



Healthy Hair, Confident **You**





Hair is more than just strands - it is part of your identity, your confidence, and your presence in the world.

This guide is designed to help you understand your hair, your scalp, and the advanced solutions available to restore health and confidence.

IA Dermatology, led by Oxford-trained **Dr. laisha Ali**, MB ChB MRCP MSc, offers over two decades of expertise in hormonal dermatology, women's health, and complex skin and hair conditions.

"I have been seeing Dr Ali for a few years now and I am very happy with my results. I had already tried a few doctors before her but was the only dr that was able to produce results. This is the main reason why I stayed with her. She is also a great person and will take time to speak with and navigate/ explain the condition. I would definitely recommend her."



verified patient



01: Understanding your hair

The Hair Growth Cycle

* Anagen Phase:

Active growth (2–6 years).

* Catagen Phase:

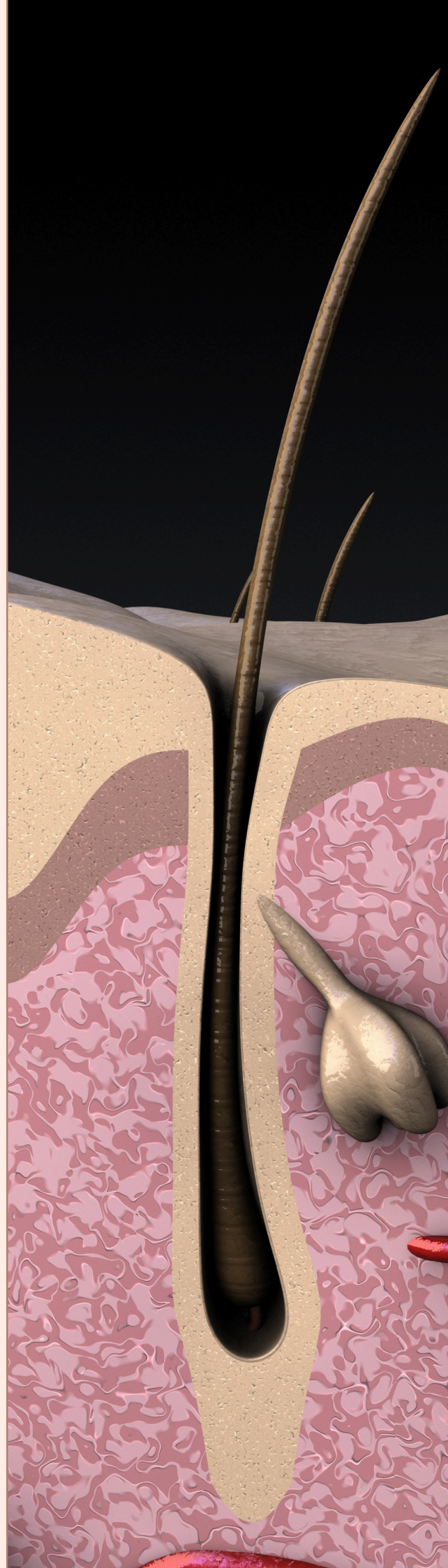
Transition phase (~2–3 weeks).

* Telogen Phase:

Resting phase (2–3 months) before shedding.

Normal shedding: Losing 50–100 hairs per day is natural.

Washing or brushing hair frequently **does not cause hair loss**. Genetics, hormones, stress, and diet play far larger roles.



02 Common Hair Concerns

Early diagnosis improves outcomes. Consult our specialists for personalised care.



Alopecia Areata

- ✓ **Overview:** Sudden, patchy hair loss caused by autoimmune attack on hair follicles.
- ✓ **Symptoms:** Smooth, round bald patches; sometimes itching.
- ✓ **Causes:** Autoimmune response; triggers include stress, infection, or genetics.
- ✓ **Diagnosis:** Clinical examination, trichoscopy.
- ✓ **Symptoms:** Smooth, round bald patches; sometimes tingling or itching.

Early diagnosis improves outcomes.

Female Pattern Hair Loss

- ✓ **Overview:** Diffuse thinning over the crown with maintained frontal hairline.
- ✓ **Causes:** Genetics, hormonal imbalance, thyroid disorders, PCOS.
- ✓ **Diagnosis:** Hormone panel, scalp assessment, trichoscopy.
- ✓ **Treatments:** Topical therapies, PRP, hormonal optimization, nutritional guidance.

Telogen Effluvium

- ✓ **Overview:** Temporary hair shedding after stress, illness, surgery, or hormonal changes.
- ✓ **Symptoms:** Sudden shedding across the scalp.
- ✓ **Treatments:** Identify trigger, nutritional support, gentle hair care.



Scalp Conditions



Dandruff / Seborrheic Dermatitis / Psoriasis

- ✓ **Symptoms:** Flaking, itching, redness.
- ✓ **Treatments:** Medicated shampoos, topical treatments, lifestyle adjustments.



Hair Breakage & Texture Changes

- ✓ **Causes:** Chemical treatments, excessive heat, nutritional deficiencies, endocrine disorders.
- ✓ **Treatments:** Repair protocols, supplements, reduced chemical exposure.

03

Our Diagnostic Approach

At IA Dermatology, accurate diagnosis is the cornerstone of effective hair care.



I have been a patient of Dr Ali since 2021 when I suffered an issue that caused severe hair loss. Dr Ali's treatment has helped to recover a significant amount of the loss and also maintain a decent level of density. Her manner and calm approach has been a mainstay in the treatment of the awful anxiety that I feel as a result of this issue. She is also very clear in her instructions for treatment and steering you away from costly treatments and further investigations that may not help at the present time. I recommend her to anyone suffering from this condition.

Visited for Alopecia Areata

verified patient





Step 1: Consultation

Review of medical history, hair care routine, lifestyle, and family history.



Step 2: Clinical Examination:

- Trichoscopy to analyse follicle health & scalp condition.
 - Hair pull and density tests for accurate mapping.
-



Step 3: Laboratory Assessment:

Blood tests for hormonal, nutritional, and autoimmune factors.



Step 4: Personalised Treatment Plan:

Combination of medical, procedural, and lifestyle interventions.





04 Lifestyle & Self-Care Tips



Diet

Eat a balanced diet rich in proteins, biotin, zinc, and omega-3s.



Well-being

Manage stress through mindfulness, exercise, and sleep.



Care

Regular scalp massages can improve circulation.



Heat

Limit excessive heat and chemical styling.

04

Why Choose IA Dermatology

Personalised care:

Every patient receives a bespoke plan.

Advanced diagnostics:

Trichoscopy, lab panels, and imaging.

Boutique experience:

Private, discreet, and patient-focused.

Expert team:

Led by Dr. Iaisha Ali, combining medical expertise with aesthetic sensibility.



Dr Ali is best expert in her field that I have come across- she explains everything in detail and puts you at ease straight away. Thank you so much Dr Ali ❤️

Visited for Eczema, Hair Loss

verified patient





IA DERMATOLOGY



Phone Number:

+44 20 7299 0076 (ext 67076)



Website:

iadermatology.com



Location:

DEVONSHIRE STREET, WCG A1F

