

DON'T GET WIGGED OUT

BY KATHERINE PEARSON

Dr. Keith R. Durante M.D., F.A.C.S., is a rarity in the world of hair transplantation. His pedigree — as a highly-trained, board-certified, general surgeon, with over 25 years' experience in general and micro-vascular surgeries — gives him advanced insight and skill in the area of hair loss prevention and hair restoration procedures.

In our 2018 Memorial Day issue, we discussed the satisfaction Dr. Durante gets from improving someone's self-image, and how he has leveraged his unique credentials to bring an area of medicine to the next level. He underscored for us the psychological aspects of hair loss, which, he said, are aspects often overlooked. This month we wanted to learn more about hair loss in women, how it differs from the hair loss in men, and what patients can expect when seeking a consult and treatment.

Let's talk about the emotional aspect of hair loss for women.

It's easier for men to roll with hair loss, but for women it can be devastating. This can lead to a mediocre temporary solution or, if they are not savvy enough, they may be sold into a hair replacement system or — God forbid — a wig, which can become intolerable, especially in the summertime. That's just the antithesis of what it means to be in the Hamptons. You can't be active, spend time in the pool or at the beach, in a wig! It's misery.

So, what's the alternative?

First, it's important to know that the causes of hair loss for women are very different than those for men. Common conditions for women include abnormal or acidic body pH; a variety of medications, including diet pills; or excessive weight loss. Other underlying conditions might include thyroid abnormalities, auto-immune diseases, excessive stress, leaky gut syndrome, hormone imbalance, pregnancy, or anemia.

By diagnosing the cause, we can oftentimes prevent an extreme situation altogether. Women need to know that they can actually halt hair loss, and that's where I come in, as a consultant for the medical management of hair loss.

What are some common treatments?

It could be as simple as lifestyle changes, specific hair vitamin

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Dr. Keith Durante providing a preoperative hair evaluation with his surgical assistant, as featured in the *New York Post*. Photography by Edmund J. Coppa

therapy, or topical medications. Among the more common procedures are PRP [platelet rich plasma injections] in conjunction with low-level laser light therapy, both of which stimulate the hair follicles and improve blood circulation in the treated area, encouraging hair growth once again. In terms of hair restoration, it can often be done with no IVs, pain, or bleeding, allowing you to get back to your routine in a matter of days. With these therapies we can oftentimes convert a semi-bad situation into a tolerable one.

What other tips do you have for women?

I always caution against extensions and excessive braiding, which can lead to traction alopecia, a condition caused when too much tension is regularly placed on the hair roots, pulling out the hairs, and damaging the follicles permanently. It will only make a bad situation worse! Remember, it's much easier to be proactive and keep your hair than regrow it.

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