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FERRITIN AND HAIR LOSS

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(<https://www.drlaurendeville.com/wp-content/uploads/2014/07/ferritinhairloss.jpg>)

FERRITIN AND HAIR LOSS

Iron Physiology 101

Most of us know that low iron makes you tired. This is because you have to have iron in order to make enough hemoglobin, which is the part of your red blood cells that binds and transports oxygen. There are several forms of anemia, but one of the most common is iron deficiency anemia. Too little iron leads to too little oxygen, which leads to exhaustion.

But there are several steps in the iron pathway before red blood cell count and size begins to decline, indicative of full-blown anemia. Ferritin, which is the storage form of iron, can be an early indication of a problem.

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The Connection Between Ferritin and Hair Loss

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Your hair follicles actually store ferritin. When your body is short on iron for its essential functions (such as red blood cell production), it will steal it from the ferritin stored in less essential parts of the body, such as the hair follicle.

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If your ferritin levels are sufficient, a single hair grows five years on average before falling out and being replaced. If ferritin is insufficient, this life cycle gets shorter. Low ferritin also affects the hair's ability to grow, and may change the hair's texture, rendering it weaker, more brittle, and more resistant to curl.

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The Connection Between Ferritin and Thyroid

Another major cause of hair loss is **hypothyroidism** (<https://www.drLaurenDeville.com/articles/epidemic-hypothyroidism/>). Iron is also one of the key nutrients required for conversion of T4 (inactive thyroid hormone produced by the thyroid) to T3 (active thyroid), and iron deficiency increases the body's tendency to produce more of the inactive reverse T3, rather than the active T3 hormone.

What this means is that it is possible for a patient with low ferritin to have **hypothyroid symptoms** (<https://www.drLaurenDeville.com/articles/epidemic-hypothyroidism/>) (complete with hair loss) and yet appear "normal" according to the standard TSH and T4 thyroid labs.

Causes of Iron Deficiency

- **Decreased absorption and depletion.** This can occur with proton pump inhibitors such as omeprazole, as well as prolonged ingestion of aspirin or NSAIDs. It can also occur with ingestion of too much coffee, black tea, manganese, fiber, calcium, magnesium, or phosphates (soda). This is why, if you take an iron supplement (see below), it's important to do so on an empty stomach.
- **An hidden bleed.** It's always worth checking for this. Occult bleeds often show up in the GI tract, and screening may include a stool culture, colonoscopy, and/or an endoscopy.
- **Menstruation.** Menses = iron loss, which means menstruating women are more likely to be at risk for ferritin-related hair loss. Women who bleed heavily are at even higher risk; if this is you, you'll need to **get your estrogen-to-progesterone ratio balanced** (<https://www.drLaurenDeville.com/conditions/pms/>) as well.
- **SIBO** (<https://www.drLaurenDeville.com/articles/sibo-small-intestine-bacterial-overgrowth/>). Overgrowth of gut flora in the intestines can also rob your body of iron, as certain bacteria use iron in their life cycles.

Adequate Ferritin Levels

Ferritin levels are considered normal for women between 10-120 ng/mL, and between 30-250 ng/mL for men. However, about 50-70 ng/mL are required to stop hair loss and for adequate hair regrowth.

Iron in Food

One of several reasons I **don't tend to favor vegetarian and vegan diets** (<https://www.drLaurenDeville.com/articles/vegetarian-healthier/>) is because iron deficiency is so common in these patients. Although iron can be found in plant-based foods such as nuts, raisins, prunes, and whole grains, it's difficult to eat enough of these to achieve adequate iron intake, compared to usual portion sizes and iron concentrations in meat and poultry. I simply advocate choosing **free range and grass fed meat sources** (<https://www.drLaurenDeville.com/articles/vegetarian-healthier/>) over agriculture-industry meats.

Should You Supplement With Iron?

Definitely *not* unless you've been tested and are definitively low. Iron is one of those nutrients for which overdose is both possible and serious if it occurs. It's also relatively hard to absorb, so it helps if it's given on an empty stomach, in a non-constipating chelated form, along with certain other nutrients like Vitamin C that will aid in its absorption.

It will take at least a few months and sometimes up to a year with ferritin at adequate levels before you are likely to see significant hair regrowth, so do your best to be patient.



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It will take at least a few months and sometimes up to a year with ferritin at adequate levels before you are likely to see significant hair regrowth, so do your best to be patient.



This week's podcast: a meditation on Psalm 37. (I jump around a lot though.) buff.ly/3lpjkEQ (<https://buff.ly/3lpjkEQ>) pic.twitter.com/e5SLSgNEWm (<https://t.co/e5SLSgNEWm>) 12 hours ago (<http://twitter.com/DrLaurenDeville/>)



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If you have the opportunity to see a naturopathic doctor, please do so. It is always best to have someone to coordinate your care. However, if you have had your ferritin tested, if it is below 70 and if you are losing hair, I recommend this form of iron: it is gentler on the stomach and easier to absorb. Always re-check your ferritin levels in another 3 months.

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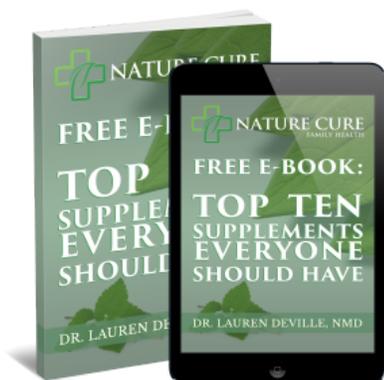
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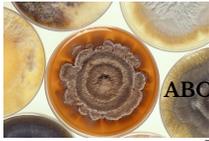
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Dr. Lauren Deville is board-certified to practice medicine in the State of Arizona. She received her NMD from Southwest College of Naturopathic Medicine in Tempe, AZ, and she holds a BS in Biochemistry and Molecular Biophysics from the University of Arizona, with minors in Spanish and Creative Writing. She also writes fiction under a pen name in her spare time. Visit her author website at

www.authorcagray.com (<http://www.authorcagray.com>).

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Pat October 19, 2016 at 11:26 am

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This article came as a Godsend to me. I have HCT and my Ferritin recently (June)

dropped to 27 via my routine phlebotomy. My hair has been falling out and the texture changed dramatically as well. I had no idea why until I realized my Ferritin had dropped much lower than usual and found your article. Typically, I keep it between 50-70.

Mystery solved. I'm obviously slowing down on my production of iron and will monitor my phlebs so I don't get my Ferritin that low again. I don't have to go bald to manage my HCT.

Thank you



Dr. Lauren (https://www.drLaurendeville.com) October 19, 2016 at 5:40 pm

You're very welcome Pat, glad to help! 😊



Tara October 23, 2016 at 6:12 pm

i just found out i am anemic and my ferritin level is 3. my hair is falling out really bad and i am so tired. i started taking ferrous sulfate 325mg but i was wondering if there is something i can take to raise my ferritin levels fast to help with hair loss. Thank you



Dr. Lauren (https://www.drLaurendeville.com) October 26, 2016 at 5:30 pm

Hi Tara, I would see your doctor about iron injections. It will get your levels up much faster.



