



# Role of Carbohydrates

- Sugar directly increase **sebum secretion**
- **Micro organisms** from the scalp decompose **triglycerides** in the sebum to form **fatty acids** which cause **irritation and promote inflammation**
- Sugars lead to **raised insulin** levels which:
- **Increases** production of **androgens** and
- **Decreases SHBG** sex hormone binding globulin
- More androgens and **free testosterone** in the circulation lead to more **DHT conversion** & more miniaturization
- Insulin also causes **local tissues hypoxia** leading to hair loss