皮应如何照顾?

Gentle shampoos, daily washing of hair and avoidance of excessive or harsh chemical treatments

- 其实头皮需要特别做护理吗? 我们平时该如何照顾和保养头皮?

No need special scalp treatment. Daily shampoo is sufficient to clean the scalp. Avoid harsh chemical treatments if possible and seek medical attention if scalp gets itchy/ irritated, to prevent the condition from worsening.