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Falling of hair is a common thing that happens to every person. Hair grows by itself and then again falls naturally. It is the complete cycle of renewal. However, if you find that you are facing hair loss at an alarming rate, it is time to worry definitely. This problem is particularly common in women. There are innumerable reasons that might contribute to the cause of hair fall in women. If you find that the problem persists for a really long time and that your hair is thinning considerably, it is best to get medical consultation done by an expert. Here are some of the most common reasons of hair loss in women:

Hormonal changes are one of the greatest reasons that contribute to immense hair fall in women. Women undergo hormonal changes in their lives innumerable time. Infact some changes take place every month. The problem of hair fall is at its peak after child birth. Women might find innumerable strands of hair in their combs every time they brush their hair. During and after pregnancy, various hormonal changes take place in the body and when the body tries to return to normal after the birth of the baby, it might lead to hair fall at an alarming rate. However, in most of the cases, this problem gets solved automatically and no medical treatment is required for the same.

Major surgeries or any kind of chronic illness might be a cause for hair loss in women. A surgery leads to several changes in the body and shedding off hair might just be a side effect that continues for some time. When the body recuperates from the surgery, the problem also comes under control gradually. However, there are many women who suffer from various kinds of chronic ailments and for them recovering from the problem of incessant hair fall might be a little problematic.

Hair styling treatments can cause immense damage to the hair of they are continued for a long period of time. Using chemical treatments for hair styling can leave your hair so damaged that it becomes difficult to repair them. If proper attention is not paid to it and proper hair care regimen is not followed, it might lead to immense hair loss in women. The extent of damage can be so high that it reaches to the level of hair replacement therapy. It is also recommended to use good quality products for styling.

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