

EXPERT BEAUTY GUIDE

FROM LEADING BOARD-CERTIFIED DERMATOLOGIST
DR. JEFFREY A. RAPAPORT

HOW TO GET
**THICKER,
STRONGER,
SEXY
HAIR**

PG3 IMPROVE THINNING | **PG5** RESTORE LOST HAIR | **PG7** MAKEOVER GALLERY



“Platelet-rich plasma (PRP) is the best kept secret in men and women’s hair loss today.”

GET TO KNOW

DR. JEFFREY A. RAPAPORT

MY PHILOSOPHY

Hair loss can have a devastating effect on both men and women’s emotional well-being. As a pioneer in PRP therapy for hair loss, I want to help those who are suffering in silence. It’s one of the most effective, natural, nonsurgical hair restoration treatments available today and I want to introduce it to patients who feel depressed, unattractive and self-conscious about their hair.

WHY I GOT INTO HAIR RESTORATION

Having successfully treated many men and women with PRP hair-loss treatment, I started to find I was just as delighted with the results as my patients were. As a leading expert in PRP, I want to ensure that hair-loss sufferers know how well this treatment works. I am currently serving as the chief medical officer in the first U.S. study of 100 PRP patients. This study will yield significant advances in hair-loss treatment.

SERVICES THAT I OFFER

- Platelet-Rich Plasma (PRP) Therapy for Hair Loss
- Nonsurgical Hair Restoration
- Hair Thickening Treatment
- Female Pattern Baldness Treatment
- Male Pattern Baldness Treatment
- Eyebrow Enhancement
- Cosmetic Dermatology

ON THE LIGHTER SIDE

What is your favorite way to start the day?

I thank God for his blessings, and exercise.

Your quote to live by:

“Enjoy each and every day. Be grateful, positive, compassionate and humble.”

What are you reading right now?

Deepak Chopra and many medical history books.

What is on your desk?

Framed photos of my wife, children and dogs.

A NOTE FROM DR. JEFFREY A. RAPAPORT

Welcome,

Here are five important things I want you to know about platelet-rich plasma (PRP) treatment for hair loss:

1. PRP Is Natural and It Works

Platelet-rich plasma is blood plasma, which contains three to five times more platelets than you'd find in normal circulating blood. When injected, it has the power to accelerate hair growth and treat hair loss.

2. PRP Works for Both Hair Loss and Hair Thickening

You don't have to be losing all your hair to benefit from PRP therapy. The treatment stimulates hair cells without any nasty chemicals and has become increasingly popular with men and women who want to restore their thick, lush hair.

3. PRP Works for Both Men and Women

Hair loss has long been thought of as a "man's problem," but currently there are more than 21 million female sufferers. Although there are more than 35 million men suffering from hair loss, women often suffer more emotionally about losing their hair than men do.

4. Hair Loss Is Not Just a Physical Problem

It's also an emotional one. Hair loss breeds low self-esteem and insecurity and can damage your social life. Many PRP patients can look forward to seeing their confidence restored, feeling attractive again and getting back to living the fulfilled life they deserve.

5. PRP Will Become The "Botox" of Hair Loss

No more harmful chemicals, keratin, extensions or prescriptions. Just two or three PRP treatments a year is all that's needed to start seeing great results.

Jeffrey A. Rapaport

Jeffrey A. Rapaport, MD
Board-Certified Dermatologist

“HAIR LOSS ISN'T JUST A PHYSICAL PROBLEM,
IT'S AN EMOTIONAL ONE TOO!”

- DR. RAPAPORT

HOW TO RESTORE THINNING HAIR

With time, hair can experience changes like thinning and hair loss. Nearly 21 million women experience hair loss or thinning hair at some point in their lives. And while this condition is thought to be limited to just men, it's not. In some cases, hair loss is directly linked to genetics, but other factors like diet, illness, stress and aging can lead to the problem. Rather than having to live with the effects, you can consider the available options to get your hair back to normal and looking healthy again.

PRP is one of the most effective nonsurgical treatments for hair loss and hair thickening. I can say that with confidence having seen despondent women go back to living normal, happy lives after treatments. Many have had great success and have seen the lush, great looking hair they've missed come back.

THE HAIR GROWTH CYCLE



1

THE GROWING STAGE

Cells in the root are dividing and creating new hair at the base of the follicle, which pushes the previous strand out. Hair grows close to the scalp and extends down as it continues to grow.

