

## Soundbite Script – A Follicle Challenge of a Different Sorts

**Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare**

“It’s due to having a stress impact, whether it’s mentally or physically, and in this case we’re talking about COVID, which is stressful both mentally and physically. That’s when the body redirects its resources, and in this case it holds down sending those resources to the hair so it’s stops the hair in the growth phase; it’s more of a hair shedding than an actual hair loss.”

**Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare**

“It’s quite common if someone is going through a divorce or a death in the family – anything like that can be a trigger. At the end of the day it depends on the person – how they deal both mentally and physically – and that determines if they do have it and the rate they will have this hair shedding.”

**Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare**

“If it does happen, work on ways to combat the stress. If you are able to exercise, if your body allows you, if you have family and friends that you’re able to talk to in order to relieve that stress, and it wouldn’t hurt to take vitamins that help with hair and nails such as Zinc and Vitamin B complex. The combination of those things will help, but at the end of the day if you still notice this going on for three to six months, it’s definitely good to get checked by your primary care physician for starters to see exactly what the cause is.”