Nate October 24, 2016 at 8:24 pm

Hi Dr. Lauren,

I'm a 29 year old healthy male who has been on a clean paleo/bulletproof diet for almost five years now. However, my last blood test came up with ferritin levels of 240ng/ml which I know is on the high end.

I don't supplement with iron or use cast iron cookware but do take vitamin C regularly. I have long hair and have noticed small amounts coming out in the shower and when brushing. I love my hair and want to do everything I can to keep it on my head!

Are iron levels this high a concern for hair loss? I know deficiency gets more attention but I have also read iron overload can contribute as well.

Thanks in advance!



Dr. Lauren (https://www.drLaurendeville.com) October 26, 2016 at 5:33 pm

Hi Nate, if you're not taking iron and your ferritin is that high, I'd recommend asking your doctor to screen you for sources of inflammation—ferritin is what's called an "acute-phase reactant," meaning it can go high when the body is stressed out. Not saying there's necessarily anything to find, but it's worth further investigation. The high iron itself most likely won't cause hair loss, but if it's a sign of inflammation somewhere else, then the underlying cause might.

Bapsy October 25, 2016 at 9:04 am





Wow, why did I not find this article before? I've been battling hair-loss for the last 3 years. My doctors don't seem to care much. They have tested me for thyroid, hormone imbalances and such but they just call and say normal. I am going through the specific available numbers that I do have and my ferritin was 12.1 ng/mL in 2013 and 6.8 ng/mL in 2015. How in the world did they not pay attention to these levels? 6.8 is an extremely low number!! I'll do my best to up my intake of iron strong food.

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Dr. Lauren (<https://www.drLaurendeville.com/>) October 26, 2016 at 5:34 pm

Hi Bapsy, definitely increase your iron foods, and with those levels, you probably are going to need to supplement with it too. I'd ask your doctor to monitor your ferritin every few months as you supplement to see your progress.



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Yami October 27, 2016 at 8:44 pm

I was told by my doctor that I was anemic and my iron was low. They gave me iron pills. Not only that I also was diagnosed with alopecia. A few months I noticed I had a bald spot and when I take a shower my hair falls out a little and when I brush my hair a few hair falls out as well. Is this normal because of my iron and Alopecia? When will my hair start falling? I am growing hair back on my bald patches.



Yami October 27, 2016 at 8:53 pm

I meant that when will my hair STOP falling. Is there anything I can do to help my iron and hair hair. It is stressful to see my hair fall out.

THANK YOU. PLEASE HELP



Dr. Lauren (<https://www.drLaurendeville.com/>) October 30, 2016 at 7:07 am

Hi Yami,

If the cause of alopecia is JUST low iron, then your hair will stop falling out when the ferritin levels (iron stores) get above 50. So it depends on how low you were to begin with. Sometimes it can take months, so be patient! I would also ask your doctor to check your ferritin level every few months to see your progress.

It's also possible to have multiple causes of hair loss—if that's the case, then you'd need to get other causes (hypothyroidism, autoimmune alopecia, high androgens) assessed and addressed as well!



Kristen November 5, 2016 at 6:12 pm

My hair has been falling out dramatically for over a year now. My ferritin was just tested at 63....my TSH 3.65... I noted from your above comment that hair should stop falling once ferritin hits 50. Does this mean that my cause isn't ferritin ?



Dr. Lauren (<https://www.drLaurendeville.com/>) November 11, 2016 at 5:37 pm

Hi Kristen — yes, that's correct, though above 70 is necessary for re-growth. TSH at 3.65 sounds like thyroid is the issue — most people at that level are symptomatic. (I shoot for 0.5-1.5 and ignore reference ranges, but I also check fT3 and fT4 to confirm.)

Kimmie November 13, 2016 at 4:10 am

My hair has been shedding for over a year now, I was told telogen effluvium, my ferritin was 17 in November 2015 and was given an eight week course of iron but I have not been tested for my ferritin since, do you think my ferritin can still be low ??

Dr. Lauren (<https://www.drLaurendeville.com/>) November 14, 2016 at 7:43 am





Almost certainly you still are low, 17 is definitely low enough to account for hair loss, and it takes at least 90 days to get stores back up (the life cycle of the red blood cell). If you're that low it might take more like 6 months. I'd definitely get it re-tested.

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Kimmie November 14, 2016 at 12:23 pm [BLOG \(HTTPS://WWW.DRLAURENDEVILLE.COM/BLOG/\)](https://www.drLaurendeville.com/blog/)

Thankyou...I struggle to get my doctors to do these tests, it's so frustrating they just don't seem to care that I'm losing my hair. I went to a trichologist

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who also says telogen effluvium and she gave me iron tablets and I have changed my diet to be more healthy. Can you advise if I should be doing

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anything else ? My biggest fear is female pattern hair loss, but trichologist said definitely not, but I still fear this, I am 42 x



Dr. Lauren (<https://www.drLaurendeville.com>) November 23, 2016 at 5:20 pm

It depends on how long you've been on the iron tablets. It takes awhile to get stores back up. I know some labs will allow patients to just walk in and pay cash for tests they want done so they don't have to have a doctor's orders — you might google around for one of those in your area to check ferritin. If it's still well below 50 then I'd stay the course and re-check in a few months. If it's not coming up with iron tablets, then I'd do more extensive testing — find out if you're not absorbing, if you have some kind of organism eating up all your iron that you need to kill, etc.



Pat November 14, 2016 at 9:07 am

I'm glad to see renewed interest in this topic, in part, due to my initial comment on October 19, 2016 to your article written in 2014. It's now nearly a month later and I can see improvement already, hair has stopped shedding and texture is improving. I had originally stated my Ferritin went down to 27, well, it was actually 21. Due to my HCT, the iron will build on its own and I will closely monitor it going forward. My main reason for this follow-up is tell others to be patient and they will see results. Ferritin is usually slow to rise and they may need additional help with iron supplements.

Lastly, having been diagnosed with HCT > 25 years ago, I'm sill amazed that I did not know Ferritin was stored in the hair. I thought I knew everything about this disease and its critical components. I'm happy to know how closely related it is to hair health and how I can manage it more closely to keep it in the proper range to keep my hair healthy and growing and my thyroid functioning well too. Thanks again for your important article.



Dr. Lauren (<https://www.drLaurendeville.com>) November 14, 2016 at 11:21 am

Thanks for the follow up, Pat! So glad you are seeing results!

Melissa November 17, 2016 at 9:40 pm

My hair has been falling out drastically over the last 6 months, I have lost over 50% of my hair. I had my ferritin tested and it came back at 42. My doctor prescribed me iron polysaccharide 150mg once a day. After a month of taking these I had my ferritin tested again and it had gone down further to 38. Why would it go down when on iron supplements? Are these levels low enough to be the cause of hair loss? I have been taking them for 1.5 mo this now and have not seen any improvement at all in my hair loss. How long should I wait before considering another type of supplement?



