A Prayer for Dads

"Father, thank you for our Dad,
Please continue and complete your work in him,
Granting that he may walk with you like Enoch,
Believe you like Abraham,
Obey you like Isaac,
Wrestle with you like Jacob,
Know your hand on his life like Joseph,
Speak face-to-face with you like Moses,
Win victories for you like Gideon,
Speak boldly for you like Elijah,
Worship you like David,
See you high and lifted up like Isaiah,
And carry Jesus' cross like Simon of Cyrene.”
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Bishop Dale C. Bronner
Kirstie Foley & Kristie Brawley

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Word Of Faith Times

a publication of the
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“Nothing ever comes to one that is worth having, except as a result of hard work.”

- Booker T. Washington

WOF Times provides its readers with relevant and current information pertinent to the Christian walk and lifestyle. The WOF Times staff will make every effort to provide material which is educational, entertaining, encouraging and inspiring. All of this is done in an effort to assist WOF Times readers in developing a more intimate relationship with Jesus Christ.
At the beginning of every new season, storms are common. Things are shifting in the earth. Our world is in flux and chaos. All of creation is feeling the impact. We are dealing with global warming and genetically modified foods. The animal kingdom is affected. It is everywhere. I believe the Bible spoke of this time:

Romans 8:19 CEB
“The whole creation waits breathless with anticipation for the revelation of God's sons and daughters.”

How will the world recognize us as the sons and daughters of God? I believe Jesus gave us the key for that in John 13:35:
“By this all will know that you are My disciples, if you have love for one another.”

God’s banner over us is love. He expects us to be a reflection of His nature which is love! We are the family of God, brothers and sisters to one another. We are our brothers’ keeper. So goes the family, so goes the world!

The essence of what connects us to God is prayer. E.M. Bounds reminded us, “Prayer is not learned in a classroom but in a closet.” People who can’t find the time to pray will always find the time to stress and worry. Prayer is about a quiet time where you settle down and stop the busyness of life that can get you away from God. Are you stressing in your daily life? Having trouble sleeping? Remember this: Stress is a call to prayer! You don’t have to go at it alone. God is our refuge and strength, a very present help in trouble (Psalm 46:1).

It’s interesting to me that the people who can’t find the time to pray always seem to find the time to worry! But I’ve found that if you pray more, you have less to worry about. It is the strategy of the devil to keep us so busy on our feet that we don’t have time to get on our knees. Whenever you take the time to get quiet, you begin to hear things that you don’t normally hear in your home. In the same way, there is so much that we miss spiritually because we are too over-stimulated to even notice.

Nothing prepares us spiritually and emotionally, other than prayer, for the shifting change that is rapidly taking place in our world. Change is the only constant in our world. So the more things change, the more we must determine to stay anchored in God who never changes! Nothing reiterates the changing nature of seasons better than this passage:

Ecclesiastes 3:1-8 ESV
1 For everything there is a season, and a time for every matter under heaven:
2 a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted;
3 a time to kill, and a time to heal; a time to break down, and a time to build up;
4 a time to weep, and a time to laugh; a time to mourn, and a time to dance;
5 a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;
6 a time to seek, and a time to lose; a time to keep, and a time to cast away;
7 a time to tear, and a time to sew; a time to keep silence, and a time to speak;
8 a time to love, and a time to hate; a time for war, and a time for peace.

As things change, anchor yourselves in the solid rock of Jesus Christ and His immutable Word!
Anna Oguoma-Richardson received the 2017 Deacon Robert L. Lofton Servant Leadership Award at the WOF Graduation Banquet on June 4th.

Anna is a recent graduate of Sandy Creek High School in Fayetteville, GA, where she was on the honor roll, a member of the Governor’s Honor program in chemistry, Lead Editor of the broadcasting club, Patriot Ambassador and lettered in track and field.

She has served four years in the Hospitality Ministry and two years in the Children’s Ministry here at Word of Faith. She believes that volunteering at church gave her the opportunity to lend “helping hands” that help the church to run more smoothly. Furthermore, it changed her mindset and allowed her faith to grow stronger and gave her confidence.

