

DOES OZEMPIC CAUSE HAIR LOSS? HERE'S WHAT TO KNOW

December 09, 2024



Can Ozempic Make Your Hair Fall Out? Doctors Weigh in...

Over the past few years, the weight loss medication **Semaglutide** (brand names include **Ozempic®**, **Wegovy®** and **Mounjaro®**) has gone mainstream thanks to our friends in Hollywood and their never-ending body enhancement journeys. And as the drug continues to become a household name, many are raising their brows at the related side effects. Google searches for things like "Ozempic Face" and "Can Ozempic cause hair loss?" are on the rise and we're here to answer the latter.

Ahead, board-certified dermatologist **Dr. Connie Yang (@dr.connieyang)** of **PFRANKMD** by **Dr. Paul Jarrod Frank (@drpauljarrodfank)** breaks down if Ozempic is to blame for hair loss and what a patient can do if they *are* experiencing major hair fall-out.

Can Ozempic cause hair loss? A doctor explains:

"While hair loss is not a reported side effect from the Ozempic studies, it has been reported by some on the medication," says **Dr. Yang**. "A temporary form of hair loss called **telogen effluvium** can occur when one experiences rapid weight loss. This can be due to a combination of calorie restriction, nutritional deficiencies, hormonal shifts and stress (both physical and psychological), which all impact the normal hair growth cycle," she concludes.

How severe can Ozempic-related hair loss be?

In addition to temporary hair loss, **Dr. Yang** shares that some research suggests there are cases where Ozempic users are experiencing hormonal shifts that can contribute to **androgenic alopecia** AKA a more permanent hair loss. "This is a progressive form of hair loss that is not easily reversed. Treatments are aimed at slowing or halting the [hair loss] progression," she adds.

Here's what to know about regrowth: If a weight loss patient experiences hair loss, it can typically take three to four months for the hair to grow back. "Once the body adjusts to the new weight or dietary changes, the hair usually regrows," assures **Dr. Yang**.