Dr. Lauren (<https://www.drLaurendeville.com>) November 23, 2016 at 5:17 pm

My suspicion would be malabsorption. I would do a stool culture (to find out a) if you're not absorbing, and b) if there's an organism causing it), and would also send you for iron shots at this point — because yes, that is low enough to cause hair loss



for sure. I'm assuming you've also been worked up for your thyroid and you aren't having a ton of stress (adrenal fatigue) that might also be contributing factors.

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Dr. Lauren thank you for all your information on this article. I am 22 year old male who recently past year just started noticing more and more hair fall in the shower. My hairline naturally had a little notch in it but it has gotten a lot bigger, with some thinning overall as well. No one on either side of parents is bald. I know deep down inside it isn't just male

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pattern baldness, but as a human it is hard to sometimes not jump to the worst conclusion. I have been vegetarian since age 40 and admittedly haven't eaten the greatest. Gut feeling, I think it might just be years of poor eating habits catching up to me and now as a late bloomer am finally having bodily changes that maybe require higher iron stores in my body. I got a blood test and my ferritin was 21 and my doctor started me on iron supplements at my suggestion. It has been about 4 weeks don't really notice much but now after reading what you said I will give it a much larger timeline and try not to stress about it. Also I find it very interesting what you said about the red blood cell go day life cycle. I never really thought about it like that.

But I am commenting because I was wondering a couple things. One being, seems everything I've read on internet has to do with premenopausal women. Can I be effected by low ferritin hair loss as well? So in your opinion do you think I can possibly recover and regrow some of this lost hair from hairfall, or at least just get it to stop? Like other comments above mentioned, my doctor seemed to just brush it off. I genuinely appreciate all your feedback and taking the time to answer these comments.

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Dr. Lauren (<https://www.drLaurenDeville.com>) December 2, 2016 at 5:58 pm

Hi Michael — post-menopausal women definitely have issues with ferritin, but men can as well. It just gets less attention because male pattern baldness is a more common cause in men. I'd get your ferritin re-checked in at least another two months (three total) to make sure you're headed in the right direction. You also might consider something like this:

<https://shop.drLaurenDeville.com/products/hair-effects> (<https://shop.drLaurenDeville.com/products/hair-effects>), because if your diet has been poor, there might be other nutrients at play in your hair loss. (Bonus: this product also helps to block the conversion of testosterone to dihydrotestosterone (DHT) which is implicated in male pattern hair loss.)

stephanie perrett December 8, 2016 at 1:23 pm

Hi Dr. Lauren!
I have been losing hair for several months now. I have seen a dermatologist, internist, rhuematologist about the hair loss and low vitamin D levels. The hair loss is continuing despite taking supplements such as biotin, vitamin D, b12.
During all of my blood work I have had a ferritin level of 400 on 4 occasions. It is consistently at that level on all blood work from all of the dr.s
My questions is, could it be what is causing my hair loss?
The Dr.'s say it is a sign of inflammation but all auto-immune tests came back fine. They do not seemed worried about it.
I am unable to give blood due to one of the prescriptions they have me on for hair loss(propecia) without orders from a Dr.
I am a 52 year old female, hysterectomy 5 years ago.
Any advice would be greatly appreciated.
Thanks so much!



Dr. Lauren (<https://www.drLaurenDeville.com>) December 14, 2016 at 11:25 am

Hi Stephanie, Ferritin is an acute phase reactant, meaning it elevates in the presence of inflammation. Most of the time, if it doesn't mean you're acutely sick, it means there's fatty liver disease
<https://www.drLaurenDeville.com/articles/obesity-nonalcoholic-fatty-liver-disease/> (<https://www.drLaurenDeville.com/articles/obesity-nonalcoholic-fatty-liver-disease/>)



fatty-liver-disease/). I'd ask your doctor for an ultrasound of your liver to check for this. Since NAFLD almost always is associated with insulin resistance, I'd check fasting insulin levels too. This can disturb hormones and potentially cause hair loss. That would be my guess.

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Navneet kaur December 8, 2016 at 10:08 pm [BLOG \(HTTPS://WWW.DRLAURENDEVILLE.COM/BLOG/\)](https://www.drLaurendeville.com/blog/)

Since last three months, i am having pain in scalp like inflammation and massive hair fall but with no visible sign. I have used special shampoo treatment but no results, pain is less

but not gone even after three months of treatment. Yes, my ferritin was really low, like 5. I

started tablets a month ago and it was improved but i still don't know the cause of my scalp pain. Please suggest

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Dr. Lauren (<https://www.drLaurendeville.com>) December 14, 2016 at 11:27 am

You may have several causes at once — possibly alopecia areata as well as low ferritin. My guess is the alopecia areata is the cause of the scalp pain, since this is speculated to be an immune reaction against hair follicles. Consider asking your doctor to check for some of these nutrients:

<https://www.drLaurendeville.com/articles/nutrients-to-help-hair-regrow/>
(<https://www.drLaurendeville.com/articles/nutrients-to-help-hair-regrow/>)

Marie December 10, 2016 at 2:08 pm

Hello Dr. Lauren,
Thank you for this valuable information. I have been experiencing hair loss for a few years and was previously diagnosed with anemia and prescribed a course of ferritin. My iron stores went up and I was advised to discontinue the treatment. But my hair continued to fall out. I recently had blood tests and see that my ferritin level is 6. In explaining the results the Dr said my other anemia markers were perfect so I should not be concerned. After reading this article and other material online, I am alarmed. It all makes sense that my hair continues to fall out. Should I go back and ask for iron shots even though I technically don't meet the criteria for Anemia? I am relatively healthy and will be adjusting my diet to eat more iron rich food in a way that would enhance absorption. But with such a low ferritin level I think I need a strong boost.
Marie



Dr. Lauren (<https://www.drLaurendeville.com>) December 14, 2016 at 11:28 am

If I were you, at bare minimum I would continue iron supplementation orally, but if you were my patient I'd say you are a candidate for shots, yes. Ferritin of 6 is VERY low.

Hair Loss due to Stress | Dr. Lauren Deville, Naturopathic Doctor - Tucson, AZ
(<https://www.drLaurendeville.com/articles/stress-hair-loss/>) December 13, 2016 at 2:34 pm

[..] often results from autoimmunity, hypothyroidism, or deficiency in the storage form of iron, called ferritin. Women may also suffer from androgenic hair loss, often associated with Polycystic Ovarian Syndrome [..]

Ragini Darji December 17, 2016 at 10:49 am

I'm Ragini, my ferritin level is 10 my hair is lots of falling out really bad and I am so tired. I started taking ferikind folic acid tablets what can I do to increase my ferritin level fast to help with hair loss. I'm tensed because hairfall. Please help me..



Dr. Lauren (<https://www.drLaurendeville.com>) December 17, 2016 at 12:11 pm

Hi Ragini. If you want to get your levels up fast, I'd see your doctor and request iron shots. It's much faster than oral supplementation.



