

Stress From Your Job May Be Causing Your Hair To Fall Out

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According to new [research](#), hair loss and thinning is being seen in younger women possibly due to stress and other lifestyle factors. “Traditionally, hair thinning and loss is an issue tackled by persons in their 50s,” [said Doris Day](#), a New York City dermatologist. “However, we’re seeing a growing incidence of this issue in younger women. Fast-paced routines, daily stress, diet and over-styling are driving this increase, making hair thinning and loss a real issue for 20- and 30-somethings.”

Women comprise at least [46 percent](#) of the U.S. workforce and many are also moms, caregivers, active volunteers or even hold second jobs in addition to these other roles. As women take on more duties, their stress levels climb and it becomes more and more difficult to maintain a proper diet and exercise which can increase the potential for hair thinning and/or loss regardless of age.

Well, at least now you don’t have to feel bad if stress was causing you to pull out your hair because it may have just fallen out anyway. As someone who gets easily stressed and ate an Oreo for breakfast this morning, I suppose I should take this advice seriously. But don’t worry, according to the [research](#) **Lady Gaga**, **Naomi Campbell** and **Elin Nordegren** have also reported pre-mature hair loss. At least we are in good company. I doubt I even know what Lady Gaga’s real hair looks like.

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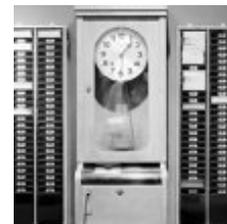
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