

MY CHANGING BODY

Am I too hairy?

KEY WORDS

mood | hormones | emotions | personality



It's totally normal for body hair to start showing up during puberty, and **everyone's a bit different when it comes to how much hair they have**. It's a process that's unique for each person. If you're worried about whether you have too much hair, you should know that how much you've got is influenced by a mix of genetic and hormonal factors. When you hit puberty, your body starts producing hormones like **testosterone and androgen**, and that's what activates changes like growing hair in new places.

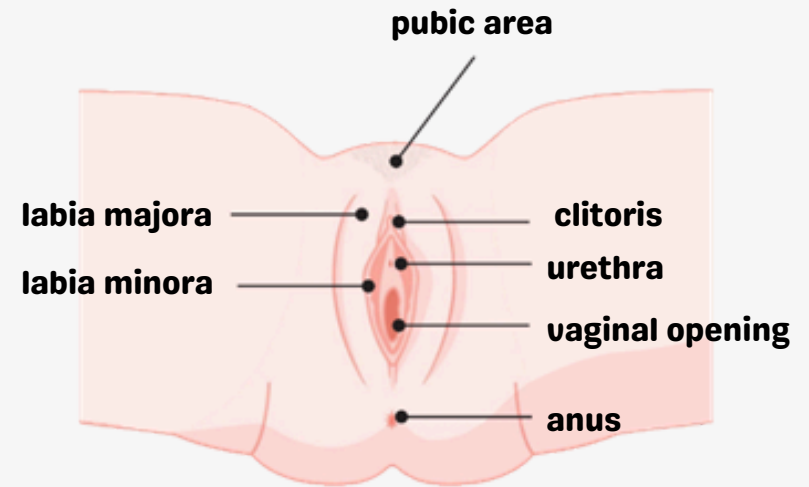
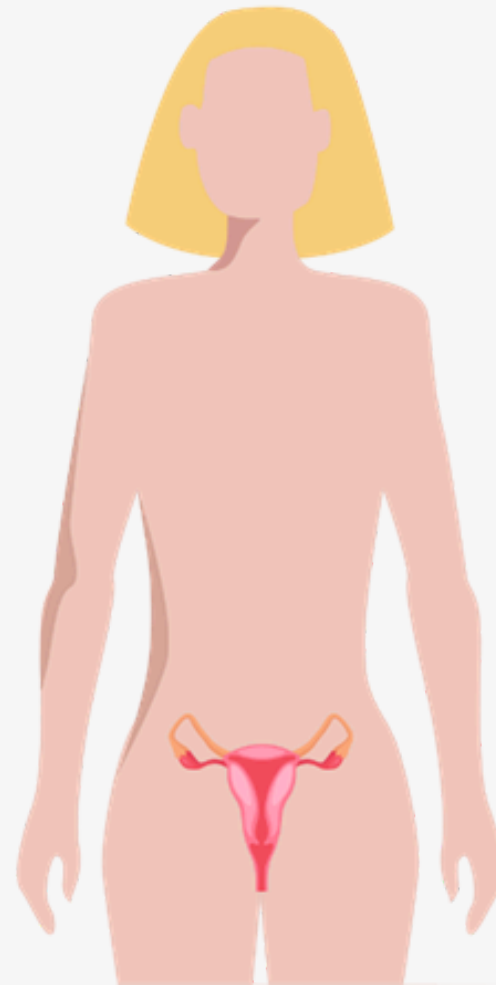
Now, what's considered "normal" varies a lot! Some people naturally have more body hair, and some have less. This is where the **genetic aspect** comes into play — if your parents are on the hairier side, you might be, too.

Also, **your ethnicity** can play a part. Different ethnic groups can have different hair growth patterns, so what's typical for one person in Greece might be different for someone else in Sweden. Regardless, most of the time **body hair growth is natural, and sometimes even needed**. Some people can have more, some less – it depends on sex, body area, genetic predispositions, age, and health related issues may impact the growth of bodily hair, even if rarely.

How about pubic hair?

