



# How Can Thyroid Cause Hair Loss – Everything You Need To Know

To understand how the [thyroid cause hair loss](#), we need to understand the connection between the thyroid glands with the hair on our head.

A thyroid gland is aggravated when it produces too many hormones or doesn't produce them at all. The two conditions are called Hyperthyroidism and Hypothyroidism.

- Hyperthyroidism is the overactive gland that causes side effects like weight loss and anxiety and leads to **thyroid problem cause hair loss**.
- Hypothyroidism is the underactive gland that causes side effects like weight gain and weakness.

The common condition seen as a side effect in both the stages of the glands is hair thinning and hair loss. Hair tends to become brittle, which leads to split ends and breakage.