Telogen effluvium

A reversible condition in which hair falls out after a stressful experience.

**Common**

More than 200,000 US cases per year

- Usually self-treatable
- Requires a medical diagnosis
- Lab tests or imaging rarely required
- Medium-term: resolves within months

The stress pushes large numbers of hair follicles into a resting phase. Within a few months, those hairs can fall out. Types of stress that can include surgery, childbirth, and serious illness.

Hair loss is the main symptom.

In many cases, no treatment is needed and the hair often grows back when the stress goes away.

**Ages affected**

- 0-2
- 3-5
- 6-13
- 14-18
- 19-40
- 41-60
- 60+

**Symptoms**

Requires a medical diagnosis

Hair loss is the main symptom.

**People may experience:**

Common symptoms: hair loss or anxiety

**Treatments**

Treatment consists of self care

In many cases, no treatment is needed and the hair often grows back when the stress goes away.

**Supportive care**

Reassurance: Providing comfort and support to an anxious person whose condition is not life-threatening and may improve with time.
Self-care

**Stress management:** Pursuing an enjoyable activity or verbalizing frustration to reduce stress and improve mental health.

**Specialists**

- **Primary care provider (PCP):** Prevents, diagnoses, and treats diseases.
- **Dermatologist:** Focuses on disorders of skin, nails, and hair.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or an emergency number immediately.

**Sources:** Mayo Clinic and others. Learn more