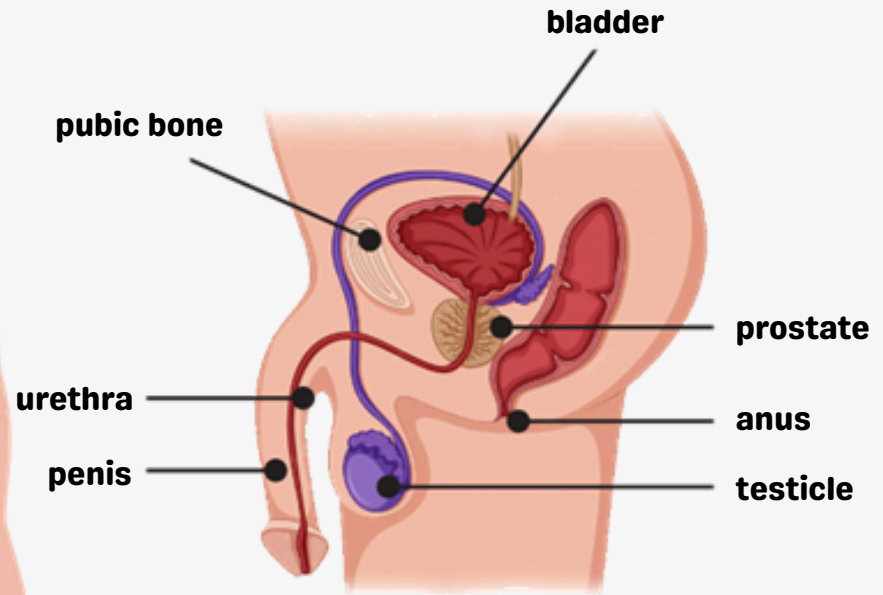
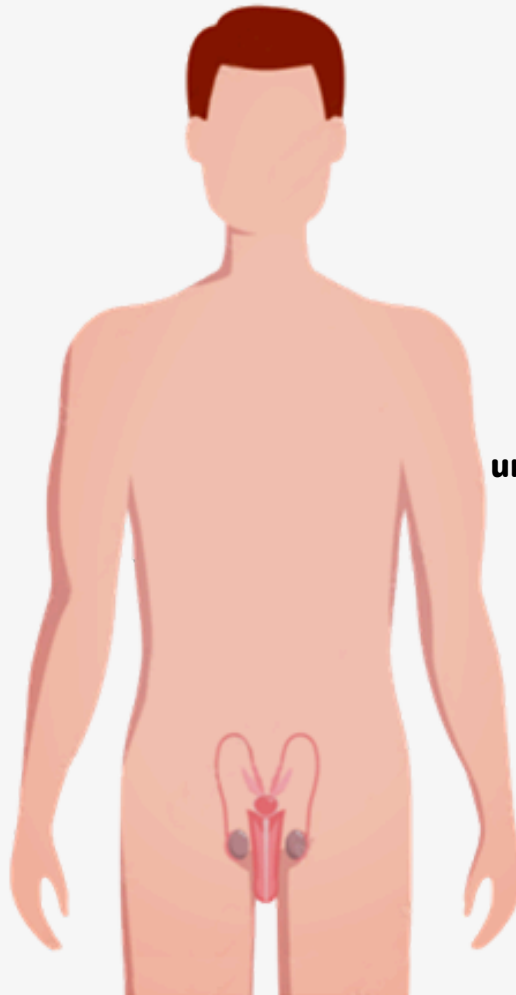
When it comes to hair in private areas, these hairs are usually coarser, darker and occur in various places and amounts.

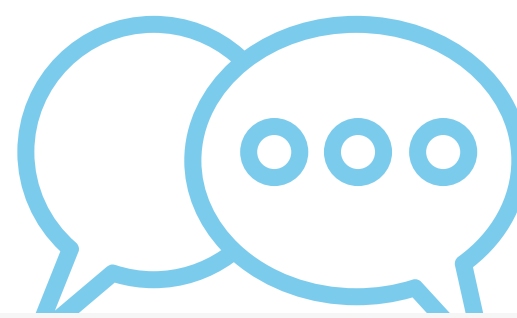
In young women, pubic hair covers the labia majora (outer lips) all the way up to the pubic mound (mons pubis), forming a triangle-like shape, but also the space between the buttocks (anus).





In young men it is found on the testicles, groin and buttocks.





Pubic hair plays an important role as its purpose is to protect the intimate areas from bacteria, viruses or fungi that can cause infections, and it also safeguards the skin from friction during sexual activity.

What counts as too much hair for young women?

Many of you might think you're too hairy when really you have a completely normal amount of hair. It's normal to have hair growing on your legs, on your arms and on your private parts. In addition, women naturally have some hair on their faces, chest, and back, but it's usually finer and lighter (sometimes called 'peach fuzz').

Only 5-10% of women have a disorder known as **hirsutism**. Hirsutism is a disorder characterised by excessive hair growth in women on certain areas of their body: the face (which could look like the growth of a moustache), chest, abdomen, back, buttocks, and inner thighs. It happens very seldomly but the best way to reassure yourself in this situation is have a **medical consultation**.



What counts as too much hair for young men?

A large amount of body hair on a man usually doesn't point to anything you should be worried about. If you're experiencing an increase in body hair, it is typically because of male sex hormones, such as testosterone. However, there are other causes that should be noted.

- **Hypertrichosis**, also known as werewolf syndrome, is a genetic disorder characterized by a very large amount of hair on the entire body where it's uncommon (such as all over the face and ears).
- Excessive hair growth in men may also be caused by a **poor diet** or be related to diseases of the central nervous system, medications, lifestyle and hormonal disorders.

Remember that body hair is a natural occurrence and its sudden appearance and quick growth during puberty should not alarm you. Everyone goes through these transformations at their own pace, so embrace your uniqueness.

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