

## Jade Roper Says Her Postpartum Hair Loss Is 'Starting Again'



by Korin Miller — Updated: November 1, 2019



Instagram

"Postpartum hair loss: 2, Jade: 0." Here's what experts say about why postpartum hair loss happens, and how you can combat it.

Jade Roper welcomed her son Brooks this summer, and she's been keeping fans posted on Instagram about her life as a mom of two. Continuing with her candidness, Roper just shared a relatable new-mom milestone on her Instagram story: She's experiencing postpartum hair loss.

In her story, Roper shared a close-up photo of her hairline, writing, "Ahhhhh it's starting agaaaain. Postpartum hair loss: 2, Jade: 0."

Roper is far from the only new mom dealing with this — postpartum hair loss is incredibly common.

### Why does postpartum hair loss happen?

Postpartum hair loss is a form of a condition known as telogen effluvium, says **Gary Goldenberg, M.D.**, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City.

"It's extremely common," he says. "This is the second most common type of hair loss we see in our practice."

It's due to a hair shedding process and isn't true hair loss, explains New York City dermatologist Doris Day, M.D., author of *Beyond Beautiful*.

In general, Dr. Goldenberg says your hair goes through three phases: a growth phase, which is self-explanatory; a transition phase, where your hair stops growing; and a resting phase, where your hair basically sits and does nothing.

After the resting phase, your hair sheds and new hair comes in. This is normal, and most people lose between 50 to 100 hairs a day, according to the American Academy of Dermatology (AAD).

In the case of telogen effluvium or postpartum hair loss, your body sheds more hair than usual. That's because during pregnancy, hormones kept those hairs from falling out and made them grow faster, meaning you likely

had lusher, thicker hair while you were expecting. So postpartum hair loss happens because your hormones — and your hair — are getting back to normal.

“It's due to a physiologic shift in hormones,” Dr. Day says. “The hormonal shift causes an increased percentage of hairs to move from the growing phase to the resting phase of hair cycling. Normally 10 percent goes through this at any time but, in this case, up to 40 percent can shift over at once.”

Typically, this doesn't happen right after you give birth. Instead, women will start to notice postpartum hair loss about three to four months afterward, Dr. Day says.

## **What can you do about postpartum hair loss?**

Your hair should go back to normal by the time your baby turns 1, the AAD says. In the meantime, you can use volumizing shampoo and conditioners formulated for fine hair, use conditioner on the ends of your hair instead of the roots, where it can weigh your hair down, and avoid intensive conditioners, which can be too heavy for your hair.

Other methods to combat postpartum hair loss include eating well, continuing to take your prenatal vitamin supplement, brushing with a wide-toothed comb to minimize tangling, using scrunchies or barrettes instead of rubber bands to put hair up, and skipping out on using blow-dryers, curlers and flat irons.

If you're dealing with postpartum hair loss and it bothers you or is accompanied by other symptoms, talk to your doctor about your options. Just know that you're not the only one dealing with it.