

# Dr. Nina Ross, a Board Trichologist in Atlanta, explains Traction Alopecia: When is it too late

*Dr. Nina Ross, a Board Certified Trichologist serving Atlanta, Georgia provides insight into when it may be too late to treat Traction Alopecia.*

ATLANTA, GEORGIA, UNITED STATES, June 15, 2023 /EINPresswire.com/ -- A common condition among the African American community, traction alopecia may turn into a complex condition to treat if left unchecked. Dr. Nina Ross, a highly respected WTS Certified Trichologist in Atlanta, sheds light on the critical topic, highlighting the importance of timely intervention and appropriate treatment. Being a [hair loss specialist](#), Dr. Nina Ross emphasizes the significance of understanding when it may be too late to address traction alopecia effectively.



Dr. Nina Ross

Traction alopecia is a type of hair loss that occurs when hair is pulled tightly, resulting in damage to the hair follicles and impeding their ability to produce healthy hair. This condition is frequently observed in individuals who wear tight cornrows, braids, or other hairstyles that exert significant pressure on the scalp.

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I'm so grateful to be on the journey of helping people suffering from hair loss while educating and finding solutions to correct what's happening inside the body.”

*Dr. Nina Ross; Naturopathic Doctor and Board Certified Trichologist*

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Regrettably, traction alopecia may not always be fully treatable. The primary reason that traction alopecia is considered to be an alarming condition is that it could be complicated to reverse the situation. Once your hair follicles sustain some damage, it may not be possible for

them to grow into healthy hair. In some severe cases of traction alopecia, the damage could even extend to permanent hair loss. Dr. Nina, however, perceives it differently through her expertise.

She believes it is essential to remember that there is no thumb rule for timeline when it is too late to correct traction alopecia. The complexity of the situation and the incurred damage to your follicles will decide the probability of successful restoration. However, it is universally acknowledged that the earlier your traction alopecia gets diagnosed and treatment starts, the better chances you will have of reversing the damage. Therefore, it is imperative to consult a hair specialist who can accurately evaluate the condition and provide the most appropriate treatment plan. It is also important to:

1. Consult a hair specialist:

To prevent the progression of traction alopecia, it is vital to treat your hair gently and avoid hairstyles that exert excessive tension on the scalp, such as tight cornrows and braids. To avoid your traction alopecia from getting worse, it is vital to be gentle. Make sure that you avoid tight hairstyles such as cornrows and braids and anything that may pull your hair.

2. Use hair care products:

Ensuring adequate moisture is another key aspect of hair care. Generally, dry hair is more prone as compared to well-moisturized hair to damage. You need to ensure that you keep your hair nourished and moisturized. However, as Dr. Nina Ross points out, it is essential to use [holistic hair products](#) that are specifically tailored to your condition.

3. Avoid hair treatments:

For individuals experiencing hair loss or concerned about traction alopecia, Dr. Nina Ross



Dr. Nina Ross and Jamaal Lassiter



Hair and Scalp Evaluation

strongly recommends consulting a hair specialist. These professionals possess the expertise to guide patients through the treatment process and prevent the condition from progressing to a point where reversal becomes difficult or impossible.

Any symptom, if left unaddressed at any point, can have severe consequences, including permanent hair loss and damage to the hair follicles. It is of utmost importance to handle your hair with care and adopt preventive measures. This fact underscores the importance of taking preventive measures and seeking professional guidance at the earliest signs of hair loss or concerns related to traction alopecia.

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At Nina Ross Hair Therapy, good hair health is guaranteed through holistic treatments and therapies. By following the expert tips provided by Dr. Nina Ross, a highly regarded Board Trichologist in Atlanta, you can maintain the beauty and health of your hair. For more information about Dr. Nina Ross and her innovative and holistic methods to reverse hair loss, please visit her website at <https://ninaross.co/> or call (678) 561-4522.

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