



Preparation for doctor's visit

Please describe the course of your hair loss

- Start and progression of hair loss
- In which areas did you first notice the hair loss?
- Have you noticed seasonal fluctuations?
- What do you believe are the triggers of your hair loss?

Has your hair fallen out or broken off?

Does the shed hair look the same at both ends? If so your hair has probably broken off rather than fallen out.

From which areas of the scalp does hair fall out?

- Temples
- Back of head
- Crown
- Entire head
- Other areas, specify:

Does your scalp itch or do you suffer from excessive dandruff?

Have you noticed other changes in your scalp?

Have you chemically altered your hair?

- Permanent wave
- Dyes/highlights
- Straighteners

Do you have relatives (parents, siblings, grandparents, etc.) who also suffer from hair loss?

If so, which relatives and which type of hair loss?

Diseases and medications

- Which acute illnesses have you had in the last 12 months
- Which medications did you take for these?
- Do you suffer from any underlying illness(es)/ chronic illnesses?
- Are you on any long-term medications?

Have you experienced professional and/or personal stress or upset in recent months?

Have you recently undergone a period of hormonal change?

- Menopause
- Pregnancy
- Starting or changing the pill, etc.

If so,

- If you changed pill, when?
- If you started taking the pill, when?
- If you stopped taking the pill, when?
- Do you suffer from menstrual cycle irregularities?
- If you are pregnant, how many weeks along are you?
- If you have miscarried, when?
- Are you nursing or have you been nursing?

Have you gained or lost a lot of weight?

Have you been dieting in the last 12 months?

Have you ever counted the number of hairs you are losing per day?

Please record the number of hairs you are losing per day. To obtain a reliable figure, you should ideally perform this count each day for one week.

Have you ever been treated for hair loss before?

Which medications (prescription/doctor-recommended, etc.) did you take?

How do you care for your hair?

Please list your hair care products such as shampoo, rinse, conditioner, gel, hairspray, combs/brushes.