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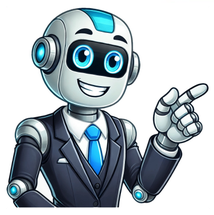

There are several therapies available for the treatment of this condition, with 5-alpha reductase inhibitors and minoxidil most commonly used. Other current treatment options include laser therapy, scalp microneedling, hair mesotherapy, and hair transplantation. “One natural treatment option for androgenic alopecia for men and women is injections of platelet-rich plasma (PRP). This is a therapy that involves injecting one’s blood back into the scalp to stimulate hair growth and help prevent further hair loss,” Evans says. Androgenic alopecia can be caused by a variety of factors tied to the actions of hormones, including some ovarian cysts, taking high androgen index birth control pills, pregnancy, and menopause. No, there is no cure for androgenetic alopecia. However, the progression of this condition in both men and women tends to be very slow, spanning several years to decades. The primary culprit is dihydrotestosterone (DHT), which comes from testosterone. DHT attacks your hair follicles, causing your hair to fall out and stop growing. Men typically have more testosterone than women, which may explain why baldness is more common among men. Alopecia Treatments That Work Carrots. Carrots contain beta-carotene that converts to vitamin A and biotin, both of which promote hair growth. Salmon. Salmon contains Vitamin D, which stimulates hair follicles. Salmon also contains omega-3 fatty acids that lubricate the scalp. Oysters. Oysters are high in zinc. There is currently no cure for alopecia areata, although there are some forms of treatment that can be suggested by doctors to help hair re-grow more quickly. The most common form of alopecia areata treatment is the use of corticosteroids, powerful anti-inflammatory drugs that can suppress the immune system. The currently preferred treatment for androgenetic alopecia is topically administered 2 percent minoxidil. 6,8,9 Minoxidil appears to affect the hair follicle in three ways: it increases the length of time follicles spend in anagen, it “wakes up” follicles that are in catagen, and it enlarges the actual follicles. Currently, there’s no cure for male pattern baldness. However, medications like finasteride and minoxidil can help you keep the hair you have and, in some cases, potentially regrow some of the hair you’ve lost due to male pattern baldness. One very good medication to reactivate dormant hair follicles is minoxidil. Applied regularly to the scalp, minoxidil can re-grow hair that has completely stopped growing. In its turn, papilla provides the blood supply that the hair follicle needs to promote hair growth. Hair growth. Hair growth cycle. … Stimulate natural hair growth. … Massage your scalp. … Get frequent trims. … Avoid chemical treatments. … Brush your hair. … Be careful with wet hair. … Silk pillowcases. The reality is that they may very well have naturally fine hair, to begin with, but that their fine hair has become even thinner over time. The good news is that even fine-textured hair can become thick and voluminous with the right approach to hair health and hair growth. How to reduce DHT Finasteride (Proscar, Propecia) is an oral, prescription-only medication. … Biotin, or vitamin H, is a natural B vitamin that helps turn some of the food and liquids you consume into energy your body can use. Pygeum is an herb that’s extracted from the bark of the African cherry tree. The 5 Best Vitamins for Hair Loss Prevention, Based on Research Biotin. Biotin (vitamin B7) is important for cells inside your body. … Iron. Red blood cells need iron to carry oxygen. … Vitamin C. Vitamin C is essential for your gut to absorb iron. … Vitamin D. You might already know that vitamin D is important for bones. … Zinc. Can I Prevent Pattern Alopecia from Getting Worse? Avoid Unnecessary Hair or Scalp Trauma. This is one of the simplest ways to manage your alopecia and mitigate hair loss. … Try to Reduce Stress. Unfortunately, stress can be a big factor in hair loss. … Invest in Corticosteroid Treatment. … Analyze Your Diet. When added to the hair and scalp, onion juice can provide extra sulfur to support strong and thick hair, thus preventing hair loss and promoting hair growth. … Applying onion juice to the hair and scalp could increase blood supply to hair follicles, which in turn improves hair growth. Home remedies for hair growth include: Scalp massage. This encourages blood flow to the scalp and may also improve hair’s thickness. Aloe vera. Aloe vera can condition the scalp and hair. … Rosemary oil. This oil can stimulate new hair growth, especially when in the case of alopecia. Geranium oil. … Biotin. … Saw palmetto. What can I do to manage my alopecia? Avoid hair and scalp trauma. Use a soft-bristled hair brush and wide-toothed comb to protect your scalp from damage. Avoid the overuse of chemicals on your hair. … Eat healthy foods. Hair loss can be caused by poor nutrition. … Reduce stress. Try to get enough sleep and daily exercise. Let’s look at five of the best types of food for hair loss. Fatty Fish. Some types of fish that have essential fatty acids, including omega-3s, and vitamin D are: … Eggs. Eggs are like nature’s multivitamin because they contain a variety of vitamins, minerals, and nutrients. … Leafy Greens. … Fruit. … Nuts and Seeds. Male-pattern hair loss (androgenetic alopecia) is a genetic condition with no known cure. In the past there have been no legitimate treatment options, but now, with the introduction of Rogaine (minoxidil) and Propecia, there’s some hope. The following are three signs of high DHT in men. Acne Is a Symptom of High DHT. A Receding Hairline Is a Symptom of High DHT. Hair Loss at the Temples and on the Crown Are Symptoms of High DHT. Hair normally grows in cycles of 2 to 6 years. In people who have AGA, these cycles are shortened to 6 to 8 months. Over time, hairs become miniaturized and progressively thinner, finer and shorter. Clinically, this process presents as thinning of the scalp hair, commonly referred to as balding. Yes, high levels of stress are linked to an increase in androgens and increased secretion of DHT (Dihydrotestosterone), a chemical known to induce hair loss. Hair thinning, balding and abnormal hair loss in women is called female pattern hair loss, androgenetic alopecia or hormonal hair loss. This is due to fact that excess male hormones or androgens in women can affect the health and normal growth of hair. Androgenetic Alopecia is fairly commonly observed in PCOS hair loss. In addition, women may also notice hair thinning, loss and balding in their 50s or 60s or around menopause. It usually is a sign of hormonal shifts and natural aging process. “I just don’t know what to do anymore! Every morning, I wake up and find more of my hair on the pillow.” “My hair has become so thin that my scalp is clearly visible through the fine lines of my leftover hairline. I feel embarrassed and always trying to hide my hair under a scarf or cap”. “I’m afraid to comb my hair, because each time I do, I feel like I lose half my hair.” “I can’t even wash my hair these days because it just clogs up the drain!” “I need to reverse this hair loss!” These are some of the most common concerns that we hear from our patients. Yet, these are not the stories of a hair fall that is “normal”. Such extensive hair loss in women is extremely damaging to her self esteem and mental wellness. The anxiety and stress that results due to concerns of looks further aggravate her existing hormonal imbalances. This post is dedicated to all those women, who are struggling with constant hair thinning, hair loss and balding. We will dig deeper into the root cause of a androgenetic alopecia and Hair Loss in women. Also, we will go through Ayurvedic natural solutions, diet and herbs to support hair health. Let’s get started! Thinning, balding and loss of hair is called alopecia. When it is related to hormone imbalance and genetics, it is known as androgenetic alopecia. Alopecia Totalis is total or complete balding. Men are 3 times more likely to observe androgenetic alopecia than women. Usually for men, the hair loss starts from the temple and takes a typical “M” shape at the center of the head, leading into a receding hairline. Also, the extent of hair loss and balding in men is observed in wider areas of the head. That’s why hair loss in men is often termed as male pattern hair loss or balding. The type and intensity of hair loss that women go through due to androgenetic alopecia is termed as Female Pattern Hair Loss (FPHL). Androgenetic alopecia in women doesn’t usually result in receding hairline but there are of course exceptions. Usually FPHL causes extensive hair thinning and hair loss, specially at the center of the head and around the central parting. FPHL is Internationally measured on Ludwig scale as shown below. Ludwig Scale of Female Pattern Hair Loss (Source: Harvard Health) Stage 1: Low level thinning and hair loss. This can usually be hidden with hair styling. Stage 2: Moderate level loss of hair and thinning. The scalp is starting to become visible. Stage 3: Significant hair thinning and loss. Balding is evident on major frontal portion, top and on the sides The excess circulating androgens, specifically dihydrotestosterone (DHT), affect the hair follicles causing miniaturization of the hair. As a result, thicker, pigmented, longer-lived “terminal” hairs are replaced by shorter, thinner, non-pigmented hairs called “vellus.” This means that the hair that grows back in each cycle is thinner. Thus, the affected hair strands grow back thinner with each cycle till they no longer grow back leaving areas devoid of hair. Generally, it starts with you shedding some hair, and then it gets worse. Then the crown of your head starts to become more visible as hair loss continues and it gets worse and worse. You may observe one or all of the hair loss symptoms: Hair loss in the front portion and or the sides Hair thinning and loss from the parting, thus revealing your scalp significantly Receding of hairline above the temples, thus making your forehead look out of proportion Female Pattern Hair Loss is of the most common hair health complaints of women struggling with PCOS, Menopause symptoms and severe hormone imbalance. It has been observed that hair thinning and baldness greatly affects 75% of women post menopause, primarily in the age group of more than 65 years old. Here’s what happens: Women with PCOS have much higher levels of androgens circulating in their blood. This is actually one of the triggers of polycytic ovaries in the first place. Now, the androgens are present in female body in 2 forms: Testosterone and DHEA. PCOS Women, who struggle with female pattern hair loss tend to convert testosterone into DHT at a higher rate than others. And/Or her hair