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Feeling more pain? It might be your hair.

There's never a shortage of interesting discussions on the **WomenHeart Online Support Community**, and a recent comment about redheads bleeding more than people with other hair colors caught our eye, especially a subsequent reply from another Heart Sister that redheads also require more pain medication. Turns out that this is not just an urban myth — in fact, it's quite true. Redheads naturally produce a substance called pheomelanin and this genetic mutation adversely affects pain receptors; several studies have shown that people with red hair usually require up to 20% more anesthesia than those with other hair colors, and that they do also bleed more freely. However, everybody else is not necessarily off the hook: a small percentage of those with brown or black hair may also have similar problems.

Resource:

The Pain of Being a Redhead

<http://well.blogs.nytimes.com/2009/08/06/the-pain-of-being-a-redhead/>