

# How to Prevent Hair Loss While Breastfeeding: Breastfeeding Problems Post Partum



Hair loss is a common problem for breastfeeding mothers. In fact, it is estimated that up to 50% of breastfeeding women experience some degree

of hair loss. This can be a distressing problem, but it is important to remember that it is usually temporary and there are things you can do to prevent it.



## Postpartum Hair Loss: How To Prevent Hair Loss While Breastfeeding (Breastfeeding problems, Post partum hairloss, Post pregnancy weight loss) by B. Love

★★★★☆ 4.6 out of 5

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### What causes hair loss while breastfeeding?

The main cause of hair loss while breastfeeding is a drop in estrogen levels. Estrogen is a hormone that helps to keep hair follicles in the growth phase. When estrogen levels drop, more hair follicles enter the resting phase, which can lead to hair loss.

Other factors that can contribute to hair loss while breastfeeding include:

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- Hormonal changes

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- Stress

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- Poor nutrition

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- Certain medications

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- Underlying medical conditions

## **How to prevent hair loss while breastfeeding**

There are a number of things you can do to prevent hair loss while breastfeeding:

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- Eat a healthy diet

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- Get enough sleep

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- Exercise regularly

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- Manage stress

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- Avoid certain medications

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- Talk to your doctor

### **How to deal with postpartum hair problems**

If you are experiencing hair loss while breastfeeding, there are a number of things you can do to deal with it:

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- Be patient

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- Use a gentle shampoo and conditioner

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- Avoid heat styling

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- Get a haircut

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- Talk to your doctor

Hair loss is a common problem for breastfeeding mothers, but it is usually temporary and there are things you can do to prevent it. If you are experiencing hair loss, be patient and talk to your doctor.



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