follicles are more sensitive to DHT due to genetic predisposition. As we saw above, DHT can cause significant thinning, shorterning and loss of pigmentation of the hair. That’s why some women with PCOS tend to lose excess hair as one of the health symptoms. During perimenopause (from your early 40s to late 40s), the production of female hormones estrogen and progesterone significantly goes down. Now, both of these hormones are essential for hair growth, hair thickness and their life cycle (meaning how long it stays on your head). When they go down, what happens is that: You grow less hair Your existing hair falls of faster And your hair becomes thin That’s why one often struggles with hair loss in menopause. Usually, hair falls out at a rate of 50-100 strands daily, which is normal. During pregnancy however, hormones keep hair in the telogen stage of hair growth, and hair cannot fall out at all. As a result, the hair seems fuller. At childbirth however, as the hormone composition of the body reverts back to pre pregnancy levels, the hair that has been kept from falling now begin to fall out in clumps. So, if you’re experiencing hair loss right after a childbirth, you need not worry much but take care of your nutrition and stress levels in specific. If there’s no other underlying cause as hormone imbalance, it will stop eventually, and revert back to the 50-100 strands a day. Balanced nutrition consisting of proteins, vitamins and minerals is required to maintain the hair follicle cycle. These nutrients participate in hair growth and development as enzyme co factors, hormones, antioxidants, and immunomodulators. The right nutrients in the right proportions is essential. This is another reason it is essential to maintain a balanced diet. That’s why it is important that you taken in a nutrient dense diet to support and nurture hair follicles, which in turn will be reflected in hair volume. Some of the common nutritional deficiencies that directly affect hair growth are: Proteins Minerals: Zinc, Iron, Selenium and Calcium Vitamins: Vitamin D, C and E and B Vitamins that include Biotin (B7) and Choline (B4) If too many chemicals are lathered onto the hair in the form of shampoos, relaxers, perms, etc, it begins to damage the hair. These chemicals also irritate the scalp and create imbalance in the follicles. Using natural products as shampoo, conditioner and hair mask is recommended any day to avoid this. When your hair is worn too tight, it irritates the scalp and in the long run it can also damage the follicles. Also, for a person that is into the habit of pulling out their hair, the follicles will be injured. They might not grow out another hair. If that happens, there’s the chance that the new strand of hair will be thinner and finer, leading to hair thinning. The hair can also be gray when it grows back. Sometimes, hair loss is hereditary. Someone who is losing hair might have a close relative as an aunt, grand parent or sister or even mother who also struggled with androgenetic alopecia. Poor circulation of blood to the follicles. If there isn’t enough blood circulation to the scalp, then it leads to scalp dryness and starvation of the hair follicles. This further affects the hair growth cycle and may lead to hair loss. Inflammation that affects the scalp. It can also lead to hair loss, such as seborrhea, eczema, psoriasis, etc. Uncontrolled stress, anxiety, depression and disorders that affect your mental health. Eating disorders, which eventually cause nutritional deficiencies and hormone imbalance symptoms in women. Medications that disrupt the hair growth cycle. In modern medicine, there is no proper treatment for androgenetic alopecia. Based on your discussion with your doctor and your choice of treatment, you may be advised to apply or ingest steroid based medications as intralesional corticosteroids and systemic corticosteroids. These medications artificially suppress the excessive androgens. Or you could take other medications as may Minoxidil and Dithranol. Additionally, there are some cosmetic treatment options as described below. However each of them has a lot of side effects like obesity, hypertension and skin thinning. Also, since these medications do not remove the cause, it often results into return of hair loss in women after she stops the treatment. Hair transplant involves removing follicles from the healthy parts of the scalp where there is enough hair, and implanting them in the bald region. The issue here however is that balding usually occurs throughout the scalp, and there might not be enough donor follicles. Aside, it is expensive and causes scarring of your scalp. Also, the certainty of its efficiency varies widely among individuals. It works well in some, while it doesn’t in others. Laser uses focused high intensity light on the scalp to stimulate circulation. It’s an approved drug for treating balding. It takes long before you start seeing results. If you stop using it however, before long, you will find that your hair is falling out again, going back to the way it was. That means you would have to use it for the rest of your life for it to remain effective. The problem with Minoxidil is that it costs an arm and a leg, and still it turns out to be an undesirable liability. Rogain can also cause the undesirable effect of unwanted facial hair growth and progression of hirsutism in some women. The use of wigs is purely cosmetic, whether partial or full wigs, and they can quickly hide those patches. Hair loss in women due to Androgenetic Alopecia can be compared with “Khalitya” in Ayurveda. It is commonly observed as a sign of hormone imbalance like in PCOS and due to aging like in menopause. This is because, as we age, the vata dosha becomes dominant. It is the primary dosha, which regulates circulation and growth of the hair follicles. Thus, if one struggles with vata imbalance as a result of aging or hormone imbalances, then it leads to drying of the scalp. This drying leaves the hair follicles exposed and vulnerable. Eventually, they can get damaged. When this happens, it is only a matter of time that hair begins to fall out. Aside this, pitta dosha imbalance can also cause inflammation to the scalp from inside. This acts in the form of hormone imbalance, which directly affect the hair follicles. Additionally, if kapha imbalance is also there, then it can reduce circulation to the follicles. Also, it can clog up the hair follicles. This usually results into further aggravation of vata (dryness) and pitta (inflammation) of the scalp. As a result, the hair follicles can get destroyed permanently, leading to extensive hair loss, which becomes irreversible. Thus, all of the three dosha have a role to play in hair loss observed in androgenetic alopecia. Ayurveda offers a holistic approach to cure hair loss in Menopause, PCOS and in Androgenetic Alopecia. Ayurvedic treatment for hair loss includes practicing hair healthy diet, lifestyle, yoga, and physical therapies. The sole focus of Ayurveda is directed towards improving your hair health and volume by treating the root causes of hair loss and health symptoms that are specific to you. Thus, Ayurveda not only helps to treat the hair loss without any side effects (unlike modern medicine), but it also helps you to resolve other health symptoms that are you are struggling with as a result of high androgens and hormone imbalances. Here is a list of Ayurvedic herbs and therapies with benefits and directions of use. Each of them alone is capable of improving your hair health significantly. You can also apply them in combination or as directed by your Ayurvedic Doctor. It is very useful and precious herb for growing and thickening the hair. Bringhraj (false daisy) soothes the scalp, strenghtens and nourishes the hair follicles and the hair itself. It also treats the dry and damaged scalp. As an added bonus, it reduces cortisol levels. Thus, it relieves stress and improves mood. You can make bhringraj oil from the dried leaves by heating them with coconut oil for ten minutes. When ready to use, apply it to scalp and leave it for half an hour so it can be absorbed and then wash it away. Another benefit of Bringhraj oil is that it is useful for treating various other problems associated with skin and hair also. Amla is loaded with vitamin C. This vitamin does the hair loads of good. It strengthens the hair and removes dandruff. Amla oil when massaged into the scalp helps to boosts blood circulation. This leads to an increased supply of nutrients to the follicles, and to the hair in turn. It also takes care of dandruff, balances pH, and performs antioxidant function due to its richness in vitamin C. Alternatively, you can take amla juice in the morning for your health as a whole. It takes care of a variety of hair problems including hair loss, bristle hair, dried scalp/hair, dandruff. As a bonus, it relieves stress and clears the mind. Massage the scalp with brahmi oil and see the wonderful results. An application of onion juice to the scalp was demonstrated (in a research study) to significantly improve hair growth within 8 weeks of application in 87% of the people. The sulfur compounds present in onion help to pacify vata and kapha dosha simultaneously. It also helps to clear up the blocked channels of the scalp and of follicles. This involves inserting pure oils (sesame oil or coconut oil) or medicated oils to both the nostrils. You can add 1 drop to each of the nostril before you sleep in the night or after waking up. Nasya lubricates the nasal pathways, removes dryness and soothes the nervous system. It prevents hair fall and accelerates hair growth. Also, nasya is highly beneficial to prevent nasal blockade and problems of sinusitis. According to Acharya Sushruta, the hair and head should not be washed with hot or very cold water. That could lead to a consequent reduction in the strength of the hair and eyes. To keep your scalp clean and fresh, you should wash your hair once or twice a week with shampoo. It should be mild and free of chemicals. You can also add these herbs that promote hair health to your shampoo: jatamansi triphala aloe vera fenugreek seeds brahmi shikakai Ayurvedic lifestyle guidelines include adopting a healthy daily routine that will support your hormone balance, regular digestion and thus growth of healthy hair tissues. Good sleep for sufficient hours is a necessary element to balance the dosha, hormones and keep your digestiv fire intact. When you lack sleep, it increases stress levels , slows down your digestive fire and leads to build up of toxins (inflammation) in the body. This further aggravates the problem of hormone imbalance and poor circulation. It also reduces your levels of Melatonin and Growth hormones, essential for hair health. Thus, always make sure that you follow Ayurvedic guidelines to better sleep and improve your