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## Excess body hair

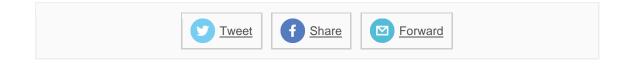
A fascinating series of podcasts on Radio NZ called *Hair and Loathing*<sup>1</sup> has stories of excess body hair, mainly on women, but men also get some attention.

The episode: *From peach fuzz to nipple beards*<sup>2</sup> features Endocrinologist Dr Stella Milsom, who notes: "There are a few tell-tale signs, but most of it has to do with hormones." She says what's considered a 'normal' amount of hair tends to depend on your family history and ethnicity. But unfortunately, there's no real test to determine how much you should have.

References:

- 1. Hair and Loathing RNZ Podcast series (2022) View
- 2. From peach fuzz to nipple beards. RNZ Podcast (2022) View

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