Welcome to Canning Street Skin Clinic

If you are looking for first-class service, you have come to the right place! We aim to be friendly and approachable. Our skin clinic is run by experienced medical professionals. Our doctors are registered with Royal College of General Practitioners and Australian Health Practitioner Registration Authority and members of Australian College of Aesthetic Medicine (ACAM). We are here to serve you and answer any questions you may have.

We put our customers first. We listen to you and help you find what you need. Come visit to see what we are all about. Our services include:

**Botox**

- *Frown lines* (worry or anger lines)
- *Crow’s feet*
- *Puckering lines* around the lips
- *‘Bunny lines’* at the top of the nose

This is a simple process whereby a muscle-relaxing solution is placed via a series of small injections into individual muscles in an area containing wrinkles. This prevents the muscles from
making unnecessary and undesirable facial expressions and further creasing the skin. Wrinkle injections won’t radically change your appearance or make you look as though you’ve had a facelift and they will not ‘freeze’ facial expressions – they just soften the area, making you appear younger and more refreshed.

The active ingredient is not absorbed or passed through the blood and is no longer present or active in the body an hour after injection.

**FILLERS**
Filler injections are a cosmetic treatment used to smooth wrinkles or pitted scars in the skin, usually on the face. They are also used to make the lips fuller. When injected under the skin, a filler raises or puffs up that area.

Dermal fillers are made from hyaluronic gel, a natural sugar already present in the human body. Fillers can be used to add volume and hydration to lips, cheeks, chin, nose, the jawline and under the eyes. They can even be used to reduce scarring, and results can last for up to two years.

In order to make you as comfortable as possible, numbing cream is applied before a tiny needle (only slightly bigger than an acupuncture needle) carefully injects the filler, with ice used to ensure bruising is kept to a minimum.
Laser therapy

Laser therapy is becoming increasingly useful for a wide range of skin and cosmetic conditions. Laser therapy works by putting out a very high intensity beam of light with a particular wavelength. The light passes through the outer layers of your skin and is absorbed by a specific target, which varies depending on the condition being treated.

A number of conditions can be treated effectively with laser therapy such as:

- Vascular lesions,
- wrinkle removal
- mole and pigmentation removal
- Skin rejuvenation
- Hair removal
SKIN CHECK UP

Australians should regularly check their skin for new growths, sores that won’t heal, or any changes in the colour, shape or size of existing skin spots. Your doctor can also check for skin cancers.

If you have a history of this condition you should have regular medical checks of the previously treated areas and other areas that are susceptible to new cancers.

A skin biopsy is a procedure in which a sample of skin tissue is removed, processed, and examined under a microscope.

Several different methods may be used to obtain a skin sample, depending on the size and location of the abnormal area of skin, called a skin lesion. The skin sample is placed in a solution, such as formaldehyde, or in a sterile container if infection is suspected. In each of these procedures, the tissue is processed and then examined under a microscope.

Skin biopsies most often are done to diagnose skin cancer, which may be suspected when an abnormal area of skin has changed color, shape, size, or appearance or has not healed after an injury. Skin cancers are the most common type of cancers.

Early diagnosis of a suspicious skin lesion and skin biopsy can help identify skin cancers and lead to early treatment.
About us / Contact Us

Dr R. Meschi is registered medical practitioner MD, RACGP, AAAM, ACAM, PGD skin cancer (Queensland University).

Our knowledgeable team and effective safe treatments will give you a very positive experience. Consult with us about your appearance concerns, especially if you would like to walk out feeling confident that the treatments provided to you were carried out with utmost care and with 100% interest of your needs in mind. Whether it is treating your pigmentation, controlling your acne, smoothing lines, wrinkles and scars, or enhancing your appearance, we will recommend the appropriate treatment based on your specific needs so that you will be satisfied by the results.

We will answer to any of your questions in a friendly manner to ensure you understand what you are walking into and out of, every step of the way. Consult with us if your skin appearance left you feeling self-conscious and lacking self-esteem.

Contact our friendly team to book your appointment now.

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FILLERS / MESOTHERAPY

Erase fine line and hydrate to max
Dermal fillers are fast and effective treatments, to soften lines and creases, temporarily restoring a smoothed, improved and more youthful appearance.