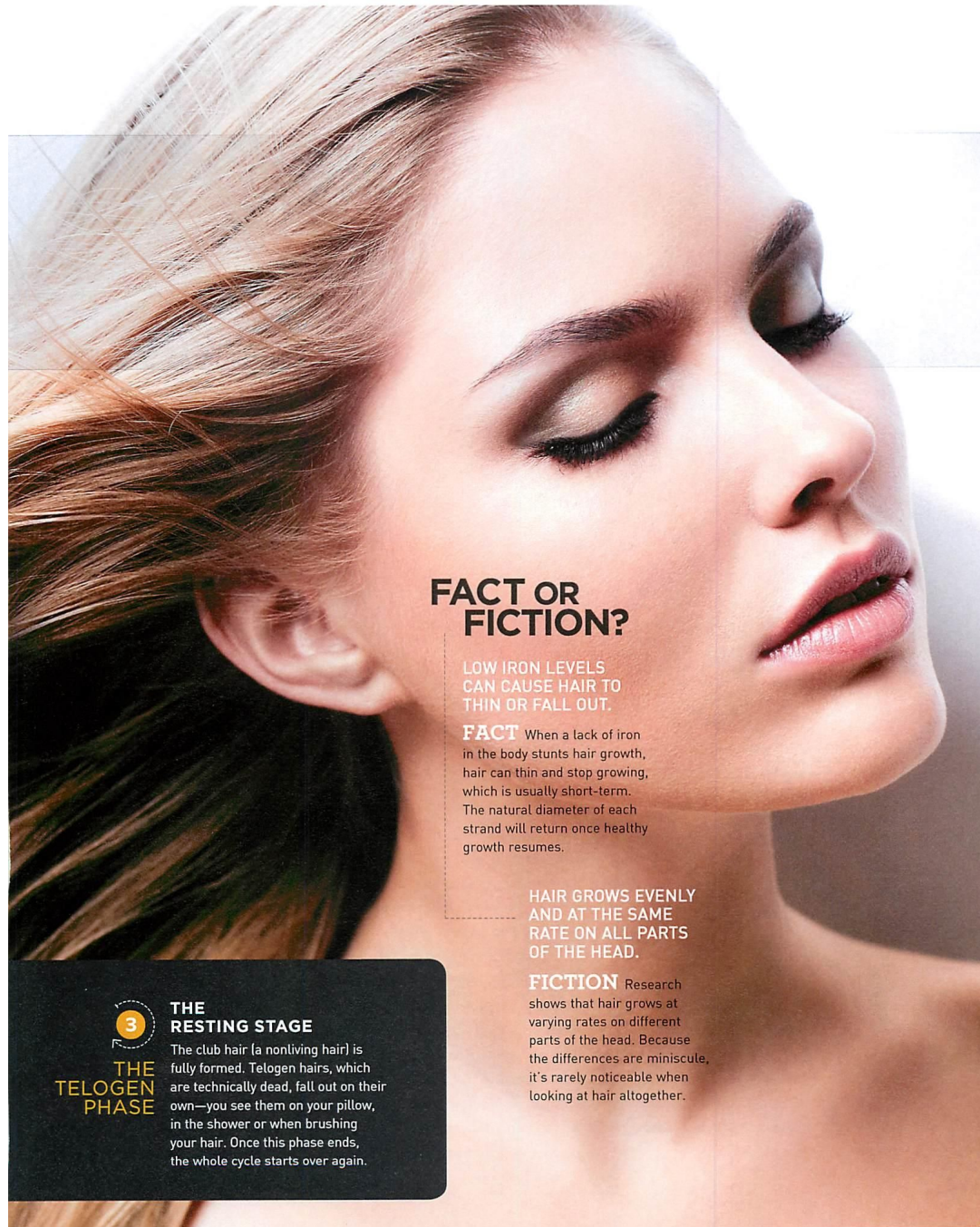
THE ANAGEN PHASE

2

THE TRANSITIONAL STAGE

After hair has reached its maximum growing capacity it “takes a break.” Hair stops growing and prepares to fall out and renew itself—but it’s still attached to the root. This is different from hair death because the cycle is following the normal cycle.

THE CATAGEN PHASE



FACT OR FICTION?

LOW IRON LEVELS CAN CAUSE HAIR TO THIN OR FALL OUT.

FACT When a lack of iron in the body stunts hair growth, hair can thin and stop growing, which is usually short-term. The natural diameter of each strand will return once healthy growth resumes.

HAIR GROWS EVENLY AND AT THE SAME RATE ON ALL PARTS OF THE HEAD.

FICTION Research shows that hair grows at varying rates on different parts of the head. Because the differences are miniscule, it's rarely noticeable when looking at hair altogether.

