

# 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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