

Hair health problem and its solution

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Introduction

Hair is a protein filament that grows from follicles found in the dermis. It can be long and wavy, short and straight, frizzy and unmanageable, or smooth and shiny. Hair comes in many different lengths, styles, colors, and textures. Yet just about everyone - no matter what kind of hair he/she has – suffers from at least one hair problem at some periods of life. Basic hair problems are considered to be gray hair, hair loss, hair damage, greasy hair.

Aim of the study

To survey hair treatment methods and give the key to avoid hair health problems.

Materials and methods

Methods of interview and analysis, recent scientific articles devoted to this problem and the Internet sites have been studied.

Results

100 students from different universities (84 girls and 16 boys) aged 18-22 were interviewed. We found that 75 students had hair health problem of varying severity and used different kinds of hair treatment. 25 students are satisfied with their hair.

Conclusion

Hair health problems of varying severity are observed in the vast majority of today's teenagers. Girls are more susceptible to this disease.

The presence of hair health problems significantly reduces self-esteem, causes discomfort and depression. It is difficult for girls with this problem to adapt to the social environment, even in light hair health problems and boys perceive the disease more positively, in spite of obvious clinical manifestations. To maintain good hair health the diet should include vitamins, proteins, carbohydrates and minerals. It is also necessary to follow a healthy lifestyle. Moreover, nowadays we have an opportunity to make such procedure as injections of botox. These procedures and healthy lifestyle will help restore hair structure.