

Women's Excessive Facial Hair Growth - there's no need to suffer!

Excessive facial or body hair in women is a condition called hirsutism. Hirsutism either runs in the family, usually presenting at menopause and puberty, or it can be an indicator of a larger underlying problem.

Research indicates that up to 10-12% of the Australian female population is affected by Polycystic Ovarian Syndrome which can be linked to excessive hair growth and hirsutism.

Hereditary hirsutism is largely an aesthetic rather than a health concern. When not hereditary it is most likely the result of excessive male hormone production (adrenal virilism), or an increased sensitivity of the hair follicle to normal male hormone levels. It is important to both a woman's health and her self-confidence to have this condition diagnosed by a doctor. Hirsutism and any hormone imbalance that may underlie this condition can be treated.

Excessive facial and/or body hair can be managed. Electrolysis is one means of managing excess hair but this can be painful, slow and very costly requiring many visits as only one follicle at a time is usually treated by sending an electrical pulse down the hair shaft.

Laser hair removal (as distinct from the much less effective IPL) is a much more manageable maintenance procedure as it treats a larger number of follicles at a time, is more comfortable than electrolysis and provides fast effective treatments. Hormonal hair growth via Laser therapy is efficient and manageable but not always a permanent solution as it is likely that hormonal hair regrowth may occur although usually at a much slower rate and usually much thinner than before, so hirsutism sufferers should be wary of claims by any service provider that they will achieve a permanent solution.

A woman might consider bleaching her facial hair, which makes it less visible alternatively regularly waxing can also assist. All of these methods should be used as means to treating the symptom, but any woman with progressing hirsutism should consult a doctor for a diagnosis in order not to compromise her health, or her self-confidence.

You by Sia Clinic's treat a number of hirsutism sufferer's however warns that when it comes to facial hair, clients need to carefully select their treatment provider as we see a large number of clients that have been treated by inexperienced IPL and Laser Clinics. Inappropriate treatment can result in additional hair growth to facial or hormonal areas.

You by Sia warns that ONLY the affected areas should be treated by highly skilled therapists that have a sound understanding and many years experience in dealing with skin as inappropriate treatments may result in adverse side effects. Additionally, certain medications are photosensitive and can result in an adverse affect if a pre treatment Consultation is not accurately conducted by skilled Therapists.

For more information on Polycystic Ovarian Syndrome and hirsutism visit www.posaa.asn.au.

For assistance with managing excessive hair growth contact us for a Free no obligation Consultation and advice.

Go to www.youbysia.com.au for more information and to arrange for an appointment with a clinic near you.