sleep quality. Do not pluck at your hair. Minimise the use of hair dyes, hairdryer and curling. Use hair masks that rich in essential oils. Avoid wearing hairstyles that strain your scalp with tight braids or ponytails. Regularly massage the hair and scalp to improve circulation. Avoid harsh chemical products. It is advisable, in fact, best, to stick to natural products alone. Use natural shampoos, i.e. shampoos made from natural products. For cosmetic purposes (i.e, while you are taking the other measures to regrow your hair), you can wear your hair in a body wave to make your hair appear thicker and hide the patches or make other hairstyle that can achieve similar results. Stress, tension and anxiety are the primary causes and symptoms of high androgen build up and hormone imbalance that triggers androgenetic alopecia. That’s why you should practice relaxation techniques and regular meditation to reduce your stress levels. This will help to treat the hair loss and hair fall at the root cause. Regular exercise (not excess) has immense health benefits for hormone balance and to strenghten the “Asthi dhatu” or the bone tissues. It stimulates growth of healthy hair and prevents hair loss. Exercise also helps you to balance your hormones naturally and improve circulation through out your body. Conduct relaxing physical activities such as walk, yoga and strength building activities that will help you to tone up your muscles and increase the bone density. All of this will have really positive effects for your hair health. The strength of our digestive fire controls the availability of nutrients to our body tissues, including the hair. That’s why, the health of your hair begins with the nutrients in your food and your body’s ability to make those nutrients available to your hair tissues. Here are the guiding principles of a nourishing diet that will help you to address the nutritional deficiencies and hormone imbalances. Your diet should pacify vata and pitta dosha to provide nutrition and moisture to your follicles. It should be anti-inflammatory in nature to prevent and reduce the existing inflammation in the body. The foods you eat should help you to naturally detoxify (bust the Kapha imbalance) and hence clear up the blockade in the follicles. You should also focus on circulation promoting foods that will help the nutrients in your food reach your hair follicles. Include foods that will help you to reduce the androgens and naturally balance your hormones. Take a balanced diet with sufficient proteins to build up your hair cuticles. Indulge in gourds and squashes as cucumbers and pumpkin. They are abundant in vitamins A, C and E, Minerals and Antioxidants to nourish the hair. They also pacify the vata and pitta dosha. Green leafy vegetables are dense sources of required minerals as iron, calcium, zinc and copper that support the growth of hair follicles and stimulate blood circulation. They also help to reduce excess androgens. Eat vegetables and fruits that help to balance hormones and reduce excess androgens. Some examples are: Apricots, green banana, cherry, coconut, kiwi, lemon, carrots, green beans, leeks, spinach, oats, quinoa and rice. Oils to prefer are Ghee, Olive Oil, and Coconut Oil. Prefer Astringent and Bitter tasting vegetables, fruits, and grains. Do not hold off hunger or delay your meals. Always eat on the same time every day. Avoid or take in moderation animal products like meat, dairy and eggs. Prefer cooling and normal temperature beverages such as coconut water, still water, and herbal teas. Consume foods that promote your digestive fire and help you to reduce inflammation. Some examples are: apple, berries, mangoes, oranges, avocados, asparagus, zucchini, cucumber, cabbage, celery, garlic, onions, sprouts, barley, oats and wheat. Drink a lot of water to keep yourself hydrated at all times. Take salads in moderation during lunch time or morning, but avoid salads in evening. According to Ayurveda heavy to digest and excessively spicy, sour, sweet and salty foods can disturb your body’s balance. Hence, whole foods that are well cooked with cooling herbs and spices be consumed. Additionally, you should avoid processed foods and all the stimulants that create toxins in the body. Here’s a list of foods and dietary habits that you should avoid: Eliminate foods with a hot potency and hot temperature such as chili and cayenne pepper. Reduce your intake of non-veg foods, especially red meat or foods that are high on fat. Lower your intake of foods that have a high glycemic index. Avoid excess salt, chilies, spices, sour foods, and pickles. Reduce the use of caffeine, stimulants, refined sugar, and cold drinks. Stop consuming junk food, and carbonated drinks. Avoid untimely meals, multiple meals, late night foods, and snacks. Stop the consumption of processed foods and packaged foods. Remove and avoid smoking, alcohol and nicotine. Pranayama acts like as panacea and quite beneficial for hair care and in curing of baldness. It also helps in stopping of hair fall. Here are some highly effective breathing exercises to prevent PCOS hair loss in women and that in Androgenetic Alopecia. Kapalabhati Pranayama or the Head Shining Breath: It energizes the mind and clears the frontal lobe of the brain by speeding up the blood flow to the brain. Anuloma viloma or Alternative Nostril Breathing technique: It refreshes your entire body organ, especially the brain part and helps in the strengthening the hair and the hair follicles. Sheetali Pranayama or Cooling Breath: It is highly effective to pacify pitta dosha and to reduce excess heat in your body. Regular practice of Sheetali also helps to promote the digestive strength. Essential oils derived from plants and herbs carry antioxidants and micro nutrients that relax the mind, boost circulation and hence clear up the blocked channels. Aromatherapy can be conducted by steaming or by direct massage on the hair. Do make sure that the essential oils are diluted sufficiently as in concentrated form, they can irritate and inflame the scalp, thus creating more problems. For massage, use jojoba, almond, grape seed, coconut or sesame oils as the carrier. And for steaming, just add a few drops in the water along with other herbs and essential oils. Here’s a list of oils that are beneficial for pcos hair loss in women and for androgenetic alopecia: Rosemary oil Cedarwood Lavender Thyme Regular practice of yoga supports natural hormone balance and helps to support the growth of “Asthi dhatu”. Thus, yoga not only increases your fitness levels but also protects your hair and makes them internally stronger. Yoga supports the growth of healthy hair as it increases blood circulation to the head and the scalp region. Here are some yoga poses that you should practice to prevent hair loss due to androgenetic alopecia. Vajrasana – the thunderbolt pose is useful to calm you mind and tone up your digestive system. It supports regular bowel movement and natural detoxification of the body. This reduces the problem of excess hormones in the form of androgens. Shirsasana – the headstand pose enhances blood circulation to the scalp, stimulates the blocked channels in hair follicles and promotes growth of healthy hair. Sarvangasana – Shoulder stand pose is quite effective in increasing blood supply to the scalp region, thus improving the supply of nutrients to the hair follicles. Bhujangasana – the cobra pose improves blood circulation in vertebral column. Thus, it supports nervous system health. This in turn helps to reduce your stress levels, calm your mind and tone up your endocrine glands. Some other yoga poses that are also useful in reducing of hair fall, hair loss and baldness are: Shashank asana (the pose of the moon) Ushtrasana (the camel pose) Pawanmuktasana (the knee to chest pose) Uttanasana (Bending straight forward pose) Sasangasana (Rabbit Pose) Ayurvedic treatment is not based on testing your willpower but it nurtures you to develop “self love” and switch on your body’s natural healing mechanism with the right diet and lifestyle. Also, do note that hair loss due to hormone imbalance is progressive in nature if you do not treat the underlying cause. But, you can prevent it by pursuing a Healthy Diet and Lifestyle. Act Early to Prevent Health Issues Later! Now we want to hear from you. Do write to us for any queries and feedback. If you have tried any of the above natural approaches for hair loss, then do share your experience with us. We will get back to you the soonest. Wishing you vibrant health! References Yes, PCOS hair loss due to androgenetic alopecia can be reversed if the hair follicles are still in a good state. In this case, it is a matter of rebalancing the hormones, promoting the circulation in the scalp and body and also addressing the root causes of your specific PCOS hair loss symptoms. Along with hair loss some women also struggle with extensive dandruff patches, dry and frizzy hair, split ends and really brittle hair. All of these problems can be addressed by improving your hormone balance and also by taking in a nourishing diet that supports healthy hair growth. However, if you have lost the hair follicles, then it is really hard to reverse the hair loss. You will need to protect your hair and prevent further hair loss. 242 Androgenetic alopecia, commonly known as male-pattern baldness in men and female-pattern baldness in women, is the most prevalent form of hair loss. It affects millions worldwide, prompting significant interest in understanding whether hair can grow back once this condition sets in. This article delves into the causes of androgenetic alopecia, current treatment options, and the potential for hair regrowth, providing a comprehensive overview for those seeking answers. What is Androgenetic Alopecia? Androgenetic alopecia is a genetic condition influenced by androgens, particularly dihydrotestosterone (DHT), which leads to hair follicle miniaturization. This results in shorter, finer hair strands and ultimately, the cessation of hair growth in the affected areas. The condition typically follows a recognizable pattern: a receding hairline and crown thinning in men, and diffuse thinning on the crown with preserved frontal hairline in women.Genetic Factors The genetic basis of androgenetic alopecia involves multiple genes, with significant contributions from the androgen receptor (AR) gene. Variations in this gene can increase sensitivity to DHT, accelerating hair follicle miniaturization. Family history plays a crucial role, with individuals having a higher risk if close relatives also experience the condition.Hormonal Influences DHT, a derivative of testosterone, binds to androgen receptors in hair follicles, leading to their shrinkage and the shortened anagen (growth) phase. This hormonal influence explains why androgenetic alopecia typically begins after