

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Excess body hair

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

The episode: *From peach fuzz to nipple beards*² 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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