3

THE RESTING STAGE

THE TELOGEN PHASE

The club hair (a nonliving hair) is fully formed. Telogen hairs, which are technically dead, fall out on their own—you see them on your pillow, in the shower or when brushing your hair. Once this phase ends, the whole cycle starts over again.



“A HAIR-LOSS SPECIALIST CAN HELP YOU DETERMINE WHY YOUR HAIR IS THINNING.”

- DR. RAPAPORT



HAIR LOSS AND THINNING

WHY IT IS HAPPENING

Certain causes can decelerate the speed at which your hair grows and contribute to larger problems like thinning and hair loss. Many of the problems are considered stressors to the follicle. Hair follicles, which are not necessary to keep the body alive, go into the resting phase (they stop growing temporarily) and shed when they are exposed to select stressors. If your hair falls out earlier than it should, it may grow back thinner because the density has changed.

When you start losing your hair, you should see a hair specialist to determine why it's happening, as there are many causes of hair loss. A good history and examination are essential to plan the appropriate treatment based upon the diagnosis.

THE SOLUTION: PRESCRIPTION-STRENGTH SUPPLEMENTS

Stronger than what you will find over-the-counter, prescribed medications block the enzyme that's linked to the hormone DHT, which plays a role in hair miniaturization and loss. Minoxidil is commonly prescribed to help restore normal hair growth patterns. When applied topically, it is absorbed into the bloodstream and works to preserve hair, especially in the back of the scalp. These medications work well for postmenopausal women who are experiencing thinning hair or the first signs of hair loss.

BEFORE



AFTER



FEMALE HAIR RESTORATION

With just three sessions of PRP therapy, this 19-year-old patient was able to see noticeable results.

DID YOU KNOW?
Thinning hair is essentially a form of hair loss.

IS ALL HAIR LOSS THE SAME?

Temporary hair loss is caused by illness, low protein or iron levels, stress, surgery, hormonal changes or medication. Once the stress is alleviated, normal growth resumes. Permanent hair loss is often genetic and linked to an imbalance of hormones. It can only be treated with medication or surgery.

LOAD UP ON VITAMINS

Certain vitamins, like A, B (biotin) and C as well as folic acid, can do wonders for hair. B vitamins may help boost the circulatory system and promote thicker, stronger hair growth.



IS YOUR SCALP HEALTHY?

The foundation of healthy hair is a healthy scalp. Feeding your scalp with nourishing ingredients can make a big difference in how your hair grows. Think of the scalp as a fertile ground that needs to be free of debris and clean so that healthy hair can grow. A scalp that is free of scaling, itching and inflammation is the perfect breeding ground for growing strong, healthy hair.



DR. JEFFREY A. RAPAPORT'S MAKEOVER GALLERY



A FULL HEAD OF HAIR

To correct this 48-year-old patient's thinning hair and hair loss, Dr. Rapaport performed five sessions of PRP therapy on his scalp in a seven-month period.



THINNING HAIR

This 43-year-old patient had six sessions of PRP therapy over the course of one year and experienced hair regrowth in areas where her hair was thinning.



HEALTHY HAIR GROWTH

Dr. Rapaport performed six sessions of PRP therapy on the scalp of this 25-year-old patient in order to stop hair loss and restore growth.



REMARKABLE RESULTS

This 75-year-old patient had great success with seven sessions of PRP therapy during a 14-month period.



A NEW HAIRLINE

This 31-year-old patient was able to achieve the new hairline he desired by undergoing five treatments of PRP therapy.



HAIR-LOSS TREATMENT

This 24-year-old patient had four sessions of PRP therapy and has experienced regrowth in areas where her hair was thinning.



NATURAL-LOOKING RESULTS

To restore this 40-year-old patient's thinning hair, Dr. Rapaport performed four sessions of PRP therapy in a seven-month timeframe.



THICKER, FULLER HAIR

This 48-year-old patient was able to get the thicker, fuller hair she wanted with five sessions of PRP therapy.



NONSURGICAL HAIR RESTORATION

To fight hair loss, this 51-year-old patient underwent seven sessions of PRP therapy in a 14-month period.



DRAMATIC IMPROVEMENT

Dr. Rapaport performed seven sessions of PRP therapy on the scalp of this 45-year-old patient to help restore hair growth in areas where her hair had begun to thin out.



TOTAL TRANSFORMATION

This 56-year-old patient was able to achieve hair regrowth along his scalp by undergoing seven treatments of PRP therapy.

