How Much Do You Know About African-American Hair?

Take the Real Health challenge and see. (Note: Some questions have multiple answers.)

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1. In general, how often should you wash black hair?
a) Every day
b) Once a week
c) Once every two weeks

2. Trim hair every six weeks to…
a) Make tresses grow
b) Make hair thicker
c) Remove split ends

3. Black hair is fragile and prone to breakage…
a) Even when natural
b) Only when relaxed
c) Only when wet

4. When it comes to cleansing tresses, you should…
a) Change brands often or else shampoo will stop working
b) Only use products for black hair
c) Use the best shampoo for your hair type and scalp

5. Braiding the hair…
a) Makes it grow
b) Does not increase the rate of hair growth
c) Can sometimes cause breakage

6. Traction alopecia can be caused by…
a) Tight braids
b) Chemical treatments
c) Hair weaves

7. How often should you moisturize black hair?
a) Every other day
b) Every day
c) Once a week

8. What are the best moisturizers for black hair?
a) Ingredients that add body
b) Greasy products such as lanolin
c) Penetrating conditioners and lightweight oils

9. What statement(s) apply to black hair?
a) Curly textures hold onto oil better because of the tight coils
b) Curly coils make it difficult for natural oils to work down the hair shaft
c) Curly textured hair is vulnerable to drying out and breaking

10. Regular scalp massages do the following:
a) Contribute to black hair breakage
b) Increase blood circulation to hair follicles
c) Remove dead skin cells that inhibit hair growth

Answers: 1) b 2) c 3) a 4) c 5) b and c 6) a, b and c 7) b 8) c 9) b and c 10) b and c

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