She will attend the University of Georgia in the fall, where she will pursue Media and Entertainment Studies.

The Servant Leadership Award is a $500 scholarship named for the late Deacon Robert L. Lofton. Deacon Lofton was the President Emeritus of “On the Move” Ministry. This is the fifth annual award that honors an aspiring student who emulates his work ethic and serves faithfully at the Cathedral. Recipients of this award are selected based on high standards of service and character.

Congratulations and God’s speed to Anna!
Rev. Charles Blackshear received Jesus Christ as his Lord and Savior in his teen years and assisted his friend, Dale C. Bronner in an after school Bible study known as the PTL Club. After graduating from Southwest High School, he attended Georgia State University and started an evangelistic ministry, “Outreach for Christ.” Many souls were healed, delivered and received the baptism of the Holy Spirit as a result of his ministry. Later, Blackshear attended East Texas Bible College in Tyler, Texas. There, he was greatly influenced by Rev. R.W. Shambach. His ministry was also greatly influenced by Evangelist Mario Murillo and Bishop Bronner, as their friendship spans 40+ years.

In 1984, Rev. Blackshear met Betty Waters and when they married a year later, she not only became his life companion, but his helpmeet in the ministry. Together, they became an inseparable team and have a commission to spread the Gospel of Jesus Christ. Since those early days, the couple have served as Christ’s disciples locally and from a global perspective including Africa, Haiti, Jamaica, Pakistan, Alaska and India.

As the Pastor of Evangelism and ministry leader of CEO (Corporate Evangelistic Outreach), he served with passion at WOF Family Worship Center and Cathedral for 25 years. Rev. Blackshear was the overseer of the Drama Team, Street Ministry, SWEEP Team (Soul-Winning-Evangelistic-Energized-Posse) step team,altar workers, Cornucopia and Foundations in Christianity. He also created the curriculum for the Foundations in Christianity and Foundations in Priesthood courses, which he taught. Sister Betty also served as the Sunday School Superintendent for many years and played integral roles in the various CEO ministries.

Now, its time for the Blackshears to walk in God’s new plan and purpose for their lives. They recently announced the launching of their own church, Restoration Power Ministries where their focus will be outreach. They will be engaging communities via the old-fashioned tent ministry and doing 2-3 mission trips a year. The worship services are being held at the Bill Arp Elementary School Gymnasium in Douglasville, until the permanent facility is completed.

We wish the Blackshears all the best.
The Bronner family was honored to receive the Phoenix Award, the highest civilian award from the City of Atlanta, by Mayor Kasim Reed. The presentation, which is equivalent to receiving the keys to the city, took place on April 17th at Atlanta’s City Hall, where family, friends and Bronner Bros. staff gathered for the celebration. Bronner Bros. is the oldest African American beauty company in the U.S. and hosts the largest cosmetology tradeshow in the world. Now, in its 70th year, the biennial event attracts more than 60,000 salon and barber professionals.

Pastor Christopher Boyd delivers the Commencement Address at Lynchburg College

Dr. Christopher L. Boyd delivered the commencement address at his alma mater, Lynchburg College in Lynchburg, VA, on May 20th. He charged the class of over 700 graduates to “rise up” at the school’s 114th commencement. Uncertainty, said Boyd comes in many different forms, but students must rise to the challenge, discover their passions and make a difference. “Rise up and learn, rise up and live, rise up and love. Rise up now, your future awaits you.”

A member of the class of 1997, Dr. Boyd was a communications studies major. During his matriculation there, he worked closely with the college chaplain and began to develop his interpersonal and leadership skills. He was recently named to the College Board of Trustees. Dr. Boyd earned the Master of Business Administration degree in 2005 from Shorter University and in 2014, received his Doctorate of Philosophy in Organizational Leadership from Regent University.