DR. JEFFREY A. RAPAPORT'S PATIENTS ARE SAYING

My Hair is Regrowing

“Dr. Rapaport was knowledgeable, experienced and to the point. I liked him and his staff and am so grateful for the good results.”



I Was Losing My Hair...

“I was gradually losing my hair through thinning and hair loss. Dr. Rapaport suggested I try PRP treatments. I am on my third treatment and already seeing amazing results. My hair is noticeably fuller and thicker. I haven't had hair like this since I was in my 20s! I cannot wait until I see the results after the complete series of treatments.”



It's the Only Thing That's Worked

“My hair started thinning when I was in my early 30s. I've tried everything and nothing helped. I read about PRP treatment and found Dr. Rapaport. My first treatment was at the end of November and within two weeks, the shedding had decreased. Soon after, I noticed new growth at my temples. I've had a total of four treatments and am very pleased. My family and friends have noticed that my hair seems fuller and less of my scalp shows. Go see Dr. Rapaport for a consultation—you'll be glad you did.”



Great Results with PRP Treatment

“As a patient of Dr. Rapaport's for more than 20 years, I've always appreciated and trusted expertise. I've had many treatments with him. I'm very careful with who I allow to touch my face or hair and he is wonderful. I trust him 100%.”

PRP Works!

“Dr. Rapaport is cutting-edge and knows his stuff. He is an expert and a leader in North Jersey and people travel just to see him.”

DR. JEFFREY A. RAPAPORT'S FREQUENTLY ASKED QUESTIONS

Do multiple PRP treatment sessions for hair loss improve the results?

A There are several factors that will determine whether additional PRP injections are beneficial. I believe that there is a dose-response effect. Therefore, I would need to know whether the PRP injected during the first series of injections is adequate to elicit a strong response. It has been my impression that if an adequate dose has been given over multiple sessions at the beginning of treatment, the majority of patients will not need additional injections for four to six months. However, some patients (approximately 20 percent) may need extra PRP. In practice, if a patient experiences any increase in hair loss (hair loss should be down significantly) then they will need to be reinjected.

What is PRP and is it safe?

A PRP is obtained from your own blood, which is drawn and placed in a centrifuge where the plasma is separated from the white and red cells. The platelet-rich plasma is then injected in the areas where treatment is needed. For years, PRP therapy has been considered safe and effective without having the risk of allergic side effects. PRP is used across many medical specialties, including orthopedics, neurosurgery and cosmetic surgery.

Is it better to apply PRP with microneedling or injections?

A I believe that PRP is more effective when injected into the scalp rather than applied with microneedling.

Is PRP a permanent treatment for hair loss?

A The answer to the permanency of PRP is related to the indication for which it is being used. PRP is predominantly used for androgenic type alopecia, which is an ongoing genetic condition. PRP can increase hair thickness, decrease hair loss and possibly produce regrowth in hairs that are dormant. This process needs to be continued or the genetic predisposition will recur. In my opinion, six months maybe the longest duration one can expect the PRP to persist. PRP is also used for alopecia areata. In this case, PRP will induce some hair regrowth. Most cases of alopecia areata in a single location do not recur, therefore PRP can be used to stimulate hair growth without being repeated.



What should I expect after PRP injections?

A Assuming enough PRP was injected to produce a response, the following is usually observed. In the first three months, you should notice a decrease in hair loss. Following this, one may notice an increase in hair thickness. Hair regrowth may not be noted for at least three to six months. The ability for hair to regrow is dependent upon the length of time that the hair has been dormant. If hair has been dormant for more than three years, it is difficult to get regrowth.

LEADING BOARD-CERTIFIED DERMATOLOGIST
JEFFREY A. RAPAPORT, MD



As a leader and expert in platelet-rich plasma (PRP) treatment for hair loss, patients from all over the country travel to see Dr. Jeffrey A. Rapaport and his team. With a high rate of success, hair-loss sufferers can feel secure in the knowledge that they're getting world-class treatment. Dr. Rapaport uses his vast experience and the latest advancements in PRP treatment to deliver the dramatic results his patients need so hair loss can become a thing of the past.

<p>AS SEEN ON</p>   <p>Physicians Dedicated to Excellence in Dermatology™</p> 	<p>DOCTOR'S CREDENTIALS</p> <p>MEDICAL DEGREE Emory University, Phi Beta Kappa</p> <hr/> <p>AFFILIATIONS American Academy of Dermatology American Society for Dermatologic Surgery Emeritus Chief of Dermatology, Holy Name Medical Center</p>	
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CALL 201-227-1555 TO SCHEDULE A CONSULTATION

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