Dermal Fillers are suitable for:
- Frown lines between the eyebrows
- Crows feet lines around the eyes
- Horizontal forehead wrinkles
- Smokers lines and mouth ageing
- Lip enhancement
- Acne scarring
- Cheek dimples and creases
- Nasal labial lines
As your skin ages it starts to lose its elasticity and firmness, which can lead to wrinkles. Dermal fillers are a non-surgical treatment used to rejuvenate the face by erasing fine lines and giving your skin a much-needed hydration boost.

Best used to help restore volume or structure to the skin. Treatments usually have minimal downtime. Suitable for men and women.

Dermal fillers can help replace the volume in your face that is lost with age. These are injected into the lines and wrinkles in your face to plump them up and provide a more youthful look. Depends on the type of filler used and where it is injected. Most last six to nine months, but some may last up to a year. Hyaluronic acid is a naturally occurring substance in our bodies, and these fillers do not require allergic testing.

Non-surgical Face lift;

As you age, your skin begins to produce less oil, making it become drier and loose. This causes you to not just look old, but feel old too. There are cosmetic procedures that can reverse this problem, but they’re all pretty invasive and require weeks of recovery time. These products only provide a temporary result and don’t produce long term effects. Everyone knows our skin needs collagen to look younger and tighter.

LIP AUGMENTATION

- Lip Augmentation restores thin, droopy lips to their more youthful look and will plumps up thin lips to restore balance & proportion
- Lip Augmentation reduces fine lines & wrinkles around the mouth will help to “lifts” droopy lip corners to a more youthful position
- Lip Augmentation is achieved with Injectable Fillers and is a safe, reliable “in-office” procedure and can achieve temporary or permanent results
For more substantial volume and definition people turn to lip injections. Dermal fillers are great to create volume. Either a little or if suitable for that person- to create voluptuous full lips. Dermal fillers can also be used to help define the lip border.

**NASOLABIAL FOLDS**

Dermal fillers have been used for many years to put volume and structure in the skin in such areas as the naso-labial lines.

These results are great, for they are almost instant and can last up to 9 months before requiring a top-up. As quick and almost painless as these procedures are, we will need to make an assessment beforehand. Before getting any invasive treatment, we have to make sure that any potential allergies to these fillers and anaesthetics are noted.

**Dermal filler injections** are non-invasive procedures that can be a good alternative to an invasive procedure like surgery. Most side effects that come from injections are usually temporary. The recovery time is relatively short and side effects are fairly rare.
Dermal fillers will help reduce the signs of aging by around 5 – 7 years. Full correction of the wrinkles using dermal fillers significantly improves the chances of a positive first impression. With dermal fillers you stay in control of your looks and make sure your surroundings perceive you just the way you want them to.

Dermal fillers are used to re-volumise areas of the face that have lost volume, and have the effect of plumping the skin, making it appear smoother and fuller. They are commonly used to enhance the natural contours of the face, but can also be used in facial and nose re-shaping.

Areas that are commonly treated with dermal fillers include:
lips, cheeks, under eye region, forehead, temporal hollowing, mouth corners, nasolabial lines, nose, brows and static wrinkles.

**MESOLIFT / SKIN REJUVENATION:** Mesotherapy is a safe, natural alternative to invasive cosmetic procedures. The Mesolift process delivers vitamins, minerals and amino acids directly into the skin to nourish and rejuvenate, promote production of collagen and elastin, and stimulate your metabolism. As your skin ages, circulation decreases, and the resulting reduction of oxygen and nutrients hinders your body’s ability to flush out toxins. This is what drives premature aging and causes the skin to develop an ashen appearance.
After treatment, patients commonly describe their skin as looking rested, radiant, glowing and firmer. Mesotherapy can be used a supplement, or an alternative, to many anti-aging regimens, including botox, laser resurfacing, peels, antioxidants, topical creams and facelifts.

