

Hair transplant changed James Nesbitt's life

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Hair transplant saved my life ... Actor James Nesbitt, who has secured the biggest role of his career at the age of 46 in Sir Peter Jackson's *The Hobbit* films. *Source: Supplied*

ACTOR James Nesbitt has credited a hair transplant for saving his career.

Nesbitt, known in Australia for starring in series such as *Cold Feet*, *Murphy's Law* and *Ballykissangel*, credits his hair transplant for a major new TV role and a leading part in one of the biggest movies ever made.

Moss' "#!*' outburst after Nesbitt's sex joke "It changed my life," he says of his hair transplant. "Several years ago I began losing my hair, and like a lot of men it was a major concern to me - in fact, it was practically an obsession. But also I'm an actor, so I'm in the public eye a lot, and I really felt that my hair loss could affect my career prospects," Nesbitt told Mail on Sunday newspaper.

How did 46-year-old Nesbitt decide to have a transplant.

"I have a great mate who's a barber and he said, 'The whole thing has changed; it's much more advanced now.' So I went along, and before I knew it, I'd had it done. People only picked up on it when I opened my big gob, as usual. I'm glad it has given them something to talk about. I think it was well worth doing. It works. It's good. What am I supposed to say?"

Nesbitt had two transplant operations, which involved taking hair follicles from the back of the head, where they were growing well, and moving them to the scalp.

"I'm also using the approved medications finasteride and minoxidil to improve the quality of my hair and to prevent further hair loss."

Nesbitt's the star of a new series called *Monroe*, about a brain surgeon and is heading to New Zealand for at least a year to play the biggest role of his career, Bofur the Dwarf, in Sir Peter Jackson's *The Hobbit*.

He's an unlikely casting choice for a fantasy film, considering he is 182cm (almost 6ft) tall.

"They change the perspective with scenery, there's CGI, and a whole load of other things I don't understand. I do know we've got scaled-down doubles as well as stunt doubles. We've got a movement guy who was with Cirque du Soleil, training us in dwarf movement. We're going out to the valleys three or four times a week to ride horses. At 46, to be in such an adventure is great."