SUMMARY AND CONCLUSION

Hair has no vital function in human, yet its sexual, cosmetic and psychological functions of both men and women seem immeasurable.

Chronic diffuse falling of hair is common in both sexes, it is seen more frequently in women over the age of 25 either because certain forms occur more often in women or because women are more eager to seek advice.

Diffuse alopecia with excessive telogen hair shedding has been associated with a variety of hormonal and nutritional factors, ingestion of various drugs, exposure to certain chemicals, systemic or local cutaneous disease, and psychological stress.

Forty patients complaining of hair loss attending the out-patient clinic of Dermatology and Venereology Benha University Hospital and Mit-Gammer General Hospital. They were examined thoroughly and investigated for determining the cause of hair loss.

The results of this work had shown that the cause of hair loss was decreased level of serum zinc in the majority of the patients and it was a psychological disturbance in 7 of the patients (17.5%), and it was a nutritional deficiency in 3 patients (7.5%) but telogen effluvium, androgenetic alopecia, hyper or hypothyroidism, iron deficiency, drug intake and surgical operation, were not encountered in our cases as causes of hair loss. In the remaining cases the cause was unexplained.
According to these results we can conclude that hair loss in women is a common problem and it may be brought about by a number of different factors singly or in combination, in many cases no fully convincing cause can be established.

Some women who are deeply distressed about loss of hair show no evidence of alopecia or even thinning of the scalp hair.

Zinc deficiency is the most important cause of hair loss in this study, so an oral supplementation of zinc to every patient complaining of hair loss must be kept in mind.
RECOMMENDATIONS

(1) Further studies need to be done to assess the role of zinc as a cause of hair loss, such as determination of zinc level before and after therapy.

(2) Further studies are needed to document the role of contraceptive use in hair loss.

(3) Further studies are needed to determine the role of hair tonics as empirical treatment in case of diffuse hair loss.

(4) Detailed study can be done on the large number of patients complaining of seborrhea with different investigative tools to prove or disprove seborrhea as a cause of hair loss.
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