

## Trichorrhhexis Nodosa

### What is Trichorrhhexis Nodosa?

Trichorrhhexis Nodosa (TN) is a condition that causes weak points, called nodes, on the hair shaft. The weak points allow chemicals and physical stress to easily damage the hair. This can make the hair break off easily.



Broken hair strand

### What causes it?

- TN may run in families. Triggers such as blow-drying, over-brushing, perming, straightening, hot combs, chemical use, and tight hats can set off TN.
- Another type of TN occurs in healthy hair. Damage from too much brushing or shampooing, coloring, and especially the use of hot combs and perming cause the hair to break. Swimming in salt-water and sun exposure can also be a cause.

### How does it affect my child?

Your child's hair may seem to be dry, dull and not growing. It breaks easily, leaving broken ends and areas of hair loss.

### How is it diagnosed?

A dermatologist will look at your child's hair under a microscope. They look for spots where the hair shaft looks like two brooms pushed end to end at the weak point. This is called the broom sign. Signs, symptoms and history also help with the diagnosis.



Broom sign

### How is it treated?

Some types of TN will improve if you stop hair straightening, harsh brushing, heat and chemical trauma to the hair. This can take several months. In some cases it may take years to improve. Treat hair very gently. Avoid tight braids. Cream rinses and protein conditioners, such as Nioxin® are helpful. You may need to get these products from a hair salon.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**