



Hair Loss Questionnaire/Checklist

- 1) How long have you experienced this hair loss? Have you ever experienced hair loss in past and when?
- 2) What treatment have you had for hair loss and has it helped?
- 3) What medication and supplements have you been on during the entire time of hair loss and the six months prior to hair loss?
- 4) Do you have any history of hirsutism (dark, coarse hairs around chin/lip area, nipples or under belly button)?
- 5) Do you have any history of acne?
- 6) What has been your weight during this time of hair loss and during the six months prior to hair loss?
- 7) Do you have any history of infertility?
- 8) Do you have any history of polycystic ovary syndrome or other hormone problem?
- 9) List dates of any pregnancies (from time of conceiving to time of delivery or miscarriage).
- 10) List any new illness, hospitalization, surgery during the time of hair loss and during the six months prior to hair loss?
- 11) List any known dates of hormone changes (i.e., menopause, on/off birth control pill, on/off hormone replacement therapy).
- 12) Are you still getting a period? When did you get your first period? When did you get your last period?
- 13) Are your periods "regular"? Any change in periods?

- 14) Any change in diet or exercise during time of hair loss and during the six months prior to hair loss?
- 15) How do you normally wear your hair (i.e., any braids, buns, ponytails, weaves, extensions) during the time of hair loss and for one year prior to hair loss?
- 16) What kind of processing (color, perms, relaxers) do you do to hair and how often?
- 17) Do you get rashes in the sun (not sunburn, but rashes)?
- 18) Do you have any history of anemia or thyroid disease?
- 19) Is there any family h/o thyroid disease?
- 20) Is there any family h/o lupus or other autoimmune disease?
- 21) When was your last blood work and any skin/scalp biopsies? Please bring these results to your office visit.
- 22) Recommend fresh shampoo for office visit exam. (Shampoo that morning or night prior.) Please do not wear weaves or extensions to office visits. (Can wear a wig or anything that can be easily removed in the office.)