Mesotherapy is also a highly effective rejuvenating treatment. The procedure can be used to tone and tighten sagging skin on the neck, legs, abdomen, arms and hands. In Europe, women often start treatments in their thirties, but Mesotherapy can prove valuable during any stage of a woman’s life.
The mesolift is a mesotherapy approach to treat aging, sagging, and wrinkling of the skin involving the face and neck. It is also used to retard the progression of wrinkling and to rejuvenate ashen complexions. Mesotherapy helps to shrink fat from under the neck, remove free radical damage, and tighten loose skin. The effects rejuvenate the face, eyelids, and neck without the unnatural appearance and painful recovery of surgical alternatives.

For very sensitive skin types, at the very beginning, a very mild scratching sensation may minimal discomfort. Some patients may feel minimal local pain, a minor burning sensation for a few hours, and temporary bruising. Itching and soreness may be experienced for a few days. Like any other injectable product, an allergic reaction may occur in some patients. The procedure is performed in the office and takes minutes to complete.
Some patients see results after one treatment session while most patients require three to five (3 – 5) treatments to notice results. Proper dietary lifestyle and nutritional supplementation are essential to achieve the best long-term results. Because aging is a dynamic process that cannot be stopped, mesotherapy injections are useful in preventing against the ravages of aging. Maintenance treatments of the face, neck, arms, and hands may be needed two to four (2 – 4) times a year.

This office procedure takes less than 30 minutes per session and requires little preparation or recovery time. No heavy bandage or compression girdles are required. General restrictions vary depending upon the area(s) and the condition that was treated.

» Avoid vigorous exercise for forty-eight (48) hours.

» Avoid hot showers for six to eight (6 – 8) hours.

» Avoid application of makeup four (4) hours.

» Use loose clothing around the area treated immediately following the injections.

Healthy females are candidates for mesotherapy. Pregnant women, those with insulin dependent diabetes, severe heart disease, history of stroke or ischemic attack, recent cancer, cutaneous lesions, allergies to mesotherapy components, or those who are taking blood thinning medications, are not candidates for mesotherapy.

Mesotherapy treatments typically cost from $300 – $450 per area per session, depending upon the size, location and difficulty of the area(s) being treated. If more than one area is to be treated per session, pricing may be determined on an individual basis.
BOTOX®

Great for:

- *Frown lines* (worry or anger lines)
- *Crow’s feet*
- *Puckering lines* around the lips
- ‘*Bunny lines*’ at the top of the nose
- Armpits, soles of the feet to prevent perspiration
This is a simple process whereby a muscle-relaxing solution is placed via a series of small injections into individual muscles in an area containing wrinkles. This prevents the muscles from making unnecessary and undesirable facial expressions and further creasing the skin. Wrinkle injections won’t radically change your appearance or make you look as though you’ve had a facelift and they will not ‘freeze’ facial expressions – they just soften the area, making you appear younger and more refreshed.

Botulinum toxin type A (Botox, Dysport) blocks the release of a neurotransmitter (a chemical messenger) known as acetylcholine from nerve cells. Acetylcholine normally transmits nerve impulses to muscle cells, causing them to contract. Without acetylcholine, the affected nerve is unable to send a signal to the muscle it supplies, resulting in a weakened or paralysed muscle. The effect of Botox injections is restricted to the area being treated, and because the nerve
fibres usually regenerate after a couple of months, the effect is only temporary. Botox is safe to use as an injectable medicine because it is used in such small quantities and injected directly into specific sites. Another brand of botulinum toxin type A, called Dysport, is also available.

The improvement in the appearance of your wrinkles usually lasts for 3 to 6 months, and repeated injections are required to maintain the effect. With continued use, the effects may start to last longer.

Botox injections are relatively safe when administered by a medical professional who is trained in its use. As with all treatments, there are some side effects associated with its use, but most of these are mild and temporary.

Pain, tenderness and bruising may be associated with the injection, and some people have reported a slight headache after treatment. Nausea and a flu-like syndrome are also rarely reported.