puberty, when androgen levels increase.Can Hair Regrow in Androgenetic Alopecia? The potential for hair regrowth in androgenetic alopecia depends on several factors, including the severity and duration of hair loss, individual response to treatments, and the overall health of hair follicles. While complete reversal is challenging, several treatment options can promote regrowth and slow progression.Medical Treatments Minoxidil Minoxidil is a topical treatment approved by the FDA for androgenetic alopecia. It is available in 2% and 5% formulations and works by prolonging the anagen phase and enlarging miniaturized follicles. Clinical studies show that consistent use of minoxidil can stimulate hair regrowth and slow further loss, especially in early to moderate cases. Finasteride Finasteride, an oral medication, inhibits the enzyme 5-alpha-reductase, which converts testosterone to DHT. By reducing DHT levels, finasteride can slow hair loss and promote regrowth in many men. However, its use in women is limited due to potential side effects and teratogenic risks. Dutasteride Dutasteride, like finasteride, is a 5-alpha-reductase inhibitor but is more potent, blocking both type I and type II isoenzymes. It has shown promise in treating androgenetic alopecia, particularly in men who do not respond to finasteride. However, its use is not universally approved for hair loss treatment, and its safety profile needs careful consideration. Non-Medical Treatments Low-Level Laser Therapy (LLLT) LLLT involves using red or near-infrared light to stimulate hair follicles, enhancing cellular activity and promoting regrowth. Studies have demonstrated its efficacy in improving hair density and thickness, making it a viable option for those seeking non-pharmacological treatments. Platelet-Rich Plasma (PRP) Therapy PRP therapy uses the patient’s own blood, processed to concentrate platelets, which are then injected into the scalp. Platelets contain growth factors that can stimulate hair follicles and promote regrowth. PRP has shown promising results in clinical studies, though the extent of its efficacy can vary among individuals. Microneedling Microneedling involves creating tiny punctures in the scalp using fine needles, which can stimulate collagen production and enhance the absorption of topical treatments like minoxidil. This procedure has gained popularity for its potential to improve hair density and thickness. Surgical Options Hair Transplantation Hair transplantation involves moving hair follicles from areas of the scalp with dense hair (donor sites) to bald or thinning areas (recipient sites). Techniques like Follicular Unit Transplantation (FUT) and Follicular Unit Extraction (FUE) have advanced significantly, providing natural-looking results. While effective, hair transplantation is invasive and costly, making it a considerable option. Lifestyle and Dietary Considerations A healthy lifestyle can support hair health and complement medical treatments. Key factors include: Nutrition A balanced diet rich in vitamins and minerals supports hair health. Key nutrients include: Biotin: Promotes keratin production, essential for hair growth. Iron: Prevents hair thinning associated with iron-deficiency anemia. Vitamin D: Linked to hair follicle cycling. Zinc: Vital for hair tissue growth and repair. Omega-3 Fatty Acids: Support scalp health and reduce inflammation. Stress Management Chronic stress can exacerbate hair loss. Techniques such as mindfulness, yoga, and regular physical activity can reduce stress levels and support overall well-being. Advances in Hair Regrowth Research Ongoing research aims to uncover new treatments and improve existing ones for androgenetic alopecia. Key areas of focus include: Stem Cell Therapy Stem cell therapy holds potential for regenerating hair follicles. Research involves using stem cells to create new hair follicles or stimulate existing ones. While still in experimental stages, initial results are promising. Gene Therapy Gene therapy aims to address the genetic basis of androgenetic alopecia by modifying or silencing specific genes involved in hair follicle miniaturization. Though largely theoretical, advances in gene-editing technologies like CRISPR offer hope for future treatments. Hair Cloning Hair cloning involves replicating hair follicle cells and implanting them into the scalp to regenerate hair growth. This technique is still in development, but successful hair cloning could revolutionize the treatment of androgenetic alopecia. Psychological Impact and Support Hair loss can significantly impact self-esteem and quality of life. Understanding the psychological effects and seeking support can help individuals cope with the condition. Counseling and Support Groups Therapeutic support can provide emotional relief and coping strategies. Support groups offer a platform to share experiences and gain encouragement from others facing similar challenges. Cosmetic Solutions For those seeking immediate aesthetic improvements, cosmetic solutions like wigs, hairpieces, and scalp micropigmentation can provide confidence and improve appearance. Conclusion While androgenetic alopecia presents a significant challenge, advances in medical and non-medical treatments offer hope for those seeking to regrow hair and manage hair loss. Understanding the condition, exploring available treatments, and maintaining a healthy lifestyle can optimize outcomes. Ongoing research promises future innovations, potentially transforming the landscape of hair loss treatment. For those affected by androgenetic alopecia, staying informed and seeking professional guidance are key steps toward achieving the best possible results. FAQs How does androgenetic alopecia affect mental health? Hair loss can significantly impact self-esteem and quality of life. Seeking psychological support, counseling, and joining support groups can help individuals cope with the emotional effects of androgenetic alopecia. What are some cosmetic solutions for hair loss? Cosmetic solutions include wigs, hairpieces, and scalp micropigmentation, which can provide immediate improvements in appearance and boost confidence. Is there a permanent cure for androgenetic alopecia? Currently, there is no permanent cure for androgenetic alopecia. However, various treatments can manage the condition, promote hair regrowth, and improve hair density. Can women use the same treatments as men for androgenetic alopecia? Some treatments, like minoxidil, are suitable for both men and women. However, medications like finasteride are primarily prescribed for men due to potential side effects and risks in women, especially those of childbearing age. Androgenetic AlopeciaFUEFUThair transplant Woman with thinning hair before and after hair regrowth. Female pattern baldness set with skin cross-section diagram. Treatment result in top view. Alopecia infographics vector template for clinics.Hair loss happens to more people than you might think. With so many ways to hide the effects, however, you can feel like you are one of the only ones.One of the first things your hair loss might have you wondering is if you can do something to fix it. As human beings, we rarely just accept things without trying to do something about them. This character is especially true when it comes to something as important as our hair, which greatly affects our appearance.Unfortunately, not every case of hair loss is something that can be reversed. You may be surprised at how many causes of hair loss can, however. Though it will depend some on a variety of factors, we are about to go over the different causes of hair loss and whether or not you can regrow your hair after dealing with each one.What is Hair Loss?As mentioned, hair loss is common enough, with many different causes. What I feel it is necessary to note here is mainly that the hairs you lose every day are normal. Hair falls out as a natural part of the follicle’s phases, and it usually grows back all on its own.Since no intervention is needed here, this is technically hair shedding, which is different from hair loss. Severe shedding can be caused by stress and other things as well. This still counts as shedding in most cases, though, as the hair often regrows on its own without assistance.However, in some cases, hair that is shed doesn’t regrow. Or, at least, the follicles don’t make new hair come in when they should. This does qualify as hair loss. Unfortunately, it is almost impossible to know when hair falls out if it is going to come back in again or not.This is one reason why seeing extra hairs in your brush or drain is so worrisome. There is no certainty most of the time if it is just a little more shedding than usual or if your hair is not going to grow back.A dermatologist can sometimes do tests on your scalp to tell you the likelihood of your hair growing back on its own. They also should be able to tell you why your hair fell out in the first place. But neither of these test results is a 100% guarantee.So, since even the reasons for hair shedding can end up being a cause of hair loss as well, it is necessary to look at all of the common reasons for both. Some types of hair loss are reversible in some cases, but not in others, and so may fit in both categories.Types of Hair Loss That May Be ReversibleThis is the type of hair loss you are undoubtedly hoping that you have. You may be surprised just how many hair loss causes are perfectly treatable. Worth noting, however, is that the sooner you catch your hair loss, the easier and more likely you will succeed at reversing it to get your hair back.Androgenetic AlopeciaAndrogenetic alopecia is more commonly and widely known as male pattern hair loss, though it can affect women as well. It is hereditary, and it affects millions of people, with thousands across the globe being diagnosed with it every year.In men, pattern baldness can start at any stage in life, occasionally starting at as young as puberty. Fortunately, pattern baldness is so common that a lot of different treatments have been developed for it. Some of these scalp treatments are quite serious, but this is a serious condition more often than not.The simple ones include supplements that have DHT blocker ingredients as well as shampoos and conditioners. Slightly more intense, there are serums, creams, and foams that block DHT as well. As a step up from that, there are medications and other treatments that a doctor can prescribe.Then, microneedling, laser treatments, and almost any of the other things that you have heard of as a hair treatment can also help to a small degree as well. Essentially, anything that can be used to unclog your cells from the DHT can be used to help reverse your hair loss.Though it does take time for the DHT to be removed by your body out of your scalp, this is possible. After this is removed, your hair will often start