Sarah December 20, 2016 at 4:32 pm

[HOME \(HTTPS://WWW.DRLAURENDEVILLE.COM/\)](https://www.drLaurendeville.com/)

Hello Dr Lauren

My hair had been gradually thinning all year so far for around 2 years. I didn't know but had been suffering from low ferritin after a big operation 9 years ago! I've not supplemented in all of that time as I didn't know how to get it up for an previous events and those excess androgens?! my ferritin has just started to climb and last testing was 68. The shedding has stopped but my hairs still very thin and the regrowth is slow but there

There is new growth but doesn't seem to be growing much in length yet?! I had my thyroid tested also and had high reverse t3 and t4 was 2.25

I don't know where to start with it all and want to make sure I'm on the right path ?!

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Dr. Lauren (<https://www.drLaurendeville.com>) December 23, 2016 at 3:01 pm

Hi Sarah — glad you're getting your ferritin up. Yes, cysts can cause excess androgens, so I would get those tested, and reverse T3 is also an issue! I'd check this out (<https://www.drLaurendeville.com/articles/wilsons-syndrome-treating-slow-metabolism/> (<https://www.drLaurendeville.com/articles/wilsons-syndrome-treating-slow-metabolism/>)) and try to see a naturopath near you to help you sort it out.

Sarah Youngman December 24, 2016 at 3:03 am

Hello Dr Lauren

Thank you for your reply ! If it is androgen driven is there anything I can do to reverse the thinning?!

Is there anything natural I can take to prevent the androgens binding to the follicles ?! The thinning is diffused?!

Thank you for your reply X

I have read about Wilsons syndrome but not sure who in the UK could and would prescribe t3

Also doesn't sometimes low progesterone cause low Basel body temp? I had read this somewhere?!



Dr. Lauren (<https://www.drLaurendeville.com>) December 27, 2016 at 1:38 pm

If it's androgen driven there are prescription meds and also things like saw palmetto that block them, but you'd also need to treat PCOS because that is likely the cause if you have high androgens. Progesterone does increase heat generation but not enough to have a significant effect — it's only a few tenths of a point. The problem there is likely thyroid. If you go to Dr Denis Wilson's website you should be able to find practitioners near you who can treat Wilson's Temperature Syndrome.

Hana December 25, 2016 at 12:03 am

Hi dear doctor ..

For about 2 years i have problem with my stomach (erosive esophagitis and mild esophageal candidiasis)but now i loss most of my hair especially on the top.

Do you think the coz belong for stomach problem ?

Now i am using nexium 20mg twice

Help me to resolve this problem

Best regards



Dr. Lauren (<https://www.drLaurendeville.com>) December 27, 2016 at 1:41 pm

Hi Hana,

If sounds like you need to treat the candida

(<https://www.drLaurendeville.com/articles/candida-albicans-overgrowth/> (<https://www.drLaurendeville.com/articles/candida-albicans-overgrowth/>))

and deal with the food allergies likely underlying your esophagitis



(<https://www.drLaurenDeville.com/conditions/heartburn-gerd/>)
 HOME (<https://www.drLaurenDeville.com/>)
 (<https://www.drLaurenDeville.com/conditions/heartburn-gerd/>). The hair loss
 may be related, but you'd need your ferritin and hypothyroidism checked in order
 to know for sure. Nexium is suppressive, but won't heal the issue. I'd recommend
 finding a naturopath in your area to help you with this!
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pallavi Chaudhari December 27, 2016 at 3:23 am

My hemoglobin level was 9.5 and my hairs are falling faster day by day it has become

1/3 my hairs are falling from root what precautions should I do to prevent it and what diet

should I take to prevent it faster, please help me out

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Dr. Lauren (<https://www.drLaurenDeville.com>) December 27, 2016 at 1:45 pm

Diabetes and anemia are related

(<https://www.drLaurenDeville.com/articles/diabetes-anemia-connection/>)
 (<https://www.drLaurenDeville.com/articles/diabetes-anemia-connection/>). It
 is likely your issue is iron. I'd focus on getting your blood sugar under control
 (<https://www.drLaurenDeville.com/articles/insulin-resistance-metabolic-syndrome/>)
 (<https://www.drLaurenDeville.com/articles/insulin-resistance-metabolic-syndrome/>), but also check your iron levels and ferritin levels and
 treat if they are the underlying cause.

Claire January 8, 2017 at 1:45 pm

Hi

I wasn't feeling great and noticed some hair loss Feb (2016) so went to the dr who did
 blood tests. My ferritin level was at 8 so Dr prescribed me ferrous fumarate 210mg which
 I take 3 daily. In May my levels were 36. I went to a hair specialist who advised to take
 boots multi vitamins as well as the iron supplement. In August my levels were 40 and
 November 52. Levels are rising which is the main thing but very slow. My hair is still
 falling out but not sure if it's shredding the same. I am worried that I will loose all my hair
 as the front has receded by an inch and very thin throughout! How long will my hair take
 to start growing in and will I loose all my hair?

I am exercising 3 times a week and eating more fruit, meat, veg, spinach and cereal. Is there anything else I can do to speed things up?

Also is it safe to colour my hair as I'm afraid it will make more hair fall out.

Many thanks in advance



Dr. Lauren (<https://www.drLaurenDeville.com>) January 13, 2017 at 4:28 pm

Hi Claire, You are at the level where hair should stop falling out (50) because of
 ferritin. If you're still losing hair, and especially if you're having receding hair in the
 front, you probably have another issue: my guess is, androgens. I'd ask your doctor
 to check testosterone (free and total), DHEA, DHT, LH and FSH. Hair regrowth
 should begin once you've corrected all the underlying issues. If you color your hair,
 I'd definitely go with an organic color.

Claire January 17, 2017 at 1:54 pm

Hi,

Thank you, my hair is pretty much thinning all through just more noticeable at the front. There are little fine hairs popping though but not sure if that's new growth or not.

Can I ask is it ok to take spirulina as a supplement as well as the iron tablets I am on. I believe spirulina is a natural remedy full of goodness. My only concern is will I be taking too much iron?

Many thanks.





Dr. Lauren (<https://www.drilaurendeville.com>) January 20, 2017 at 5:12 pm

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I'd be more concerned about the total amount of iron you're taking (as

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Wasi January 12, 2017 at 11:52 am

[CONTACT \(HTTPS://WWW.DRLAURENDEVILLE.COM/CONTACT/\)](https://www.drilaurendeville.com/contact/)

Hi dr lauren i am 25 male and i just completed my tuberculosis 9 month of treatment 3

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month ago. And now id did blood test and my hemoglobin was normal but my mch was slightly low so i did again ferritin test and it is 41 while normal lab range is 29 to 250. And my hair are thinning badly and shedding also and prenatue greying as well. Please help me that 41 ferritin is the main cause of shedding and thinning . Thnnx alot

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Dr. Lauren (<https://www.drilaurendeville.com>) January 13, 2017 at 4:36 pm

Hi Wasi — sounds like you have more going on, if you just completed a TB treatment. While ferritin is too low, I suspect there are underlying causes to your hair loss. I would ask your doctor to run more comprehensive tests, ask about side effects to meds you have been on, etc.