Botox therapy is only available on prescription from a doctor, and should always be given by a trained medical professional who is familiar with the correct technique. We will be able to let you know whether Botox injections are suitable for you.
This is a quick and simple procedure that is relatively pain-free. Even the most needle-phobic people are surprised at the ease of treatment. Ice is used to numb each spot prior to injection and then an extremely fine needle is used to make minute injections of the wrinkle prevention solution into the targeted muscles. You will experience only brief discomfort, therefore anaesthetic is not needed.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

Let us know if you: have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past.
Treatment of Acne Scars

Acne develops when cells and natural oils begin to block up tiny hair follicles in the skin. Bacteria work their way into the plugged up follicles and start multiplying. When the body’s immune cells move in to attack the bacteria, the results of the battle are the classic symptoms of acne — swelling, redness, and pimples.

While many people recover from acne without any permanent effects, some people are left with disfiguring acne scars. While many people recover from acne without any permanent effects, some people are left with disfiguring acne scars.

The best way to prevent post-inflammatory changes caused by acne is to prevent acne lesions from occurring. This is done by understanding the factors that cause acne and using the appropriate treatments for the different acne types.

Blackheads

Blackheads, also known as open comedones, are follicles that have a wider than normal opening. They are filled with plugs of sebum and sloughed-off cells and have undergone a chemical reaction resulting in the oxidation of melanin. This gives the material in the follicle the typical black color.
Blackheads (comedones)

Whiteheads, also known as closed comedones, are follicles that are filled with the same material, but have only a microscopic opening to the skin surface. Since the air cannot reach the follicle, the material is not oxidized, and remains white.

The best skin care for comedones consists of once-a-day cleansing with a mild soap or facial scrub to aid in the removal of excess sebum and dead skin cells. Oil-based makeup should not be used since these can contribute to the buildup of oil in the follicles. Water-based makeup labeled as non-comedogenic can be used safely.

**Accutane**, like other retinoids, works by altering DNA transcription. This effect decreases the size and output of sebaceous glands. It also makes the cells that are sloughed off into the sebaceous glands less sticky, and therefore less able to form blackheads and whiteheads (comedones). It also reduces the number of bacteria in the sebaceous gland and on the skin surface.

The length of the treatment course varies but generally lasts from 16 to 20 weeks. Some people notice that their acne gets worse after starting Accutane therapy. The number of acne lesions usually does not increase; rather the lesions may become redder or more painful. This is normal, lasts only a short while, and is not a reason to stop using Accutane.

Antibiotics work by several mechanisms. The most important is the decrease in the number of bacteria in and around the follicle. Antibiotics also work by reducing the irritating chemicals
produced by white blood cells. Finally, antibiotics reduce the concentration of free fatty acids in 
the sebum, also reducing the inflammatory response.

Co2 fractional laser Acne Scar Removal has been an 
extremely popular and patient satisfying treatment, and changing the lives of acne scar 
sufferers.

**Facial Telangiectasia**

Telangiectasias – distinct, dilated blood vessels that range from 0.1 to 1 mm in diameter. While 
they most often do not present a medical issue, they do create a cosmetic concern particularly 
when they appear on the face. Common areas where they appear include around the nose and 
on the cheeks and chin.
Laser treatment is the preferred choice for facial telangiectasias. In laser treatment, the vessel is heated by the laser light, damaging and destroying the vessel. Small vessels can disappear immediately after just one treatment, while large vessels may require multiple treatments with the vein gradually dissolving over time after being heated and sealed by the laser light.

Actinic keratosis

Actinic keratosis, or sun spots, is a common skin condition. It occurs when skin cells grow abnormally, forming scaly, discolored spots.

Corns and Calluses

Corns and calluses are the terms given to patches of hard, thickened skin. These can be found anywhere on the body, but are typically found on the feet.
Seborrheic keratosis

Seborrheic keratosis is a type of harmless skin growth that bears a resemblance to skin cancer. Growths may have a wart-like surface and waxy appearance. Seborrheic keratoses are noncancerous (benign) skin growths that some people develop as they age. They often appear on the back or chest, but can occur on any part of the body.
Skin Cancer Screening

You need to consult with your doctor when you have a:

- new spot that is different from other spots around it
- spot, mole or unusual freckle that has changed in shape, size, or colour
- sore that doesn’t heal
- skin spot that you are worried about.
- Although it’s commonsense that when checking for dubious spots, lesions, freckles or moles, you should check your entire body, evidence suggests that doctors – and those of us who do self-checks – don’t.