growing again. Some extra nutrients and increased blood flow will help this even more. It also helps, in this case, to be a woman, as women are less affected by this.Telogen EffluviumTelogen effluvium is caused by your hair naturally reaching its resting phase without beginning the following growth phase. Sometimes the resting phase even begins much earlier for many of your hairs. This means a loss of 300 to 500 hairs a day instead of the usual 100.Far from being confined to one area, telogen effluvium happens all over the scalp, though it can be predominant at your crown and temples. This is why this type of hair loss is sometimes confused with a rapid onset of pattern baldness.However, instead of being hereditary, this type is caused by many different things. These range from thyroid problems to surgeries or illnesses. Mostly, anything that causes a great amount of stress on your body can cause this, including mental shock.The main way to get your hair to regrow after experiencing telogen effluvium is to recover from or remove whatever caused it. For example, thyroid problems can often be treated, illnesses can be recovered from, and an extra intake of vitamins can sometimes help.Dermatologists also have medications specifically to help with this type of hair loss. So, it can be reversed in most cases.Anagen EffluviumAnagen effluvium is worth only a small note. This is similar to the previous type of hair loss, but this one always comes on rapidly. Its most common cause is from intensive medical treatment, chemotherapy being the main one.Once the chemotherapy ends, your hair will usually start to slowly grow back. There are even medications you can ask for that are specifically for encouraging hair regrowth after such things. This will take months, but with proper care, during and after, you can get most, if not all, of your hair back.Tinea CapitisTinea capitis s the technical term for scalp ringworms. This name is slightly misleading, as scalp ringworm is actually a type of fungal infection of the scalp. It is more common in children, and causes hair to fall out in circular patches, hence the name.There is also often redness, a scaly look, and sometimes sores or blisters that ooze as well as a fever. There is medication for scalp ringworm, and the hair usually regrows after the infection has been dealt with. Children seem to regrow their hair faster than adults.Central Centrifugal Cicatricial AlopeciaCentral centrifugal cicatricial alopecia is caused by the frequent use of oils, gels, pomades, or the chemicals used to create perms. Also, using hair relaxers, blow dryers, curling irons, and hair extensions can eventually cause this as well.If you continue to the point of scarring, there is nothing that can be done. However, if you stop soon enough, you should be able to regrow your hair. Healing and soothing treatments can help with this.Related ReadingVegamour Side EffectsWhat Happens If You Stop Using Vegamour Hair Serum?Trichotillomania and Traction AlopeciaBoth of these have their similarities, which is why I am putting them both together here. The first is a medical condition. People with trichotillomania pull their hair out themselves as either a type of stress relief or self-harm.The other, traction alopecia, is where your hair is pulled out by too-tight hairstyles or something similar. In both cases, the hair loss is reversible as soon as the hair stops being pulled out. Though this is a different case if the hairs have been pulled often enough to cause the follicle to scar.Loose Anagen SyndromeThis syndrome is one that mostly affects young children. It occurs when hair is not firmly rooted in the follicle, making it pull out far too easily. Sometimes the hair falls out after it has reached a certain length, or it can fall out at any length just from light friction, such as laying their head on a pillow.The cause of loose anagen syndrome is not known, but it is more often found in girls. There are a few treatments for this syndrome, but it often resolves itself to some degree when puberty hits.Types of Hair Loss That May Not Be ReversibleSome of these hair loss causes that I already listed as reversible may not always be so. If you take too long to treat the hair loss, your case is too severe, or even if some unknown factor comes into play, you may not be able to grow your hair back.Androgenetic AlopeciaAndrogenetic alopecia, though there are many treatments available for it, is one of the most common types of hair loss that sometimes nothing really works for. There is very little that can be done to completely avoid it.There are cases when, no matter what you do, the baldness will only progress as the years go by. Some men go completely bald, or nearly so, after a while. What is perhaps worse is when the pattern baldness progresses rapidly.Men are more likely to have irreversible pattern baldness. It is also more likely to be irreversible if your job is a stressful one or one that puts you in frequent contact with harmful chemicals. Both of those factors take a toll on your hair on their own, but they certainly make pattern baldness worse.Telogen EffluviumSince telogen effluvium has so many possible triggers, in some of these cases, it probably won’t grow back. The more hair you lose because of it, and the longer this hair loss lasts, the more likely it is to be permanent.One of the hardest parts of this type of hair loss is figuring out the trigger of it. In some cases, the trigger is obvious, especially if you had a surgery. However, the fact that telogen effluvium only shows up about two to three months after the event that triggered it is what complicates things.In the case of thyroid imbalances, you have to first figure out that you even have a thyroid problem. If this is mild enough, you may have almost no other symptoms besides your thinner hair. Then, sometimes oral contraceptives can cause telogen effluvium as well, along with a few other medications.Are you really going to remember three months later that you started a new medication and think that your hair loss might be tied to that? The longer you take to discover the cause of your telogen effluvium, the less encouraging your prognosis will be.Fortunately, the cases where this is irreversible are rare, usually being tied to other medical problems. It also is more linked to occupations with high stress levels, where it can be impossible to remove the cause.Anagen EffluviumThough your hair can grow back after chemo, if you have extended treatments or relapses, there is a point where nothing is going to be able to make your hair grow back the way it was. You may end up with patches left of hair, but it is unlikely you will end up with a full head of it.Alopecia AreataAlopecia areata is one of many autoimmune conditions, and one you won’t see listed as one that can be reversed. It is where the immune system attacks your hair follicles, eventually killing them and preventing new hair from growing.Yes, sometimes you can regrow some of your hair back if you can successfully go into remission. However, that is only temporary and, whenever the condition flares back up again, it will instantly go back to attacking your hair.Alopecia areata can affect hair all over, including the eyebrows and eyelashes. It fairly often becomes alopecia totalis, which is complete hair loss.Discoid lupus erythematosus is quite similar, being an autoimmune disease that affects the skin. It can affect the ears, face, and scalp, causing scaring on all the above. When this scarring happens on your scalp, hair will no longer be able to grow in that area.Tinea CapitisThough you can get rid of the ringworms, as with other things, the longer you take before treating it, the less likely it will be for your hair to grow back fully. For whatever reason, adults that get it have a slightly harder time getting their hair back. If there is much scaring, however, even children will never be fully able to get their hair back in that spot.Cicatricial AlopeciaCicatricial alopecia is also called scarring alopecia in most cases. It is characterized by severe inflammation that both destroys hair follicles and causes scar tissue to form. This scar tissue is what makes sure that the hair can never regrow.Sometimes this type of alopecia comes on so slowly that you don’t notice it at first. You may instead think that it is some type of rash, as the itching and redness would imply. Cicatricial alopecia affects everyone of all ages, and there are various treatments to limit and stop it, but once your hair is gone, it is unlikely to come back.There are different causes of cicatricial alopecia, which are often referred to as their own unique hair loss conditions. Lichen planopilaris, for starters, is one skin condition that causes dry, flaky rashes, sometimes with redness. It causes hair to come out in clumps and affects more women than men.Folliculitis decalvans is similar, but with lesions or pustules instead of dryness. The scaring is still not reversible, but dermatologists do have medications to halt its progression.Dissecting cellulitis can affect various parts of the body, including the scalp. It causes pustules or lumps to form, which causes scarring. Frontal fibrosing alopecia causes loss of hair at your hairline and also your eyebrows and underarms, mostly affecting postmenopausal women.Both of these do have medications to help you manage the symptoms, but little more. The cause of the latter isn’t even fully known.HypotrichosisHypotrichosis is a very rare condition that some people are born with. In this case, very little hair grows on the scalp and body. Though the baby may start off with normal hair growth, most people who have this are completely bald by the age of 25, often in spite of medications to help.A Few Things To Try While each type of hair loss has its own methods of treatment, there are some general things you can do that should help any type of hair loss you might be suffering with. All of the types of hair loss that I just went over, even the irreversible ones, can still be helped a little.For starters, there are endless options for products that help your hair. These are pills, creams, shampoos, tools, and many other things that it would take too long to list. You can literally take your pick of what type of product is the most convenient for you to use.Then, there are hair treatments that are a little more in depth should you be looking for something more drastic. These are the things like microneedling, laser treatments, and medications.Also a big change, your diet can be a large factor in the way your hair grows or doesn’t grow. So, changing your diet to include more nutritious foods is certainly worth considering if you have the time and funds.Treatments To Reverse The Signs of Hair LossSometimes nothing can help truly reverse the hair loss itself. However, there are