

# DHT Hair loss | History | Genetics related to DHT

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## DHT Hair Loss History

DHT Hair Loss is one of the common types of hair loss symptoms. Along with this there are a variety of ways in which one may lose their hair. DHT hair loss is a problem that is usually known to be inherited and is especially well known in relation to male pattern hair loss and baldness. In order to prevent hair loss and keep a fuller head of hair, it's better to know what DHT is and how to get treatment for the problem.

## What is DHT?

DHT is also known as dihydrotestosterone. This is a male hormone that is found in the body and usually develops earlier on in life. It is known to directly affect the growth of hair and hair loss, especially among men, as this hormone circulates throughout the body. It does this by reducing the hair follicle until it can no longer produce hairs in the scalp area. DHT is known to be one of the main reasons why males may be losing their hair, while there are a variety of factors related to hair loss.

## Genetics related to DHT hair loss

Genetics that are passed down from both the mother and father are also directly related to DHT hair loss. This certain genetic material will react to the age and cause the hormone to react, when one grows older. It does this by communicating with the hair follicle to produce an enzyme known as "five alpha reductase". This enzyme is typically known to help construct hair, when combining with the hormone DHT, it causes the hair follicles to turn out to be weaker because of the interaction. Eventually, the follicles will also shrink and begin to cause baldness known as DHT hair loss.

## If DHT is hereditary!

If you have DHT hair loss and it is hereditary, you can always find a variety of ways to prevent the hair loss. By balancing out the hormone, as well as the enzyme that is formed in the hair follicle this will need to be done. One will be able to block the hormone from reacting to the hair by finding the right nutrients or ingredients.

## Other preventing techniques

**Producing better blood circulation in the scalp can prevent DHT hair loss.** This can be done by massaging your head constantly or by changing your diet to allow motion to move throughout your body more easily. Adding more nutrients to your diet can also prevent DHT hair loss. This will cause the hormone and the enzymes to still create without severe reactions and will continue to add nutrients to your hair and avoid damage. Proteins, as well as things to balance out the DHT hair loss hormone, will help in preventing hair loss through nutrients.

## It's a genetic shift

If you have DHT hair loss, then you are suffering a genetic shift that produces hair loss. By knowing what this is and how it transforms your hair growth, you can easily find ways to avert the DHT hair loss from occurring. This results thicker and healthier hair that will last all through your lifetime and will not be affected by the genetics that were handed down to you.

Article Sources: <http://www.articlewarehouse.net>; [www.articlebiz.com](http://www.articlebiz.com)

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