Biopsy & Excision of Lesions

A biopsy is a quick and simple procedure. The doctor will give you a local anaesthetic and cut out the spot. This is usually done using a biopsy punch which is like a leather punch or a cookie cutter. It leaves a neat circular hole which usually heals well without needing a stitch. It generally doesn’t scar.

Basal cell carcinoma

The most common type of skin cancer, a disease in which the cancer cells resemble the basal cells of the epidermis, the outer layer of the skin.

Basal cell carcinomas usually appear as the classic “sore that doesn’t heal.” A bleeding or scabbing sore that seems to get somewhat better, then recurs and starts to bleed, may be a basal cell carcinoma.
Squamous cell carcinoma

Squamous cell carcinomas typically appear as a persistent thick, rough, scaly patch that can bleed if bumped. They often look like warts and sometimes appear as open sores with a raised border and a crusted surface over an elevated pebbly base.
LASER THERAPY

The Fraxel CO2 Lasers are used safely and effectively to resurface and tighten your skin. This results in reduced wrinkles, improved texture, even tone and smoother skin – all with minimal risks, and without discomfort and prolonged downtime. Fraxel Repair is amazingly effective on fine lines, deep lines and wrinkles, ageing skin, sun damage, deep acne scars, stretch marks, melasma, pigmentation, and Solar Keratosis.

There is some down time associated with this laser treatment. The goal of the fractional CO2 laser is to produce resurfacing, peeling and loss of the external layer of the skin, the epidermis, and to penetrate the upper layers of the deeper skin layer, the dermis. Removal of the epidermis removes with it the fine lines, brown spots, pores, and generates new, healthy, soft skin to replace it. Penetration into the dermis produces heat which denatures or stimulates collagen resulting in new collagen formation and tighter, firmer and healthier skin. Fractional laser will be associated with 5-7 days of downtime. Downtime is defined as redness, scabbing,
and minor discomfort. Most patients are back in makeup and/or sociably acceptable in 5-7 days.

We use Co2 fractional Laser **skin resurfacing & repair treatments** in our clinic which is **The most advanced, safest & effective** laser skin treatment, it is **Simple procedures** with little or no discomfort & minimal disruption to daily life.

Noticeable, measurable, and visible results are always present. The Ultra Pulse laser is one of the finest and most sophisticated laser treatments available. It is the ultimate laser facial resurfacing treatment offered by our clinic. Very deep and extensive wrinkles and scars may require a second or even third treatment for optimal results.

It is non-invasive rejuvenation treatments that **dramatically freshens & improves your skin, & removes years from your appearance.** Laser results are **highly satisfying & long lasting and are suitable for**;

**acne scarring**

Acne scarring or “pimple scarring” is the result of inflammation within the dermis brought on by acne. The wound trying to heal itself resulting in too much collagen in one area creates the acne scar.
Pigmented scars are usually the result of nodular or cystic acne (the painful ‘bumps’ lying under the skin). They often leave behind inflamed red marks. Often, the pigmentation scars can be avoided simply by avoiding aggravation of the nodule or cyst. Pigmentation scars nearly always fade with time taking between three months to two years to do so, although can last indefinitely if untreated.
melasma (is a dark pigmentation of the face, most commonly seen on the cheeks, nose bridge, forehead and lips that mostly affects women)

lip (smokers) lines

Natural aging plays a part in the formation of these lines, but so do sun damage and cigarette smoke. In fact, these lines are sometimes called smokers’ lines because they’re much more common on people who smoke.

You may be surprised to learn that there are several effective options out there. These include fillers that can be injected into your lips to make them look fuller and fill in lines, and laser treatments that cause your skin to produce brand-new tissue.

sun damaged skin
No one can avoid the natural process of aging, as the skin thins and lines and wrinkles appear. Moles, scars, and birthmarks also tend to change as we age. In addition, sun damage over the course of a lifetime worsens the aging skin. Laser skin resurfacing uses high-energy light to burn away damaged skin. Laser resurfacing may be used to minimize wrinkles and fine scars.