In 2007, he became Executive Pastor of Word of Faith Cathedral where he serves with competence and compassion. Dr. Boyd and his wife, Jennifer have three children: Jordan, Christina and Christopher.
Father, in the name of Jesus, I pray and confess Your Word over my children and surround them with my faith-faith in Your Word that You watch over it to perform it! I confess and believe that my children are disciples of Christ, taught of the Lord and obedient to Your will. Great is the peace and undisturbed composure of my children, because You, God, contend with that which contends with my children and You give them safety and ease them.

Father, I confess that my children obey their parents in the Lord as His representatives, because this is just and right. My children will honor, esteem and value as precious their parents; for this is the first commandment with a promise - that all may be well with my children and that they may live long on the earth. I believe and confess that my children choose life and love You; for You are their life and the length of their days. Therefore, my children are the head and not the tail and shall be above only and not beneath. They are blessed when they come in and when they go out.

I believe and confess that You give Your angels charge over my children to accompany and defend and preserve them in all their ways. You, Lord, are their refuge and fortress. You are their glory and the lifter of their heads. Amen.

-From Prayers That Avail Much for Fathers
**Congratulations**

**Bia Adams**  
New Manchester High School  
Intended College Major:  
Mass Communications

**Jada Anderson**  
McEachern High School  
Intended College Major:  
Biology

**Chase Barden**  
Hillgrove High School  
Intended College Major:  
Psychology

**Nia Cleveland**  
Wheeler High School  
Intended College Major:  
Music Production

**Deaunna Daniels**  
McEachern High School  
Intended College Major:  
Biology & Engineering

**Taylor Dixon**  
Greater Atlanta Christian School  
Intended College Major:  
Communications

**Ayannah Harrell**  
South Cobb High School  
Intended College Major:  
Mathematics

**Jeremy Hinton**  
McEachern High School  
Intended College Major:  
Graphic Design

**Kennadi (Morgan) Jackson**  
Georgia Cyber Academy  
Intended College Major:  
Neuroscience

**Ryan Jackson**  
Grady High School  
Intended College Major:  
Marketing

**Kristen Jones**  
Chapel Hill High School  
Intended College Major:  
Marketing

**Chassidy Jordan**  
North Springs Charter High School  
Intended College Major:  
Biology

**Kassidy Kelley**  
Grady High School  
Intended College Major:  
English

**Loryssa Lorachelle**  
Chapel Hill School  
Intended College Major:  
Nursing

**Jarred Lawson**  
South Paulding High School  
Intended College Major:  
Graphic Design

**Gabriel Lloyd**  
South Cobb High School  
Intended College Major:  
Computer Science

**Christopher Minter**  
South Cobb High School  
Intended College Major:  
Art & Civic Engagement

**Jessica Montague**  
Douglas County High School  
Intended College Major:  
Nursing

**Anna Oguoma-Richards**  
Sandy Creek High School  
Intended College Major:  
Media & Entertainment Studies

**A’Leiyah Ponder**  
South Cobb High School  
Intended College Major:  
Journalism & Mass Communications

**Travis Render**  
Woodland High School  
Intended College Major:  
Business Marketing/Management

**Joi Richardson**  
New Manchester High School  
Intended College Major:  
Vocal Performance

**Aria Shellen**  
Benjamin E. Mays High School  
Intended College Major:  
Pre-Medicine or Mathematics

**Christian Waller**  
New Manchester High School  
Intended College Major:  
Forensics or Psychology

*Former graduates (from left to right): Jordan Boyd, Joshua Williams, Chantelle Brawley, Michael Bennafield, Lauren Stewart, Maurice Peoples and Ludny Saintine shared how to prepare for the next chapter in life with the 2017 graduation class.*
Joi Victoria Richardson is the daughter of James and Tryphena Richardson and has a strong faith foundation. She recently graduated from Manchester High School in Douglasville, GA.

Joi is blessed with the gift of song and it is her passion. She auditioned for and was selected for the prestigious Fine Arts Honor Program (F.A.M.E.) at Manchester. She is also a member of the WOF Youth Praise Team which ministers for Ignite Ministry on Thursday evenings.

