



O

THE OPRAH
MAGAZINE

AN O EXTRAVAGANZA!

Let's
Talk About

HAIR!

Everything You Need to Know to

- Grow It • Blow It • Awesomely 'Fro It
- Boost the Bounce • Beat the Frizz
- Handle the Gray and...

*Have a Great
Hair Day!*

**The
Guilt-Free
Snack,**
pg. 114

**What's
Really Healthy**
Surprising News
From Dr. Oz

**Spread
Too Thin?**
Smart Advice
for the Seriously
Frazzled

**She Smokes,
She Smooches,
She Dances in
Bell-Bottoms!**
Behind the Scenes
of Oprah's New Movie

The DISAPPEARING Act



Our obsession with our hair reaches a whole new level when we start losing it. What we could once bend (or straighten or color) to our will feels suddenly, terrifyingly beyond our control. Or is it? Many of the causes of hair loss—crash dieting, reactions to medications—are temporary; address the underlying issue and your hair will grow back. Unfortunately, the most common culprit, genetic female pattern hair loss, is chronic. But you don't have to operate at a loss.

★ THREE GOOD BETS ★

1 THE TOPICAL SOLUTION

Minoxidil (brand name Rogaine), the only FDA-approved medication for female hair loss, is available over-the-counter in 2 and 5 percent formulas. (Only the lower dose is approved for women.) Massage it into your scalp twice a day; you should notice regrowth in six months. Results last only as long as you use the medicine. (\$50 for a three-month supply)

2 THE PRESCRIPTION DRUG

Spironolactone (brand name Aldactone) and finasteride (brand names Propecia and Proscar) are antiandrogen medications that can be prescribed off-label to postmenopausal women. (The drugs can cause birth defects, so they're not given to women of childbearing age.) Some 50 percent of women with female pattern hair loss will likely see regrowth. (Up to \$90 for a one-month supply)

3 THE PERMANENT ROUTE

With a hair transplant, hair is removed from one part of the scalp and then implanted where you're thinning. Tiny "follicular units" of two to four hairs are transplanted; this can be effective even for women with diffuse thinning and few areas of "donor hair." In a survey of hair transplant surgeons led by dermatologist Walter Unger, MD, over half said that at least 40 percent of women with female pattern hair loss are candidates for surgery; many of those doctors believe that up to 80 percent of women with thinning hair can see successful results. (\$3,000 to \$15,000, depending on number of grafts and transplant sessions)

◆ HAIR GOES ◆

Two women with the same autoimmune disease—two very different takes on losing it all.

THE COVER-UP

Hair replacement specialist *Lucinda Ellery* makes a case for keeping it unreal.



Lucinda Ellery

How she got into the fake hair business When I was 9, I lost two-thirds of my hair overnight. I learned later that I had alopecia areata; my immune system was attacking my hair follicles. I got my first wig when I was 12—it was one of the best days of my life. I wore wigs for 23 years. Then, in the mid-'80s, I tried extensions, but back then the process was primitive and very damaging. I decided I could do it better.

How she does it better I weave my clients' remaining hair through a light mesh cap of extensions that they can leave on day and night.

Her client base I see a lot of genetic female pattern hair loss and cancer treatment hair loss.

The hair she presents to the world Long, thick, blonde.

The hair she really has A short black ball of frizz with bald patches.

Why she'll never just shave it all off That would feel like a terrible punishment to me. I will go to my grave with long, blonde hair. I don't feel like myself without it.

Lucinda Ellery owns salons in London, Manchester, Edinburgh, and Los Angeles.

THE BIG REVEAL

Interior designer *Sheila Bridges* explains why a life without hair doesn't wig her out.



Sheila Bridges

The reason she really loved her hair It represented the untamable me.

And how she lost it When I was 38, two tiny bald patches on the back of my head led to a diagnosis of alopecia areata.

What prompted her to shave her head It was a fuck you to the universe. My hair was falling out, and I thought if I shaved my head I would feel as if I were taking back some power.

How that allowed her to move on I did feel empowered, but I also felt grief. And when I allowed myself to feel the grief, I just knew that it wouldn't last forever.

Why wigs aren't for her I was never the kind of person who spent a lot of time on her hair. I play tennis in the heat, I ride a horse, and I will not be tucking a wig under my helmet. I don't knock other people if they want to wear a wig, but for me, it didn't make me comfortable with who I saw in the mirror.

Sexy, feminine, and bald? Yes, I think so!

Sheila Bridges's memoir, The Bald Mermaid (Pointed Leaf), explores issues of identity, femininity, and success.