various things to reverse the signs of it in order to hide your hair loss. These don’t help your hair at all, but they can help you feel less self-conscious about your thinning hair.Makeup can hide quite a bit, if it is applied correctly. There are various powders and sprays that are specifically for your hair to be used to cover up thin areas. Some of these can even be used on beard hair as well.Hair transplant surgery, in some cases, can be exactly what you need to hide this. It is pretty expensive, though, and it is not suitable for everyone. You may not have enough healthy hair follicles for it, or you may still be losing hair.Hair tattoos are another good option, though a lesser-known one. This option requires you to keep your hair quite short, with the areas of your scalp where the hair doesn’t grow anymore being tattooed to look like hair stubble.Finally, though it is not the most comfortable thing, wigs of various sorts are available for you to wear. Wigs can make your head extremely hot at times, though, and they are not always the most natural-looking.ConclusionEven if you have one of the not-so-reversible types of hair loss, you shouldn’t immediately give up hope. At the very least, your goal should be to attempt to keep your hair loss from getting worse. This is why treatments are still important, even when they can’t help you regrow your hair.As you can see, catching any time of hair loss as early as possible is key to being able to reverse it. So, pay watch for the early signs of balding and to some things to watch out for.Above all, try to stay hopeful. Becoming stressed out about your hair falling out is only going to give your hair one more reason to fall out. Do what you can, and try not to worry too much about the rest. AGA hair loss, also known as androgenetic alopecia, is the most common cause of hair thinning in both men and women. At Kopelman Hair, we specialize in advanced diagnosis and personalized treatments to help patients understand, manage, and restore their hair. This guide explores what AGA hair loss is, its causes, and effective treatment options. Key Takeaways AGA hair loss, or androgenetic alopecia, is a genetic condition triggered by hormonal changes, most commonly affecting the crown and hairline in men and the crown in women. Early diagnosis using tools such as trichoscopy and hair pull tests helps determine the subtype and stage of AGA, guiding the selection of appropriate treatment. FDA-approved treatments, such as minoxidil and finasteride, can slow the progression and support regrowth, while hair transplants are suitable for patients with stable hair loss and a strong donor area. Lifestyle factors like scalp care, stress management, and nutrition play a supporting role in long-term hair preservation. Consulting a hair restoration specialist like Dr. Kopelman ensures a tailored approach that balances medical treatment with ongoing monitoring and emotional support. What Is AGA Hair Loss? AGA Hair Loss Meaning and Pattern AGA hair loss refers to androgenetic alopecia, a condition driven by both genetics and hormones. It causes gradual thinning of the hair in a specific and predictable pattern. In men, this usually begins at the temples and crown. In women, it typically appears as a widening of the area or overall thinning at the top of the scalp. The term “androgenetic alopecia AGA” combines the hormonal influence of androgens with hereditary hair loss tendencies. The condition progresses slowly, often unnoticed at first, but can lead to significant hair reduction over time if left untreated. Recognizing Subtypes of AGA Androgenetic alopecia does not present the same way in every patient. There are several clinical subtypes that influence how the condition progresses and responds to treatment. These variations are often seen during diagnosis and can affect management choices. Common AGA subtypes include: Female Pattern Hair Loss (FPHL): Diffuse thinning across the crown with preserved frontal hairline. Diffuse Unpatterned Alopecia (DUPA): Widespread thinning without a clear pattern; affects donor areas too. Frontal Fibrosing Alopecia (FFA): Hairline recession with inflammation, often seen in postmenopausal women. Understanding your specific pattern helps professionals like Dr. Kopelman create personalized treatment strategies. What Does AGA Hair Loss Look Like? Men typically notice a receding hairline or bald spot at the crown. Over time, these areas may merge, resulting in more extensive

baldness. This is known as the Norwood pattern and commonly referred to as male pattern baldness. Women, on the other hand, experience diffuse thinning on the crown, often classified using the Ludwig scale. Unlike other types of hair loss, AGA creates a consistent pattern that helps specialists like Dr. Kopelman diagnose the condition early. Miniaturization of hair follicles is a key visual clue—hairs grow back finer, shorter, and less pigmented. What Causes AGA Hair Loss? Genetic and Hormonal Triggers Understanding what causes androgenetic alopecia involves examining both genetic and hormonal factors. If one or both parents experienced hair loss, there's a strong chance it will be passed on. This hereditary hair loss is often triggered by the activity of hormones like dihydrotestosterone (DHT). A key element in AGA is the enzyme 5-alpha-reductase, which converts testosterone into DHT. DHT binds to receptors in hair follicles, causing them to shrink and shorten the hair growth cycle. Over time, this hormonal process leads to progressively thinner and shorter hairs. Targeting DHT through medical treatment helps slow this cycle and preserve existing follicles. Differences Between Androgenic and Other Hair Loss Androgenic alopecia differs from other types of hair loss in both cause and appearance. For example: Telogen effluvium causes sudden, diffuse shedding due to stress or illness. Alopecia areata leads to patchy hair loss triggered by an autoimmune reaction. Scarring alopecias destroy the follicle entirely and do not follow a pattern. Hair loss from androgenic alopecia develops gradually and follows a predictable pattern, unlike the abrupt shedding seen in telogen effluvium. Recognizing these differences is crucial for accurate diagnosis and selecting the appropriate treatment for genetic baldness. Recognizing AGA Symptoms and Patterns Early Stage Signs Early stage androgenetic alopecia may not be obvious. Men might notice a higher forehead or slower regrowth at the temples, while women may see more scalp visibility through their part. Hair may feel less dense or resilient when styling. In both cases, early diagnosis increases the chances of slowing the process. At Kopelman Hair, we use scalp imaging and progression tracking to catch subtle changes before they become severe. How AGA Progresses Over Time Without treatment, AGA follows a clear pattern. Men typically move from a receding hairline to full crown thinning. Women's thinning may stabilize or gradually worsen across the central scalp. In advanced stages, the follicles produce only fine vellus hairs or stop growing hair altogether. While the rate of progression varies from individual to individual, most patients experience noticeable changes within a few years. Catching this early allows for more effective intervention. How AGA Is Diagnosed Clinically AGA diagnosis begins with a thorough clinical exam and a discussion of personal and family history. Specialists assess the pattern, density, and rate of shedding to rule out other causes. At Kopelman Hair, early diagnosis plays a key role in developing an effective treatment plan. Diagnostic tools may include: Trichoscopy: A magnified scalp exam that reveals miniaturized hairs and peripilar signs. Hair Pull Test: A gentle pulling method to assess the severity of shedding. Scalp Biopsy: Used when diagnosis is unclear, especially in women with diffuse hair loss. These methods help confirm the diagnosis and tailor the treatment to your specific condition. Can AGA Hair Loss Be Reversed? What Influences Regrowth Outcomes AGA hair loss is progressive, but early intervention can improve outcomes. In many cases, it's possible to slow or partially reverse the process. Treatments work best on follicles that haven't completely shut down. Factors influencing regrowth include: Age and stage of hair loss Consistency with treatment Overall health and hormone levels Family history Some risk factors may increase the likelihood or speed of AGA progression. These include early onset of puberty, elevated androgen levels, and a strong family history on either side. Individuals with aggressive early-stage androgenetic alopecia may require a more intensive treatment plan. Identifying these risk factors allows for earlier, more targeted intervention. Treatment Options for AGA What Do Clinical Guidelines Recommend? Most treatment approaches for androgenetic alopecia are based on published dermatological standards. Organizations like the American Academy of Dermatology (AAD) and the International Society of Hair Restoration Surgery (ISHRS) regularly publish protocols for diagnosis and management. These guidelines support the use of FDA-approved medications like minoxidil and finasteride as first-line treatments. They also recommend early intervention to preserve follicles before they become inactive. At Kopelman Hair, we follow these best practices while adapting them to each patient's unique needs. Medications and Topicals The most common medical treatments for androgenetic alopecia are: Minoxidil (topical): Increases blood flow and stimulates follicles. Finasteride (oral): Blocks DHT to reduce follicle shrinkage. Both are FDA-approved and work best when started early. These medications aim to promote hair growth and are often used as part of a long-term strategy to maintain density. For patients looking for a non-surgical treatment for genetic hair loss, these options remain the first step before considering transplants or advanced therapies. Surgical and Transplant Solutions When medication isn't enough, hair restoration surgery is an effective option. Techniques include: At Kopelman Hair, Dr. Kopelman utilizes advanced microsurgical techniques to achieve natural-looking results. Transplants are most effective for those with stable hair loss and good donor hair density. Dr. Kopelman is a board-certified hair restoration surgeon with over 20 years of clinical experience, specializing in advanced transplant techniques and scalp preservation strategies. Emerging Therapies and Research In the United States and globally, new approaches are being explored through clinical trials. Some of these studies examine alternative treatments, including platelet-rich plasma (PRP), stem cell injections, and laser therapies. A recent study found that low-level laser therapy devices may improve hair density when used consistently. These