

Did You Know It's National Hair Loss Awareness Month? 5 Ways to Get More Hair

K. Mathews on 23 Aug 2011 at 4:37pm

August is **National Hair Loss Awareness Month** – how are things looking on top of your head?

If your hair is a little (or a lot) sparser than you'd like it to be, you're not without options. Here are 5 methods you can try in order to regain lush locks:



1. Hair Transplants

This procedure involves transplanting new follicles into balding areas to restore the hair there. Despite the soreness that follows and the steep average price of \$14,200, 72% of patients believe that [hair transplants](#) are worth it.



2. Medications

[Rogaine](#) is a popular over-the-counter treatment that many find successful at regaining hair. Propecia is also popular with balding individuals, though you'll need a doctor's prescription for that. Seeking a doctor's advice is a good idea anyway, since different medications are better for different types of hair loss.



3. HairMax LaserComb

Though [some doctors are skeptical](#) about the extent of its benefits of laser treatments on thinning hair, the [FDA has approved this device](#) after a clinical trial found it effective.

4. Hairpieces

If surgeries and treatments aren't your thing, you could always go a more traditional route with a hairpiece like a wig or toupee. Hairpieces are not without their own hassels, however. The more authentic they look, the more expensive they are, plus they require more maintenance than real hair.



5. Latisse

Studies are currently underway to determine whether [Latisse](#), the drug that does wonders for producing longer eyelashes, could have the same effect on growing hair on the scalp. While [one of our readers](#) already swears by it, [you might want to wait to hear the studies' results](#) before investing in a product that's so expensive.

Have you tried any of these hair loss solutions?

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