James January 13, 2017 at 4:31 pm

Hi I've been experiencing hair loss over the past few months. I got blood test done and they came back with serum ferritin results of 563 ug/L. Is this high enough to cause hair loss? What is the optimum min and max level for hair growth?



Dr. Lauren (<https://www.drilaurendeville.com>) January 20, 2017 at 5:09 pm

Hi James, You should have further tests done — ferritin is an acute phase reactant and can indicate inflammation somewhere else in your body. It might be that the underlying cause of the inflammation is your issue...

Judy January 27, 2017 at 5:54 pm

Hi, Dr. Lauren:

I have been suffering from hair loss. As a result, I decided to go to the dermatologist. She sent me to do some blood-work and I did. When I went back to her office, she told me that the results were normal. She gave it to me. I see that my ferritin level is 25 NG/ML.

I went to my general doctor to do some blood-work and my doctor told the results were normal. I see that hemoglobin is 12.2 from a scale of (12.0-16.0 G/DL). In addition, I see that the RBC is 3.93 in a scale from (4.20-5.40 M/UL) This means that my red blood cells are low.

I went to the dermatologist to do a skin biopsy and she called me for the results. She told "You have some type of mild androgenetic alopecia" I don't know. My family does not suffer from hair loss. My father and my mother have hair.

I am thinking it is my iron. Since my hair loss began, I started to have chapped lips. Now I am taking ferrous fulmate, an iron supplement, and the problem with the chapped lips is gone. Now I haven't see results in my hair shedding. At the beginning I noticed changes because I was taking two pills daily, but then I stopped taking the supplements.

Any advice ... Also, I didn't went to pick up my scalp biopsy results because I was so depressed!

I am only 22 years old and I am too young to suffer from this.



Dr. Lauren (<https://www.drilaurendeville.com>) February 5, 2017 at 2:50 pm

Hi Judy- yes, definitely sounds to me like iron is your problem! You are overtly anemic and ferritin of 25 is much too low to stop hair loss. Stick with it!



HOME ([HTTPS://WWW.DRLAURENDEVILLE.COM/](https://www.drilaurendeville.com/))**ISHAQ** January 29, 2017 at 12:12 pm

ABOUT ([HTTPS://WWW.DRLAURENDEVILLE.COM/ABOUT-DR-LAUREN/](https://www.drilaurendeville.com/about-dr-lauren/))
 Hi, im ishaq age is 24, last 4 years hair fall problem...per day 50-100 hair is falling...last
 week i have consul a doctor...he will check it and said ferritin level is low...and the stage of
 hair fall is 2-3...but i would not continue with the doctor prescription because consulting
 fee is soo high im from poor family...that y im asking to you...what are the medicines i want
 to take and what are all foods i want take to improve the ferritin level...please help me

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Hi Ishaq, if your ferritin is low then you will want to consume iron rich foods (mostly found in animal products) and probably supplement with iron, asking your doctor to monitor ferritin levels about every 3 months.

prami January 30, 2017 at 3:26 am

hello mam my ferratin level is 9 der is a severe hair fall follicles have become so weak daily 200 to 300 hair shredding i am so tensed wat should i do mam doctor gave me iron capsules even though i am using der is no use i am getting bald all r laughing at me plz reply to me mam i request u its my humble req

**Dr. Lauren** (<https://www.drilaurendeville.com/>) February 5, 2017 at 2:54 pm

Hi Prami — with ferritin that low, you'll have to stick with supplementing iron for months before you see results I'm afraid. Ask your doctor to re-check about every 3 months!

Vlady February 2, 2017 at 7:30 pm

Dear Dr.Lauren.I am so happy that I've found this forum. My story: I am 59 y.o. male who had the best ,thickest hair for 54 years without any sign of MPB.In january 2011 at age 53 my ferritin level was 129 (20-380), in sept.2011 for no reason I started having diarrhea which could not be stopped until 6 mo later. I don't have ferritin results for every year after 2011.but I will show what I have .Jan 2012-HEMOGLOBIN 12.9(13.2-15.5), Dec.2013 HGB11.0 (11.5-16.5) Jan 2015 HMG 10.5(13.2-17.1)MCV 73.5(80.0-100.0),MCH 22.6(27.0-33.0),MCHC 30.8(32.0-36.0),RDW17.4(11.0-15.0) Apr.2015 ferritin 20(20-380), Jan.2016 ferritin 16(20-380),May 2016 ferritin 22(20-380) In March 2012 I began TRT. Sometimes in 2013-2014 I started to notice my hair loss,it was a shock, I checked all my hormones levels many times over last 5 years and everything was within normal. my DHT was between 29 and 38(16-79).I had 2 hair transplant surgerys done in oct.2014 and oct 2015.I tried Rogaine,Nizoral shampoo.Biotin and I still losing my hair. Now THANKS to you,I understand why!To make things worse I kept vegetarian diet for almost 1.5year.LOL. Dear doctor Lauren please answer on a few of my questions.Do you think when I will get my ferritin level over70 my hair will start to regrow? If it will start to grow,wil all of my hair come back? Does hair die or just asleep? Does the time period of hair loss 4-5 years in my case make a difference?How long will it take to get all of hair back in my case? Sorry for the long post and THANKS a lot for opening my eyes! Not a one doctor told me that low FERRITIN is a reason for a hair loss,Vlady

**Dr. Lauren** (<https://www.drilaurendeville.com/>) February 5, 2017 at 2:59 pm

Hi Vlady, I'm glad you found it helpful! Hair regrowth usually does begin over 70, and unless you have some other cause for hair loss, it should come back. The time period shouldn't make a difference unless, again, you have some other cause in addition to low iron. Sometimes it can take months or even up to a year, so be patient and keep checking your ferritin and CBC to make sure the anemia is corrected as well!



VLADIMIR margulis May 4, 2017 at 3:56 pm

HOME ([HTTPS://WWW.DRLAURENDEVILLE.COM/](https://www.drilaurendeville.com/))

Hi dear Dr.Lauren. I have few questions.Can you please tell me if my hair loss

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is (presumably) due to low ferritin level ONLY,why it is looking like MPB and why the hair wich was transplanted

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from the back of my head to the top and front of my head still there? If not

hair does not get enough iron just like others which fell out,why it is not

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affected by it? My ferritin level was 38 so was the reason for my iron pills

Next test will be at the end of June.Can't wait to get over 70 level

CONTACT ([HTTPS://WWW.DRLAURENDEVILLE.COM/CONTACT/](https://www.drilaurendeville.com/contact/))

Thank you so much for all your insights and your help.Vlady

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Dr. Lauren (<https://www.drilaurendeville.com>) May 27, 2017 at 4:38 pm

Hi Vladimir — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drilaurendeville.com (<mailto:office@drilaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Mark February 3, 2017 at 6:28 am

Hi Dr. Lauren,

I am happy I found this site. My beautiful wife of 19 years (she is 41) has been losing her hair for some time. Her hair isn't getting thinner, it is just falling out. The texture seems the same, it isn't wispy or thin (maybe a little brittle). It's as if the hairs just decided to stop growing. I find it all over the place. And I only noticed this because her part is wider than it used to be. Her hairline has not changed although I do notice she seems to have a lot of shorter hairs at the hairline, maybe about an inch or two long, normal texture but it just seems strange they don't seem to grow longer. She does have a history of low iron. This is a sensitive subject for her. Thank you.