innovations may benefit patients with male pattern hair loss who are seeking alternatives to medication or surgery. Managing AGA Long-Term Daily Habits for Hair Health While no lifestyle change can cure AGA, some habits support better outcomes: Use gentle, sulfate-free shampoos Avoid tight hairstyles and heat styling Reduce scalp inflammation through regular washing Eat a balanced diet with iron, protein, and biotin Consistency is key. Even small daily changes can preserve hair health over time. Real Experiences and What Works Many patients at Kopelman Hair report success combining medical and lifestyle strategies. While results vary, the most satisfied patients are those who: Start early Stick to their plan Check in regularly for progress evaluations If you're losing hair and unsure whether it's AGA or another condition, early consultation can make a significant difference. Restoring confidence and encouraging steady hair regrowth is often possible with consistent care and proper guidance. When to Seek Professional Help Signs You Should See a Specialist It's time to consult a specialist if you notice: Gradual thinning at the crown or temples Slower regrowth after shedding Family history of hair loss Visible scalp in strong lighting A dermatologist or hair restoration expert can confirm if you're in the early stage of androgenetic alopecia and help build a treatment strategy. Emotional Support and Coping Hair loss often affects confidence and emotional well-being. It's common to feel frustration or stress, especially when appearance changes rapidly. This experience affects both males and females and can impact personal and professional life. At Kopelman Hair, we understand these concerns. Addressing AGA isn't just about physical results—it's about helping you feel like yourself again. Treatment includes both medical and emotional support options tailored to your goals. Schedule a personalized consultation with Dr. Kopelman to explore the most effective treatment options for your hair restoration. Take the next step toward lasting results with expert care tailored to your needs. Skip over main navigation Menu For more information on how your data is stored and used, please see our privacy policy Registered Office Alopecia UKPO Box 341ShipleyBD18 9EH Facebook Twitter Instagram Alopecia UK is a registered charity number 1111304 and Scottish registered charity SC044702All content is © Alopecia UK 2018 15 Androgenetic alopecia, also known as male or female pattern baldness, is a common form of hair loss that affects both men and women. This condition is caused by a combination of genetic and hormonal factors and can result in thinning hair and baldness. In this article, we will explore whether hair can grow back with androgenetic alopecia and the available treatments for this condition. What is Androgenetic Alopecia? Androgenetic alopecia, also known as male or female pattern baldness, is a common form of hair loss that affects both men and women. It is caused by a combination of genetic and hormonal factors and can result in thinning hair and baldness. Androgenetic alopecia is more common in men, but it can also affect women. It is characterized by a progressive loss of hair from the scalp, typically starting with the hairline in men and the crown of the head in women. The condition is inherited from one or both parents and can be triggered by hormonal changes, such as those that occur during puberty, pregnancy, and menopause. While hair loss due to androgenetic alopecia is permanent, there are treatments available that can help to slow down or stop the progression of hair loss and even regrow hair in some cases. Patients should consult with a hair loss specialist to determine the best treatment plan for their individual needs and hair type. Causes of Androgenetic Alopecia Androgenetic alopecia is caused by a combination of genetic and hormonal factors. Here are some detailed explanations of the causes of androgenetic alopecia: Genetic Factors: Androgenetic alopecia is an inherited condition that is passed down from one or both parents. The condition is caused by a genetic predisposition to sensitivity to the hormone dihydrotestosterone (DHT), which is produced from testosterone in the scalp. DHT causes the hair follicles to shrink and eventually stop producing hair. Hormonal Factors: Hormonal changes can also trigger androgenetic alopecia. DHT is produced from testosterone in the scalp, and hormonal changes that increase the production of testosterone can lead to increased levels of DHT and hair loss. Hormonal changes that can trigger androgenetic alopecia include puberty, pregnancy, and menopause. Age: Androgenetic alopecia is more common in older adults, as the hair follicles become more sensitive to DHT with age. This can lead to a progressive loss of hair from the scalp over time. Medical Conditions: Certain medical conditions can also contribute to androgenetic alopecia. These conditions include thyroid disorders, autoimmune diseases, and scalp infections. Medications used to treat these conditions can also contribute to hair loss. Lifestyle Factors: Lifestyle factors such as stress, poor nutrition, and smoking can also contribute to androgenetic alopecia. Stress can increase the production of hormones that contribute to hair loss, while poor nutrition can lead to vitamin and mineral deficiencies that can affect hair growth. Smoking can also contribute to hair loss by reducing blood flow to the scalp. In conclusion, androgenetic alopecia is caused by a combination of genetic and hormonal factors, as well as age, medical conditions, and lifestyle factors. While the condition is inherited from one or both parents, hormonal changes and other factors can trigger and contribute to hair loss. By understanding the causes of androgenetic alopecia, patients can take steps to prevent or slow down hair loss and seek appropriate treatment to improve hair growth and appearance. Symptoms of Androgenetic Alopecia The symptoms of androgenetic alopecia can vary depending on the individual and the severity of the condition. Here are some common symptoms of androgenetic alopecia: Thinning Hair: The most common symptom of androgenetic alopecia is thinning hair on the crown and front of the scalp. This can lead to a visible reduction in hair density and overall volume. Receding Hairline: In men, androgenetic alopecia can cause a receding hairline, which is the gradual loss of hair at the front of the scalp. This can result in a "M" shaped pattern of hair loss. Widening Part: In women, androgenetic alopecia can cause a widening part, which is the gradual loss of hair along the part line on the top of the scalp. Bald Spots: In severe cases, androgenetic alopecia can cause bald spots on the scalp. These bald spots may be small and circular or larger and irregularly shaped. Miniaturized Hair: Hair affected by androgenetic alopecia may become thinner and shorter over time. This is known as miniaturization and is caused by the shrinking of hair follicles. Itching or Burning Sensation: Some individuals with androgenetic alopecia may experience itching or burning sensations on the scalp. Excessive Hair Shedding: Individuals with androgenetic alopecia may experience excessive shedding of hair, particularly during washing or brushing. It is important to note that the symptoms of androgenetic alopecia can vary from person to person and may progress at different rates. If you are experiencing any of these symptoms, it is important to consult with a hair loss specialist to determine the cause of your hair loss and develop an appropriate treatment plan. By seeking early treatment, individuals with androgenetic alopecia can slow down or even reverse the progression of hair loss and improve hair growth and appearance. Can Hair Grow Back with Androgenetic Alopecia? Hair loss due to androgenetic alopecia is permanent, and the hair will not grow back on its own. However, there are treatments available that can help to slow down or stop the progression of hair loss and even regrow hair in some cases. Minoxidil is a topical medication that is applied to the scalp to stimulate hair growth. It is available over-the-counter and can be used by both men and women. Finasteride is an oral medication that is used to treat hair loss in men. It works by blocking the production of a hormone called DHT, which is responsible for hair loss. Hair transplant surgery involves removing hair follicles from one part of the scalp and transplanting them to another part of the scalp. This procedure can be effective in restoring hair growth in areas of the scalp that have experienced hair loss. Low-level laser therapy involves using a device that emits low-level laser light to stimulate hair growth. This treatment can be used by both men and women and is available in clinics and for home use. Available Treatments for Androgenetic Alopecia There are several treatments available for androgenetic alopecia, including: Minoxidil: Minoxidil is a topical medication that is applied to the scalp to stimulate hair growth. It is available over-the-counter and can be used by both men and women. Minoxidil works by increasing blood flow to the hair follicles and prolonging the anagen (growth) phase of the hair cycle. It may take several months to see results, and the medication must be used continuously to maintain hair growth. Finasteride: Finasteride is an oral medication that is used to treat hair loss in men. It works by blocking the production of a hormone called DHT, which is responsible for hair loss. Finasteride is only available by prescription and must be taken daily to maintain hair growth. It may take several months to see results, and the medication may cause side effects such as decreased libido and erectile dysfunction. Hair Transplant Surgery: Hair transplant surgery involves removing hair follicles from one part of the scalp and transplanting them to another part of the scalp. This procedure can be effective in restoring hair growth in areas of the scalp that have experienced hair loss. Hair transplant surgery is typically performed under local anesthesia and may require multiple sessions to achieve desired results. The procedure may cause temporary swelling and scabbing, and patients must follow proper aftercare instructions to ensure proper healing. Low-Level Laser Therapy: Low-level laser therapy involves using a device that emits low-level laser light to stimulate hair growth. This treatment can be used by both men and women and is available in clinics and for home use. Low-level laser therapy works by increasing blood flow to the hair follicles and prolonging the anagen phase of the hair cycle. It may take several months to see results, and the treatment must be used continuously to maintain hair growth. Platelet-Rich Plasma (PRP) Therapy: PRP therapy involves injecting a