Joi received several honors including: A-B Honor Roll, Spirit of Chorus Award, Fine Arts Education Seal, Future Business Leaders of America Cord and the four-year F.A.M.E. completion stole.

Joi will be attending Converse College in Spartanburg, S.C. on a scholarship from the Performing Arts School of Music that will prepare her for a productive career.

Michael Ivory Dewitt Smith II is a phenomenal young man and after some trying years, he's pressed on through to graduation from Morrow High School.

Michael played basketball with Morrow High and now plays with Atlanta Thunder. He was a participant of Morrow's Engineering & Tech program and highly involved in serving his community in Clayton County. He volunteered regularly at various community events with the Teen Club through a local Clayton County Rec center. He also works during the summer months at Clayton County Parks & Rec at the International Park.

Michael aspires to pursue a career in criminal justice; possibly becoming an attorney. He has always had an earnest desire to help others in need. His plan is to remain in Georgia for college, perhaps Gordon State College. His parents are Danielle Smith and Michael Smith.
Jeremy Hinton has attended Word of Faith all of his life and was named the Media Ministry’s first “Media Baby.” Throughout middle school he occasionally volunteered in the Media room; folding bulletins, stuffing envelopes, taking copies from the copier and anything else that was needed. Growing up in the Media Ministry was an outlet for his art, as he was exposed to loads of scrap paper, pencils and markers and was always encouraged to draw. Flipping through the clip art books indirectly influenced his passion for art and impacted his decision to pursue a career in Graphic Design.

Jeremy completed high school as a fifth level advanced graphic design student and was a member of the Chick-fil-A Leadership Academy, a national high school leadership program and competed as a varsity track and field athlete. He will be enrolling at Columbus State University in Columbus, GA this fall, which offers a degree in Digital Graphics and Design.

Jeremy’s parents, Lillie and Stephen Hinton are still active members of the Media Ministry.

Sydni Edwards recently completed her studies at Ohio State University in Columbus, Ohio. Always the mover and shaker; Sydni served as a peer leader through the Young Scholars Program Summer Institute & Senior Bridge and mentored through the Buckeye Civic Engagement and Connection with elementary students in the Columbus area, during her tenure at OHS. She also traveled abroad through the One Step program to teach the art of stepping through cultural exchange in China.

She was also initiated into the Theta Chapter of Alpha Kappa Alpha Sorority, Inc., the first Greek lettered sorority established by African American women.

After taking a deserved break, Sydni plans to pursue a Masters degree in Education. Sydni’s mother, Joycelyn Johnson Cromartie dances with the Tribe of Judah Dance Ministry.
I still remember the fear that gripped my heart as I departed on a three-month voyage from the familiar faces that had raised, provided, and cared for me throughout the past twenty-one years of my life. My full smile and bright eyes masked my apprehension about entering the international set of terminals in the Hartsfield-Jackson airport, yet my feet had a mind of their own; they kept me moving, even when my heart and mind were monopolized by an array of erratic emotions and thoughts. But that’s how the best adventures in life start—in a type of certain uncertainty.

I felt that I’d made the right decision to study abroad as the warm Barcelona sun vitalized my skin and the sound of the Mediterranean waves kissing the shore calmed my uneasiness. However, the peace that only the Holy Spirit can administer continued to reassure me with every day that passed. Around the third day, the feelings in my heart, mind, and feet collided, and I walked in a confidence that carried me throughout the duration of the journey. I was able to travel fearlessly because I knew wholeheartedly that my provision and protection was ordained by the Creator of the Universe, and my care was in the hands of the Father! Only by His grace, I was blessed to explore eight countries (Spain, England, Ireland, Italy, France, Holland, Czech Republic, and Germany) and thirteen cities (Barcelona, Valencia, London, Dublin, Rome, Florence, Pizza, Paris, Amsterdam, Rotterdam, Prauge, and Berlin) while abroad. God is incredibly faithful!