Dr. Lauren (<https://www.drilaurendeville.com>) February 5, 2017 at 3:00 pm

Hi Mark — it's a sensitive subject for a lot of women, I can certainly understand! Sounds to me like she needs to get her ferritin checked- I wouldn't be a bit surprised if that is her problem.

navneet February 7, 2017 at 2:36 am

Dear Dr.Lauren, Thanks for your Ferritin suggestion. I have started iron supplements(dosage as per my GP) from last three months. I recently visited my home country India and hair fall stopped immediately now that I am back to Germany after couple of weeks. my hairfall is back too. I don't understand why is it back because I am still taking my supplements. Looking forward to your help.



Dr. Lauren (<https://www.drilaurendeville.com>) February 10, 2017 at 5:04 pm

Hmm. That sounds like there's more going on than ferritin — stress perhaps? A diet change?

Navneet February 11, 2017 at 12:10 pm

I don't have any stress incident in the last months and even now. Diet change could be a reason but I am eating healthy. could there any other reason like change in water, shampoo or cold climate. I would need your help to find it. Also, I had little scalp inflammation from last few months hence I am regularly using anti dandruff shampoo. Surprisingly, there was no scalp pain during 15days in India and now it is back but less than what it was before



Christmas holidays. My ferritin in November was - 5, January r-23. Yet to go for my next blood test. Vitamin D in January was 11 but I am supplements

now. Thank you so much!

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navneet February 20, 2017 at 9:57 am

[BLOG \(HTTPS://WWW.DRLAURENDEVILLE.COM/BLOG/\)](https://www.drLaurendeville.com/blog/)

Dear Dr.Lauren, could you please suggest what to do. My ferritin is normal and is around 92 now. But I am having massive hair fall all the time. Looking forward to your response.

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Dr. Lauren (<https://www.drLaurendeville.com>) May 27, 2017 at 4:30 pm

Hi Navneet — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Charlie S. February 8, 2017 at 10:10 am

Hello,

Your article is great. I have been battling hair loss, chronic telogen effluvium as diagnosed by dermatologist, for 10 months. Shedding started w/ very large shed in April 2016 and has since continued. I am 26, exercise for a living (2-3x a day), eat a vegetarian diet, but a very clean diet. Have been trying to increase my fat by eating nuts (walnuts, hemp seeds) trying to get 50g fat daily. I get adequate protein, about 80-110 grams daily through eggs, greek yogurt, beans, protein powder. My ferritin was 11 at first, went on iron supplements to increase to 40/50ish, then stopped. I had a colonoscopy late December 15, hair fell out 3 months after that and changing my diet excluding greek yogurt and legumes, but since changing my diet back, still continues to fall out. All vitamin levels are normal, thyroid on low end but normal (my derm, internist and endocrinologist not concerned) and insulin normal, however, hormones like LH/FSH/estrogen are low. Also on the pill.

Would you suggest this is a ferritin problem, am I stressing my body with exercise too much, not eating enough fat? I was wondering about ferritin too...after I got it up to 40/50, do I have to stay on supplement to keep it up? I also have IBS, making it hard to absorb such nutrients, correct? I have another ferritin test ordered today. If it has lowered or has stayed at 40/50, do you suggest going back on supplement w/ my doctor's permission?

I am worried this will not stop or be FPHL and not CTE... Your opinion is be GREATLY appreciated!!!!

Best,

Charlie S.



Dr. Lauren (<https://www.drLaurendeville.com>) February 10, 2017 at 5:07 pm

Hi Charlie — if you're vegetarian, then yes, unfortunately chances are you're going to have to stay on an iron supplement to keep your ferritin high enough to prevent hair loss. You're also right that IBS may be contributing, especially if the cause is overgrowth of bacteria or yeast in your gut, as they will use what iron you do have in their life cycle. Birth control may exacerbate this process, since it predisposes you to gut flora imbalance. I'd suggest a comprehensive stool culture to see what's going on in your gut, as well as monitoring your ferritin.

Charlie February 10, 2017 at 7:28 pm

Thank you so much, Dr. Lauren! My ferritin was back down to 20, my doctor agreed to put me on a supplement for three months, checking again after. I will suggest lifelong... Do you suggest getting to a number above 70 for hair growth?



Also, interesting about the gut. I will bring that up and have it checked out.

Thank you SO very much. It's wonderful to have another person that will

listen, and truly care!

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Cheryl February 9, 2017 at 10:51 pm

Hi Dr. Lauren –

BLOG ([HTTPS://WWW.DRLAURENDEVILLE.COM/BLOG/](https://www.drLaurendeville.com/blog/))

Very interesting website! I am a 48-year-old female, with significant hair loss all over my scalp, but especially noticeable at the temples and on the top and crown areas.

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My current Ferritin level is 57 ug/L. Can you please tell me if Vitamin C and Ferrous help the body absorb ferritin?

Thank you in advance.



Dr. Lauren (<https://www.drLaurendeville.com>) February 10, 2017 at 5:09 pm

Hi Cheryl, Vitamin C does help absorb iron. Your ferritin is high enough that you shouldn't be continuing to lose hair for that reason, though you're not quite in regrowth range. Given the locations of your hair loss, I'd suspect more of a hormonal cause — particularly androgens. I'd suggest checking testosterone free and total, DHEA, DHT (dihydrotestosterone), and sex hormone binding globulin to see if you can ferret it out!



Patricia Fitzpatrick February 11, 2017 at 9:37 am

This may have been suggested earlier but I can tell you that cooking with a cast iron pan can be a very effective way to increase your iron/Ferritin levels if that is your objective. You can look this up online. There are several articles to support this. In fact, I have the opposite issue, Hereditary Hemochromatosis, and must avoid cooking with cast iron. I can safely use enameled cast iron.

Hope this suggestion is helpful.