**sun spots wrinkles**

Lentigines or age spots are premature ageing brown marks, which appear on the backs of hands and the face. Sunburn freckles are the result of sun damage and occur on the back, upper chest and shoulders. Most are harmless but all are ageing and may be unattractive. Laser therapy help people of all ages fade and eliminate marks that, for a variety of reasons, they no longer want on their bodies. Laser will allow us to safely help patients look and feel better.
textural irregularities

Laser will help you to have better and younger skin; it is,

- Non-invasive, clinically proven to be safe, and easily managed into your routine
- Real change you just can't get from lotions and creams
- Simple, effective treatment that really reverses signs of aging
**skin laxity, ageing skin**

With time the skin seems to become looser. This happens for a number of reasons. One is due to the effect of environmental stress on elastic fibers and collagen fibers in the skin. Environmental stress can be sun, pollution, diet and even just plain stress. Resurfacing treatment that treats facial and neck laxity while it reduces lines, wrinkles, sundamage, scars and brownspots, there is some downtime involved, it is know as a minimally invasive procedure.

**rosacea**

Rosacea is a condition that is characterised by facial redness – especially around the nose, cheeks, chin and in between the brow. People with this condition are consistently red or flush easily. Broken facial capillaries and acne-like pustules on the face are also a common consequence of having rosacea. Left untreated, rosacea can damage the skin, and at times cause enlargement of the nose (rhinophyma), worsening of redness and facial capillaries, and thickening of the skin.
stretch marks

Stretch marks ("striae") are caused by rapid stretching of the skin. Commonly seen after pregnancy, rapid weight gain or loss, or rapid growth during adolescence, stretch marks initially present as red or purple marks. Stretch marks are, in fact, "scars" caused by over-stretching of the elastic middle layer of the skin known as the dermis. Over time these reddish stretch marks fade to leave silver or white streaks which may also feel “crêpey” to touch.

Laser therapy are used on faded stretch marks. Multiple laser treatments are required and are recommended at four weekly intervals.

wound scars, burn scars, self harm scars, keloid scars
Generally scars can be caused by surgery, cuts, acne, skin infection, chickenpox, burns and scratches. How major the scar becomes depends on the age and health of the person, genetic predisposition, location of skin damage, cause of skin damage, treatment of the wound and movement during healing. Scars will either settle within 12 months or remain permanent.

**Fractional laser is Suitable for all parts of the body** - face, neck, breasts, arms, hands, and tummy, legs & thighs.

Without question lasers and various light-emitting devices can help reduce signs of aging and fade signs of sun damage. With so many laser treatment procedures available, knowing the basics about each is essential to making the best decision for your concerns.

Our Fractional Laser treats damage skin non-invasively, with no disruption of the skin’s epidermal surface. Laser treatments address the effects of photo aging and sun damage with low risk of complications and no recovery time. Co2 fractional is the gold standard for photo-rejuvenation and it provides dramatic results for a variety of skin conditions, including age spots, sun-induced freckles, symptoms of rosacea, birthmarks, broken capillaries, acne scarring and other blemishes.
The visible signs of aging cannot be fully avoided, but can be dramatically minimized. It is the critical element in determining who looks older or younger than their biological age.

Exposure to sunlight is a key contributor to aging. Photo aging occurs, when collagen and elastin breakdown are not replaced within the skin, causing fine lines and wrinkles to intensify. Photo aging also causes pigment changes with development of age spots (sun-induced freckles) and uneven skin tone.

Dilated capillaries are another sign of photo aged skin. Lifestyle choices also have an impact on aging. Cigarette smoking contributes to the breakdown of elastin and collagen and impairs the body’s healing capacity.

**Laser Leg Vein Removal**

Lasers are a very effective treatment for the appearance of unsightly veins on your legs, and work by heating the wall of a vein until it collapses, which then seals it shut. At this point, the blood supply to the vein is then completely cut off, which causes it to die over a period of several months. The tissue that once made up the vein is reabsorbed into the body. Most patients experience considerable improvement after 2 to 3 treatments, with 3-6 weekly intervals, depending on the severity of skin condition and level of treatment. Mercury laser treatments are most effective on spider veins and smaller varicose veins. Many people suffer from broken capillaries and diffuse erythema, that cause them social embarrassment. For both women and men, Mercury and Ultra pulse Co2 laser can successfully treat dilated blood vessels without injuring the surrounding healthy skin.
Hair loss is a prime concern for many men and women these days – whether it is genetic, due to stress, bad haircare or any medical condition. But with advances in the field and adequate research, various new techniques have cropped up in the market which can combat the condition with ease. Platelet-Rich Plasma or PRP, is showing impressive results in reversing hair loss.