Although I wasn’t sure how I was going to be a light for Christ within a completely foreign culture and context, I petitioned the Lord to be glorified throughout my entire experience. Very soon into the program, I learned that the majority of the Spanish population was atheist, and that there were only two Christians in my study abroad cohort (Yup, I was one of them). Initially, I just accepted that I’d have to venture alone, as one who was set apart and “too holy” to build friendships with those outside of my religion, but the Holy Spirit confronted my immature mindset. Instead of walking apart from those I wanted to see come to Christ, He charged me to walk with them. Although I wasn’t exactly sure how to unashamedly represent Jesus while living in such intimate quarters with unbelievers, I observed that all humans have another need aside from food, water and shelter—that is, to be understood. Thus, every time I was tempted to preach and to “bible-bash” them with scripture when they said or did something that I didn’t agree with, the Holy Spirit challenged me to first seek to understand them. I found that the best way to do this was simply to listen and to show sincere compassion for whatever issues that they wrestled with in their own lives.

Instead of being the Christian that only talked about Christ, I evolved into the Christian who showed Christ in my compassion and patience for others. I didn’t have a group of Christian friends to rely on, so I intentionally built relationships with many of them as a form of relationship discipleship. As simple as this concept may sound, it wasn’t easy. However, my rare predisposition of love towards the doubters of Christ eventually granted me access into the most intimate parts of their lives as a counselor and friend, and in time, it opened up the perfect door to minister the truth about Jesus. While walking in the heart of His boldness both in truth and in love, the Lord blessed me to minister the truth about Jesus. While walking in the heart of His boldness both in truth and in love, the Lord graced me to minister regularly and to even have my shot at apologetics, engaging in passionate debates with skeptics of Christianity or religion itself, without destroying relationships or entertaining futile or offensive exchanges. Ultimately, rather than God using me to change them, I’m awed at how God used each of them and the unfamiliar culture to transform me and my ministry.

From this experience, I realized a truth that holds true in the all over the globe and still convicts my heart today — our love for others is what confirms our revelation of Jesus.
Marriage Mentoring Makes A Difference

By Rev. Charles Houston

In the Summer 2015 Word of Faith Times issue I wrote an article entitled, “How Has Covenant Keepers Helped?” It has been two years since that article and a total of over three years since Covenant Keepers was launched at Word of Faith Family Worship Cathedral. Covenant Keepers (CK) is still providing quality mentorship to willing and desiring mentee couples and those couples who are seeing improvements in their marriages and families on a monthly basis. Like the Summer 2015 article, the following mentor and mentee couples are a small example of the insight and support that CK is providing to fortify the marriages in our community.

What has your experience as a CK Mentor been like so far? Our experience as a CK Mentor has been a blessing. While we have been married for 31 years we never stop seeking to perfect our relationship, which is itself a ministry. Our interaction and relationship with Kenton and Brandy helps to reinforce and sharpen our marriage by reminding and reinforcing the basic maintenance needs of marriage; a relationship with God, communication, love and respect. As we share our lessons learned they are reinforced for us as well.

Do you think it has helped your mentee couple and if so in what ways? We believe our Mentor/Mentee relationship has been fruitful. We believe it has helped them to see that the things encountered in their relationship are not "alien" but have a commonality to other marriages as well as ours in particular. We believe they have picked up a few ideas on how to deal with certain issues, spending less time in stress and more time working together.

What has your experience as a CK Mentee been like so far? From our initial conversation and meeting with Tony & Chiquita, we knew our pairing was truly anointed and appointed! Our marriage instantly became better on all levels imagined by their direct and/or indirect guidance/teachings through their warm smiles, Godly spirits, infectious energy, unconditional love, and great wisdom regarding their marriage & lives. Their openness to share the very details (trials, tribulations, tumbles, & triumphs) of their marriage and lives to date have shown us living examples that marriage is indeed work that requires the never ending presence and/or action of God, love, trust, faith, communication, understanding, forgiveness, and prayers. It is through the mentioned we have indeed grown into a better "we" while simultaneously growing us individually into a better Brandy and Kenny within our marriage. I will end by saying that God once again provided living proof to us (through Tony & Chiquita) that He is truly a living God and He wants us to have a more abundant life! We can sincerely say that has happened while being mentored by The Jenkins, We couldn't have asked for a better couple to be mentored by and we look forward to continuing to be so for years to come.

