

- Hair thinning is a particular concern for many women in their 40s and 50s
- The skin becomes more lax
- One can be troubled by itching and generalised dryness all over the skin
- We also start developing marks on our skin from sun exposure in our younger years
- Hair loss is a bit like a jigsaw puzzle and there are a whole lot of elements contributing to it
- Everyone's hair thins very gradually with age
- For some there may be dietary triggers, if our iron levels are low, or our vitamin D or our Zinc, then that will reduce the ability for the hair to grow
- Also if our thyroid function isn't normal, that will also affect our hair growth
- And then there's a condition called Telogen effluvium. The acute form is experienced by everybody on average three months after child birth or any other major event, crash diet, major surgery, serious stress or illness. What happens is that all of the hairs in the resting phase are suddenly lost, so you experience very sudden quite dramatic hair loss
- What's more common is the chronic form, where there is increased hair shedding and women notice more hair loss when they wash their hair or brush it. There's no obvious immediate trigger and it can go on for a long time
- In terms of what to do, you can see someone medical and have blood tests and then consider supplements if you're deficient. And then maybe see a specialist to tease out the different components and see what can be treated
- With menopause the skin becomes a little more lax because the structure of the skin is less plump, and that can result in more wrinkling for example, and the skin can feel dry and itchy
- Itchiness is something that can be dealt with fairly easily and with lots of moisturising, and for someone with really dry skin, you should moisturise multiple times a day (5 - 10 times) depending on how dry the skin is

- It's useful to apply a moisturiser in the direction of hair growth because that's the most soothing way to do it, and it avoids blocking the hair follicles which can cause irritation
- Another thing we can do is to wash with a moisturiser
- Recommended: Cetraben as a cream or an ointment or Diprobase, Hydromol and Epiderm and Cerave
- Facial hair growth is due to the drop in oestrogen at menopause. Laser hair removal is a really good option because it's more permanent than many other options and is good for those big coarse hairs
- Lichen sclerosus is a not uncommon auto-immune condition that affects the vulva. It causes itching and can make the area go white, and it can change the appearance of it so that the inner labia becomes smaller and sometimes the entrance to the vagina can become smaller
- It can be treated, however, it's often diagnosed late because understandably women feel reluctant to consult about it
- There's also this myth that it's OK to have itching "down there", or they are misdiagnosed as simply having thrush
- Lichen sclerosus can be treated with a strong steroid ointment. You can't cure it, but you can treat it
- Avoid self-diagnoses. Don't treat yourself
- There's no evidence that shows that laser treatment offers useful vaginal rejuvenation
- Vitamin C is involved in the making of collagen which is why it's useful for wound healing, and there is evidence that Vitamin C applied to the skin has a rejuvenating effect
- Eat well, exercise, sleep, avoid smoking, don't have too much sun because most of the ageing that we see is sun damage and relax and be happy because that counteracts the stress of daily life