

BLACK MEN, LOVE & RELATIONSHIPS ISSUE

ESSENCE

*Your Time
To Shine*
Tips To Go From
Broke To
Blessed

THE SEXY
STOMACH
WORKOUT

Best Denim
Trends For Us

SECRET
SEX
VACATIONS
A Story Every
Woman
Must Read

THE 2010
BEAUTY
HOT LIST
Smoky Eyes,
Kissable Lips,
Cool Nails

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Fantasy*

10 OF THE SEXIEST MEN
YOU'VE EVER SEEN

(Think Reggie Bush Looks Good?
Check Out Page 96)

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Internal Issues

Hair thinning might be due to thyroid disease, anemia, lupus, dietary deficiencies, extreme weight loss, genetics, hormonal imbalance or a side effect of medications, says dermatologist Elena Jones, M.D., in New York City. It might also be Central Centrifugal Scarring Alopecia (CCSA), unique to us, which causes damage to the

scalp and prevents hair growth. The condition shows up as thinning at the crown and gives the scalp a thick appearance. Address the medical disorder and hair could grow back on its own. As to CCSA, "It can be treatable in early to moderate stages with topical steroids, steroid injections to the scalp, Minoxidil or hair transplant surgery," says McMichael.

Scalp Savers

YOUR SCALP IS THE FOUNDATION TO FIT HAIR. TREAT IT WITH THESE STIMULATING SALVES



Peter Lamas
Chinese Herbs
Regenerating
Scalp Serum,
\$45, lamas
beauty
.com.



Bosley
Healthy
Hair Follicle
Energizer,
\$29, bosley
pro.com.

ONLY
\$13

**Organic Root
Stimulator
Fertilizing
Serum, \$13,
drugstores.**



**Rene
Furterer**
Paris RF 80
Concentrated
Thin Hair
Program,
\$67,
sephora
.com.



Strand Smart

Getting a proper diagnosis from either a dermatologist or a trichologist (hair and scalp specialist) is essential. Do some research to find out if the doctor has had success in treating the hair loss problems common among Black women (see listing, right). A physical exam, blood work and a biopsy of scalp tissue might be necessary. And

if you're torturing your tresses with too much tension or heat, scale back. "I'm seeing many teenagers with balding issues," says Jones. "Their styling practices are destroying their hair follicles." Finally, don't give up. "The biggest misconception with Black women and hair loss is that treatment is futile," adds Jones. "If caught early, hair loss can be significantly improved."

See the Light

Laser technology is making strides in fighting hair loss. Here's the scoop



HAIRMAX
Move this
FDA-approved
home laser over
problem areas
for about ten
minutes daily.
Consult your
doctor before
buying one
(\$495, hairmax
.com).

REVAGE 670 We first heard about the Revage 670 laser from Monte O. Harris, M.D., a plastic surgeon in Chevy Chase, Maryland. (aestheticmodernism.com). "I like it because it's a noninvasive tool that has efficacy as a stand-alone treatment but also complements both topical regimens and hair transplantation," says Harris. Visit laserhairlossclinic.com to find this service near you.



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