Trina February 12, 2017 at 9:28 am

Hi Dr. Lauren – I am 42 years old and in March of 2016 my ferritin level was 8. My doctor suggested ferramax and for the first few months I was taking it once a day. I had my levels checked in June and my level went up to 12. The doctor then suggested that I take the iron supplement 2-3 times a day mentioning that maybe my body just doesn't absorb iron that well. I continued to take the ferramax 3 times a day and in November my level went up to 18. I went back to the doctor and then he switched me to a hemme supplement – proferrin. In December my ferritin level went up to 25. I am now take the proferrin 3 times a day and a b12 as my level for b12 was low and a multi vitamin in case I am missing other vitamins. I also had like a burning sensation on the top of my scalp. I am concerned as to why my level of ferritin is not climbing and my hair is still shedding. I am going to see a natural path doctor and a dermatologist in the next week. Can you please advise on your thoughts. Thank you.



Dr. Lauren (<https://www.drLaurendeville.com>) May 27, 2017 at 4:29 pm

Hi Trina — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Prashant Upadhyay February 19, 2017 at 9:39 pm

Hi

I had ferritin level 15ng/ml in December now it is increased to 33.23ng/ml. I am still facing hair loss problem. I am taking Follhair and Amway Cherry iron. How can I stop hair



loss? Is there any chance of regrowth of hair in that region where I have almost none or few hairs left?
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[Dr. Lauren \(https://www.drLaurenDeville.com\) May 27, 2017 at 4:31 pm](https://www.drLaurenDeville.com/podcast/) [PODCAST \(HTTPS://WWW.DRLAURENDEVILLE.COM/PODCAST/\)](https://www.drLaurenDeville.com/podcast/) [COURSES](#) ∨

Hi Prashant — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list

on my homepage, and send me your question via office@drLaurenDeville.com [\(mailto:office@drLaurenDeville.com\)](https://www.drLaurenDeville.com/contact/), I'm going to introduce a section on the

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promila singh February 27, 2017 at 9:34 pm

Dr. Lauren,

I am 34 year women.I am having androgenic alopecia.Lossing my hair from 9 month.Almost 10% of hair is remaining.I am very much worried.Mty serum frritin is 34 ng/mL.I have taken lots of treatemnt.Recently i am taking treatment of accupunture and PRP therapy for hair loss.There is no much relief.Please suggest. I will be very much thankful to you.

Regards
Promila



[Dr. Lauren \(https://www.drLaurenDeville.com\)](https://www.drLaurenDeville.com) May 27, 2017 at 4:31 pm

Hi Promila — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurenDeville.com [\(mailto:office@drLaurenDeville.com\)](mailto:office@drLaurenDeville.com), I'm going to introduce a section on the monthly newsletter answering patient questions.

Jean February 28, 2017 at 2:49 pm

Hi Dr Lauren,

I found hair missing from around my ear at the front of my hairline, thought I may be pulled it out while taking a snorkling mask off quickly on holiday, then my hairdresser found some hair missing in my scalp – small patch while doing my hair, then I've found a couple of small patches, my scalp feels a bit tender & slightly itchy at times but I don't scratch it as worried it will cause more patches. I got bloods – my ferritin levels are at 8 & Haemoglobin at 93, HCT 0.31. Im only just starting to see hair loss in the shower now. I'm taking iron tablets could the tablets be causing my head to be irritable? I am booked into see a specialist in a few weeks and are guessing I have a type of alopecia? Can low ferritin cause patches of hair loss also? Thank you



[Dr. Lauren \(https://www.drLaurenDeville.com\)](https://www.drLaurenDeville.com) May 27, 2017 at 4:31 pm

Hi Jean — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurenDeville.com [\(mailto:office@drLaurenDeville.com\)](mailto:office@drLaurenDeville.com), I'm going to introduce a section on the monthly newsletter answering patient questions.

Chris March 1, 2017 at 2:52 pm

You mentioned taking iron supplements in the morning on an empty subject. I also take NatureThroid for hypothyroidism and am wondering which pill I should take first?



[Dr. Lauren \(https://www.drLaurenDeville.com\)](https://www.drLaurenDeville.com) May 27, 2017 at 4:32 pm



Hi Chris — always take NatureThroid at least 30 min before eating anything. I usually recommend people take iron at night, but anytime on an empty stomach is fine.

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Irum March 25, 2017 at 4:38 am

Hi dr.Hope u r good.Im a 17 years old female.I used alot of hair straightener abt a year back due to which my hair became very rough.However even at that time my couples of hair were grey.I was diagnosed with extreme deficiency of serum ferritin.But at that time my hair werent rough and thin.They had a great look and volume.Sadly now my hairs are rough and have a poor look due to great hair loss.I have lost more than half my hair volume.Ponytail looks empty at the end only few strands are hanging down.Plz help me and yes now my hairs have turn a great grey.Looking forward

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Dr. Lauren (<https://www.drLaurendeville.com>) May 27, 2017 at 4:32 pm

Hi Irum — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Nazneen March 28, 2017 at 9:17 am

Hi Dr Lauren,

I have been losing hair for about a year now, got my ferritin levels checked Nov 2016 and it came back at 13. My dermatologist recommended oral iron supplementation which I have been doing for about 4 months. My hairfall has decreased some but I still lose a good amount of hair. Also, my hair loss is diffuse but more so at the top of my head and crown area. Could this mean that I have hairloss due to hormonal reasons too.

Thank you>



Dr. Lauren (<https://www.drLaurendeville.com>) May 27, 2017 at 4:32 pm

Hi Nazneen — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Cherry April 2, 2017 at 11:59 am

Hello, I'm 49 my hair has been in awful condition for a few years. I thought it started to break off in 2013, however it only grows about an inch on top. Thin and wispy, I The dermatologist thinks it's Telegon effluven, looking back my ferretin has been as low as 7, for over 10 years, I have been taking ferrous fumerate for 9 months . my levels are now 43, no change to condition of my hair as yet, will my hair ever grow properly again . Cherry



Dr. Lauren (<https://www.drLaurendeville.com>) May 27, 2017 at 4:33 pm

Hi Cherry — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Hanna April 4, 2017 at 2:15 pm



Hi dr. Lauren,

I have been experiencing gradual hair loss for one year now, ferritin levels were 15 in

November and are now 35 after I have been supplementing with iron, however my hair is still shedding excessively! It is continuing to thin diffusely all over.. I am very distressed is there anything else I can do? Thank you

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Dr. Lauren (<https://www.drLaurenDeville.com/>) May 27, 2017 at 4:33 pm

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Hi Hanna — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurenDeville.com

(<mailto:office@drLaurenDeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

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VLADIMIR margulis April 18, 2017 at 11:19 am

Hi Dr.Lauren, I started to take Ferrous Fumarate 325mg twice a day three weeks ago,after my lab showed that my ferritin level was 38 so I have some time before I get it above 70 (hopefully sooner than later) my next lab work will be in 9 weeks,but I'd like to ask you two questions. if we assume that my hair loss is due to low ferritin only, why my hair loss consistent whith MPG, but not on the back nor sides of my head?And also why all the hair which was transplanted whith surgery does not fall out? I know that hairs on sides and back of the head are DHT resistant but are the same hairs resistant to low ferritin as well?