Myron and Chiquita Jenkins
(Mentors married 31 years)

Kenton and Brandy Kelly
(Mentee couple married 3 years)

Russell and Yvonne Byars
(Mentors married 25 years)

Alphonzo & Cheryl Brinkley
(Mentee couple married 8 years)

What has your experience as a CK Mentor been like so far? The program has been great. When you give you always get more back in return. It has been a rewarding experience. We have a lot in common with our mentees, Al & Cheryl. The relationship has gone beyond a mentor/mentee relationship, we have become friends. We do things together, i.e. dancing, dinner, attended a marriage retreat, etc. They have become a part of our family.

Do you think it has helped your mentee couple and if so in what ways? I believe it has been helpful, having someone to listen to and being “real” with them. Knowing that they can reach out to us anytime and that we are here for them. We share biblical truth and our experiences.

What has your experience as a CK Mentee been like so far? It has been wonderful for me and my husband, Alphonzo. We didn’t just gain a mentor but very good friends as well. Russel and Yvonne have been such a blessing in our lives. They make us feel like family. Not only do they give us advice about marriage but they are very knowledgeable in other issues we have sought advice on.

Marriage mentoring is extremely effective in impacting the lives of a married couple which desires to grow strong together in the Lord. Word of Faith Covenant Keepers is committed to helping marriages heal and become whole again. If you would like to receive more information about Covenant Keepers, you can call Word of Faith at 770.874.8400 and ask for Rev. Charles Houston, email us at wofcovenantkeepers@gmail.com, or “Like” our Facebook page and leave comments or questions at https://www.facebook.com/wofcovenantkeepers.
Who’s Sitting in Your Area?

By Minister Paula Palmer Green

When we go from sitting to serving in God’s house, we become more like God intends for us to be. Mark 10:45 states, “For even the Son of Man did not come to be served, but to serve and to give His life a ransom for man.” As Christians, we are taught to be like Christ and to be His ambassadors here in the earth.

On any given Sunday you will find Brother Kelvin Blakley serving in and around the Sanctuary. He has been a member at Word Faith Family Worship Cathedral for seven years and considers it an honor to be a servant in God’s house. When asked, why he decided to be an usher – he simply stated: “It’s just not in me to come and sit and not help out.”

About a year ago, Brother Kelvin handed me a mixed gospel CD that he compiled. I asked him how much? He immediately said “no, that’s just what I do; music is my gift…enjoy it.” And let me tell you, enjoy it I did and do. It ushers me into God’s presence every time I listen to it. He has given me other CDs and each one is filled with anointed songs.

Brother Kelvin said that he blesses people with his CDs in and outside of WOF. He said that he has always loved music and is grateful to God to be able to use it to bring hope and healing to his brothers and sisters. He said, time and time again, people tell him how the songs on his CD ministered to what they were going through.

It doesn’t get any better than being able to use something that you love doing to build the body of Christ. Our brother Kelvin helps us take heart to 1 Peter 4:10, “As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.”

2017 Annual Piano Recital

By Eva Houston

This year was my seventh year as a student enrolled in RPM Studios Beatles Music Instruction. RPM studios was founded and is operated on a weekly basis by a Word of Faith Member and piano instructor, Miss Phyllis Beatles. Every week, students like myself come to the studio to learn from Miss Beatles. We all have books of music and technique instructions that we follow from August until about December. From then on our focus is on our recital musical pieces that we will present in the spring. Every year, we get an option as to what we would like to play. Although, most of the pieces we do are classical pieces; we have the choice of doing something more contemporary.

