

## A simple tip for measuring & recording Frontal Fibrosing Alopecia - or the regression a hair line caused by other forms of hair loss.

It was during an Institute of Trichologists CPD event that I picked up the following tip for recording and measuring the progression/stability of FFA - during a presentation by Stephanie Moore MIT.

I was instantly struck by the simplicity of the 'design' - which perfectly solved an awkward problem - 'how to accurately record and catalogue a potentially receding hairline over a period of time'. Holding a tape measure or a ruler while trying to photograph was open to too many potential margins of error.



The components are simply:

- 1). A pair of in-expensive 'readers' from any shop.
- 2). A tape measure (dress makers).

I used double sided tape (wig tape) to fix the measuring-tape to each of the arms of the glasses: and 'loop the measuring tape around the bridge of the glasses- and adhere (with wig tape) to the measuring tape to itself.