Thank you so much for all your help,Vlady



Dr. Lauren (<https://www.drLaurenDeville.com/>) May 27, 2017 at 4:36 pm

Hi Vladimir — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurenDeville.com (<mailto:office@drLaurenDeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Alex April 22, 2017 at 1:21 pm

Hey Dr . Lauren

I had a low ferritin level of 40 and a lot of hair loss but now it's go the lab measurement was between 30 and 400 so my question is how long till I see regrowth?



Dr. Lauren (<https://www.drLaurenDeville.com/>) May 27, 2017 at 4:36 pm

Hi Alex — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurenDeville.com (<mailto:office@drLaurenDeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Louise April 24, 2017 at 5:33 pm

Hi Dr Lauren,

I started noticing hair loss in December 2016 so I went to my GP who tested my thyroid and ferritin levels. My thyroid TSH T3 T4 all came back within normal ranges however my ferritin was 21.

He suggested I supplement with iron to increase my stores. Ive been taken a chelated form of iron 100MG daily and my ferritin has been increasing. End of feb was up to : 53 and just had it tested again last week and is now up to 70. The problem is I'm still noticing hair loss especially when I shower.

Previous to December when i first noticed the hair loss my diet wasn't great I was skipping meals and not eating a lot of red meat so I wasn't surprised my ferritin was low (I've got 2 babies 3 years and 2 years) so life is super busy and I haven't been taking great



care of myself.

I am noticing lots of regrow (short hairs sticking up everywhere) but just wish this shedding would stop.

Ive heard it can take 2-3 months with ferritin levels of 70 to notice a change in shedding.

Is this true? As ive only been supplementing for 3.5 months I'm hoping to see a change in the shedding very soon.

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Dr. Lauren (<https://www.drLaurendeville.com/>) May 27, 2017 at 4:36 pm

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Hi Louise — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

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jay April 25, 2017 at 7:24 am

Hi, i have had shedding for 12 months. Last jan i had severe stress lost half stone in 3 weeks. then in Feb got the flu and lost a stone in a week. Hair fell out in May or thats when i noticed it. Ferritin was 16 in June, 22.6 in October 40 in Jan 30 in Feb. Dr refused iron tablets said i was fine. i have since March 20th been supplementing on iron 200mg ferrous sulphate. finger nails slowly pinking up. my hair is still shedding. no regrowth. hair loss is diffuse. hair on legs arms pubic eyebrows etc is diffuse and sparse. slow regrowth on body hair. my hair is fly away and the follicles seem thinner, the long hair as well as most of the little regrowth i have. Does low ferritin thin the diameter of my long hair that is at least 3 to 4 year old (been in my scalp before the shedding so not regrown). if and when i get my ferritin restored to 50 how long before i would see regrowth? dermatologist says above 50 is required for optimal hair health and is aiming for this. i have had some warmth in my scalp and itchiness but not alot. my mother aunt grandmother and sisters all have full heads of hair. i am 37.



Dr. Lauren (<https://www.drLaurendeville.com/>) May 27, 2017 at 4:37 pm

Hi Jay — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Abhigna April 29, 2017 at 12:33 am

Hello Dr.Lauren
I am 21 y.o female. I recently found my ferritin level was low(18). My doctor suggested osofer x.t tablets daily once. Its been two months, but still hair fall is severe. I am feeling dizzy,headache these days. Is this dizziness anyway related to ferritin?
Looking forward for your suggestion.
Thankyou in advance



Dr. Lauren (<https://www.drLaurendeville.com/>) May 27, 2017 at 4:38 pm

Hi Abhigna — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drLaurendeville.com (<mailto:office@drLaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Sally May 15, 2017 at 3:20 am

Hi. I got tested for low iron because my hair and eyebrows were falling out. My ferritin was 11 and my tsh was 3.6. My hair started growing back after a few months of x3 spatone and a blood tonic but since taking iodine drops with selenium and zinc the hair

has gotten worse and started to fall out a little bit, yet my thyroid symptoms are better.
Does iodine drops affect iron absorption? Also I was drinking alkaline water and think
maybe that has hindered iron absorption?

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Dr. Lauren (https://www.drilaurendeville.com) May 27, 2017 at 4:39 pm

Hi Sally — thanks for taking the time to read my blog! While I don't have time to
answer every question on the blog, if you would like to sign up for my email list on
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Fadia May 24, 2017 at 4:22 pm

Dr Lauren,

My 17 years old daughter has been having hair loss for the last 2 years. We have done several blood tests and everything came back normal. Her previous lab work that was done in Nov 2016 showed T3 uptake of 28, T4 of 8.4, Free T4 of 2.4 and TSH 2.19. Her total Iron was 78, Iron binding capacity 423, %Saturation 18 and Ferritin 13. The hair loss never stopped however it got worse. We went back to the Dr. last week and we repeated her blood work and we found out the following: Iron 33, Iron binding capacity 416, % saturation 8, Ferritin 10, TSH 1.60, T4 Free 1.1, T3 Free 2.9, Vitamin D 25OH 25. The only abnormalities I am seeing are the VD, Free T3 and the low level of Ferritin and saturation level. Is her Ferritin level of 10 too low in your opinion? Do you think the VD and the low Ferritin and concentration % are the reason to her hair falling out? This has been a nightmare for both of us. It breaks my heart to hear her complaints about her beautiful long curly hair that is long gone and can't grow beyond her shoulders as she lost half of it and became less dense. Every time I take her to the Dr. the answer would be, you still have a head full of hair but for a teenager, this is not the answer she wants to hear and we all know curly head of hair is always deceiving. The amount of hair that I take out of the drain every time she takes a shower is abnormal. I read the threads about Ferritin injections, will this speed up the process of stopping hair loss if the saturation and Ferritin level are brought up to where they should be? Who should she see, a family Dr. and Endocrinologist or a Naturopathic Dr? Any help would be greatly appreciated. Thank you



Dr. Lauren (https://www.drilaurendeville.com) May 27, 2017 at 4:39 pm

Hi Fadia — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drilaurendeville.com (<mailto:office@drilaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.

Danielle May 27, 2017 at 9:10 am

I noticed thinning hair on the top of my head and the temples/sides so I went to a Derm. The hair/scalp biopsy came back female pattern hair loss and my ferritin was 23 (it has been at this level for at least two years). I also suffer from hashimoto's but that is monitored and under control with synthroid. If I fix the iron levels, does that mean I could see my hair loss stop and even reverse? I read that the pathology of FPHL could really be chronic TE if your iron levels are low. Also, should I take iron supplements and what kind? My doc said to take slow FE, but I read that the sulfate kind is not the best.



Dr. Lauren (https://www.drilaurendeville.com) May 27, 2017 at 4:40 pm

Hi Danielle — thanks for taking the time to read my blog! While I don't have time to answer every question on the blog, if you would like to sign up for my email list on my homepage, and send me your question via office@drilaurendeville.com (<mailto:office@drilaurendeville.com>), I'm going to introduce a section on the monthly newsletter answering patient questions.



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Office Manager

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location (10/31).

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Tues: 10 am - 5 pm

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