This was the 22nd RPM Recital and the seventh year it has been held at Word of Faith. This year I played “Moonlight Sonata” written by Beethoven. I prepared a lot more this year and made my selection choice prior to the piece selection process. And because of that, I had the most fun at this year’s recital. I love being an RPM student because RPM is a family. You develop a relationship with the people that are coming before and after you every week for lessons and with other students in the studio. I also love it because Miss Beatles is more than a music teacher, but also a spiritual and life mentor to us and our families. I plan on continuing to be a RPM student as long as Miss Beatles allows me.
Hair Loss

7 Tips for Understanding Hair Loss

By Dr. Chynna Steele, Board Certified Dermatologist

Hair loss is a devastating disorder that affects millions of people each and every year. Although it is a widespread problem, it is often ignored, misdiagnosed or mistreated. Some types of hair loss are completely reversible without any treatment at all, some types of hair loss can be treated and hair regrown, and others are permanent. So, here’s what you need to know:

Alopecia means hair loss. That’s it. Alopecia is the medical term for hair loss, so sometimes people come in to my office saying, “it’s not alopecia, is it?” Well, if you’ve been noticing hair loss of any sort, it’s alopecia. What’s important though is, what type of alopecia? Is it androgenetic alopecia (female or male pattern hair loss), traction alopecia (from hair styles that are too tight) oralopecia areata (autoimmune condition with hair loss), etc.? The list goes on and on, so it’s important to see a doctor to get it evaluated and treated.

Alopecia may have many symptoms, RUN don’t walk to the dermatologist. If you find that your scalp is itchy tender or painful then your scalp may be inflamed. Not just your scalp, but your hair follicles may be inflamed. There can be lots of reasons for that, which your doctor can help identify, but these types of alopecia may lead to scarring. Scarring tends to be a more severe, more permanent type of hair loss, so act quickly.

You should know if you have hair breakage or hair loss. This is how you figure it out and why it’s important: if you see small pieces of hair in the sink or on your clothes, it means that your hair is fragile and breaking with the minor mechanical trauma of combing or brushing. That’s not normal and means that your hair is over-processed. The hair cuticle that protects the hair shaft is damaged and leaving your hairs vulnerable to breakage with normal daily activities. This is a styling issue. If you have either completely bare areas of the scalp where no hair is growing, or if you see long whole strands of hair coming out in large numbers, then you are losing your hair or it is not growing from the scalp. This is a problem in the hair follicle (i.e. the follicles beneath the skin).

Your hair loss may not be the same as your friend’s, mom’s or aunt’s. Many of my patients mention family members of friends and their hair loss in comparison to their own. In most cases, this comparison isn’t relevant. Since there are so many types of hair loss, they may (and likely do) have something completely different going on. It is best not to try to evaluate or treat your hair loss based on that of a loved one. Seek medical attention and have it evaluated for yourself.

As far as hair styling goes, if it hurts, don’t do it. Anything that hurts your scalp, hurts your scalp. If braids, buns, hairstyles, etc. feel or look too tight then they are too tight. If a chemical (or blow dryer) feels like it’s burning your scalp, then it’s burning your scalp. You’re lucky if these hairstyling practices don’t lead to hair loss, but with each time you do something that hurts your scalp, you’re rolling the dice and risking permanent damage to your hair follicles.

Don’t believe the hype. Hair loss is big business. There are numerous products, so-called experts, and supplements targeted at growing hair. For the most part, they are not effective, reputable or appropriate for your type of hair loss (potentially) and in the end, they can be harmful because you’ve delayed real treatment and wasted time and resources on things that are unhelpful.

Be kind to your hair. You only have a certain number of hair follicles in your scalp and if you damage or destroy them, then you may lose them (and the hair that they grow) forever. I find that this mostly means being aware of your scalp and thinking of the skin on your head like you do the skin on your body. Don’t put chemicals or treatments on the skin of the scalp that you wouldn’t on the rest of your skin. Don’t allow the scalp be itchy, tender or painful without seeking evaluation and treatment.
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