PRP therapy for hair loss is a treatment that involves withdrawing a patient's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into scalp. PRP contains essential proteins that stimulate natural hair growth. Who should opt for PRP? People who have thinning hair, and those with androgenetic alopecia (male pattern baldness – hair loss at the top of the scalp and a receding hairline particularly along the temples), women with male pattern alopecia can all benefit from it.

The treatment requires about eight sittings, each two weeks apart for best results. Along with it, one may have to take medications like minoxidil and propecia. Your doctor may also alternate between stem cell therapy and PRP as combination treatments have shown to provide good results.

Expected results

Patients will soon see a fuzz of hair after the fourth sitting. The treatment not only promotes hair growth but also strengthens hair follicles. It is quite a safe procedure without any side-effects. Since it involves drawing out blood and multiple needle pricks, it may seem uncomfortable and scary but a numbing cream is used prior to the procedure to reduce the discomfort.
Who can’t opt for PRP?

Though PRP treatment yields great results for people suffering from hair loss, it’s not for everyone. People who have lost all hair cannot undergo this treatment as it does not help grow new hair on a bald patch. It can only make the existing thinning hair thicker by strengthening the hair follicles.

**Hereditary Hair Loss**

Hereditary hair loss is one of the most common causes of hair loss – it affects a large percentage of men and women, with many noticing that it gets progressively worse as they age. There are lots of rumours and myths about hereditary hair loss – let’s take a look at the real root causes.

**What is hereditary hair loss?**

Hereditary hair loss (also known as male pattern baldness, or androgenetic alopecia) is a genetic condition which reduces the amount of time that hair actively spends growing. The hair at the temples and hairline begins to recede, and the crown starts to thin. Eventually, the hairline becomes so high that it joins up with the patch at the crown to create a completely bald scalp.

**Why does hereditary hair loss happen?**

First, let’s put one myth to bed – the hair loss gene doesn’t only come from the mother! Many people believe that their hair health is entirely down to their maternal genes because baldness is largely based on the X chromosome, which comes from the mother. In fact, you can inherit the hair loss gene from either side of your family, so stop laying the blame solely on Mum!

DHT, miniaturisation and the hair cycle
The progress of hereditary hair loss depends on the hair cycle itself, as well as a hormone called dihydrotestosterone (DHT). DHT is a male sex hormone which is a distant cousin of testosterone. If you’re genetically predisposed to hair loss, you’ll likely be sensitive to this hormone. DHT shortens the hair cycle so that it spends less time in the active growing phase before it falls out.

The hair that replaces the fallen strands is finer and shorter, until eventually the follicle shuts down entirely. The texture of the remaining hair may always start to change, from full and thick to lifeless and dull, with less colour pigment. You may not even notice significant shedding. This process is called miniaturisation.

So what can I do to fight hereditary hair loss?

Unfortunately there’s no ‘cure’ for hereditary hair loss – it’s already coded into your genetics, and there’s no altering those. The good news is there are plenty of ways in which you can counteract and fight hair loss that’s rooted in your genes – here’s how.

Diet

While eating well and being properly nourished probably won’t cure your hereditary hair loss, it will offer as much support and nourishment to your existing hair as possible, to ensure that the hair you have left is thick, supple and full of life. It’s worth noting that hereditary hair loss can be accelerated by vitamin deficiency and protein deficiency, so make sure you’re getting plenty of both in your diet.

Hair Care

If you’re noticing that your hair is shedding, be gentle with it! Don’t subject it to endless fluffing and backcombing in an attempt to make it appear fuller, and try not to go heavy with gels, mousses and waxes. This can result in an irritated scalp – and an irritated scalp won’t produce healthy hair. Wash
hair regularly with a gentle shampoo, and make sure all traces of hair product are gone before you go to sleep at night.