

PREGNANCY PERKS



*THE surprising ways
your health
improves while
you're expecting.
This week: Your
hair looks better*

HAIR appears fuller and shinier during pregnancy due to increased levels of the hormone oestrogen and increased circulation and blood supply, which stimulate the hair follicles.

Hair growth occurs in three phases – growth, resting and shedding – and normally it grows at the same rate as it falls out. However, under the influence of pregnancy hormones and boosted blood supply, hairs stay longer in the growing phase – meaning there's more of it and it's much thicker.

'When there is more oestrogen, women tend to shed less hair than they usually would,' says Dr Joanna Gach, a consultant dermatologist at University Hospitals Coventry and Warwickshire and the Spire Parkway Hospital in Solihull.

After the birth, when hormones gradually go back to their pre-pregnancy level, the hair that has not shed during pregnancy falls out.

'Women often worry about the excess hair shedding, but this is temporary and gradually settles down,' says Dr Gach.

'This is the hair that would have been lost earlier, but it comes out after the pregnancy.'