concentrated solution of platelets and growth factors into the scalp to stimulate hair growth. PRP is derived from the patient's own blood and is believed to promote healing and tissue regeneration. PRP therapy may require multiple sessions to achieve desired results, and the treatment may cause temporary swelling and discomfort. Scalp Micropigmentation: Scalp micropigmentation involves tattooing the scalp with small dots to create the appearance of hair follicles. This treatment is typically used to create the appearance of a closely shaved head and may be used in conjunction with other hair loss treatments. It is important to note that the effectiveness of these treatments can vary from person to person, and results may take several months to become visible. Patients should consult with a hair loss specialist to determine the best treatment plan for their individual needs and hair type. By following proper hair care and maintenance, patients with androgenetic alopecia can enjoy improved hair growth and appearance. Conclusion Androgenetic alopecia is a common form of hair loss that is caused by a combination of genetic and hormonal factors. While hair loss due to androgenetic alopecia is permanent, there are treatments available that can help to slow down or stop the progression of hair loss and even regrow hair in some cases. Patients should consult with a hair loss specialist to determine the best treatment plan for their individual needs and hair type. With proper treatment and care, patients with androgenetic alopecia can enjoy improved hair growth and appearance. Related Topics: Yes, androgenetic alopecia can be reversed in some cases. Unfortunately, it is notoriously difficult to do. That doesn't mean that there is no hope, however. The harm caused by androgenetic alopecia to hair follicles can be significant. It can take a lot of time and treatment to reverse this. Nonetheless, the mechanisms for treating hair loss can be effective for regrowing hair. With the right combination of treatments for your hair, you can reverse much of the effects of androgenetic alopecia. It is worth noting that hair loss treatments have been shown to be much more effective at preventing further hair loss. If you start to notice some thinning of your hair and begin treatment, you will likely be able to slow or completely halt your hair loss. Furthermore, it is typically easier to regrow hair when it has been lost recently in small amounts than it is to regrow a completely bald crown of hair. Additionally, although androgenetic alopecia is primarily caused by androgens, other factors can exacerbate the problem. These include stress, nutrient deficiency, inflammation and medications among other factors. Addressing these secondary elements can also help with slowing and even reversing hair loss. Male pattern baldness (androgenic alopecia) is a type of hair loss that affects men. It causes you to lose hair on the skin covering your head (scalp), and your hair doesn't grow back. Other signs of male-pattern baldness include thinning hair and a hairline that moves farther back on your head (receding hairline).There are seven stages of male pattern baldness according to the Hamilton-Norwood scale:Stage 1: There's little or no hair loss or hairline recession.Stage 2: There's slight hair loss near the skin between your ears and forehead (temples).Stage 3: You have deep hairline recession around your temples, and your hairline may have an "M" or "U" shape.Stage 4: You have very deep hairline recession and a loss of hair at the top of your head (crown).Stage 5: Your hairline recession connects to the bald spot on your crown.Stage 6: The hair between your temples and crown is thinning or gone.Stage 7: You have no hair on the top of your head and a thin band of hair around the side of your head.Who does male pattern baldness affect?Male pattern baldness can affect all men.However, male pattern baldness affects people differently based on their ethnic heritage. You're more likely to have male pattern baldness if you're white, followed by Afro-Caribbean. You're less likely to experience male pattern baldness if you're of Chinese or Japanese descent. Male pattern baldness doesn't typically affect Native American, First Nations and Alaska Native peoples.You're more likely to have male pattern baldness if you have a family history of it. If your grandfather, father or brothers have male pattern baldness, your odds of having it are higher.Does male pattern baldness run on my mother's side of the family?If your mother's father (maternal grandfather) has male pattern baldness, there's a good chance that you'll have male pattern baldness as well. However, there may be a link between male pattern baldness and your father. If your father is bald, you're twice as likely to have male pattern baldness.How common is male pattern baldness?Male pattern baldness affects two-thirds of all men, and your odds of experiencing some hair loss increase with age.How does male pattern baldness affect my body?Male pattern baldness causes the small depressions in your scalp at the base of your hairs (hair follicles) to gradually shrink, often in a specific pattern. As your hair follicles shrink, your individual hairs get thinner and shorter. Over time, those hairs stop growing at all.Male pattern baldness doesn't affect your physical health. However, it can affect you psychosocially (how society and social groups affect your thoughts and emotions) and psychologically (how you think about yourself and your behavior). You may experience emotional stress, anxiety and depression. Androgenetic alopecia (commonly called male or female pattern baldness) is the most common form of hair loss. This occurs in men whose hair follicles are sensitive to the hormone dihydrotestosterone, or DHT. Over time, DHT-sensitive hair (usually found on the top and front of the head) becomes weaker and finer, and eventually it stops growing. With female pattern baldness, thinning occurs on the top and crown of the head and can be caused by several factors, including changes in hormones, menopause, certain birth control pills and pregnancy.If you're living with androgenetic alopecia, you may experience regrowth of hair, but the rate of regrowth is different from individual to individual. Although androgenetic alopecia cannot be prevented, there are many hair loss treatments available to slow down the process of hair loss or to restore hair permanently.Medications like Rogaine (minoxidil) and Propecia (finasteride) are best used to slow down balding and retain what hair is left, but they are not considered a viable solution for those looking to restore hair.Rogaine is a topical treatment that works by stimulating the hair follicle itself to help encourage hair regrowth. Propecia, an FDA-approved tablet available by prescription only, is another option that promotes hair growth by inhibiting the formation of DHT — a hormone that weakens hair and halts its growth. Propecia works by attacking the problem at its source, in the skin.While both Rogaine and Propecia can delay the loss of additional hair due to androgenic alopecia, discontinuing the use of either medication will likely cause you to continue losing hair.The generic versions of Rogaine and Propecia, minoxidil and finasteride, have recently been made popular by telemedicine businesses such as Hims and Keeps. These medications are good options for early hair loss because they can slow or delay further hair loss. However, the only permanent solution to restore hair in areas that are thinning or bald is hair transplantation.For those with more advanced hair loss who are looking to restore hair and not only retain their existing hair, hair transplantation is the best treatment. If you would like to learn more about the causes of hair loss and available treatment options, you can schedule a free consultation with a Bosley counselor. A Bosley physician can then help you develop a treatment plan that is right for you.What is Involutional Alopecia?If your hair has slowly been thinning over time or you're noticing increased hair loss, you may be suffering from involutional alopecia. This is a condition that shortens the growth phase of your hair follicles and forces them into the resting phase faster than usual.Involutional alopecia occurs naturally with age. This gradual thinning of the hair is caused by a shortened cycle of hair growth, known as the anagen phase, which leads to a higher rate of fallout and thinning of your hair follicles. Remaining hairs stay in the resting period, known as the telogen phase, but get shed more quickly than normal. Gradually, involutional apolecia will cause the hair not only to become thinner, but also to become shorter due to the abbreviated growth phase.To learn more about your hair restoration options, download Bosley's FREE guidebook, The Complete Book on Hair Restoration, to see how great your hair can look. Or schedule a free consultation with a Bosley specialist today."Bosley Medical Dr. Washenik – Propecia vs Rogaine Effectiveness" As a library, NLM provides access to scientific literature. Inclusion in an NLM database does not imply endorsement of, or agreement with, the contents by NLM or the National Institutes of Health. Learn more: PMC Disclaimer | PMC Copyright Notice . 2020 Apr 30;6(5):444–446. doi: 10.1016/j.jdcr.2020.02.026 Alopecia areata is a nonscarring hair loss disorder caused by an autoimmune attack on the hair follicle.1 The disease process is thought to result from breakdown of the hair follicle immune privilege, followed by inflammatory infiltration at the base of the follicle, and then transition of the hair follicle from an actively growing (anagen) state to the dormant (telogen) state.1 Alopecia areata pathogenesis is primarily influenced by interleukin 15 produced by hair follicles in response to T-cell–secreted interferon-γ. This process is mediated by Janus kinase (JAK) 1/2 and JAK 1/3 signaling in T cells, which respond to hair follicle–derived interleukin 15 with more interferon-γ production, thus creating a positive pathologic feedback loop.2 Accordingly, pharmacologic inhibitors of the JAK signaling pathway have emerged as highly effective treatment options for alopecia areata patients.3 Disease resolution, either spontaneously or after treatment with a JAK inhibitor, results in the reentry of hair follicles into the anagen state and rapid hair growth. Recently, JAK inhibitors have been considered for treatment of other types of hair loss, such as androgenetic alopecia.4 However, they have relatively new widespread use, and treatment-induced hair regrowth patterns are difficult to predict. We present 5 cases of men with alopecia areata treated with oral JAK inhibitors, resulting in regrowth with androgenetic alopecia, and question the efficacy of these medications for treatment of androgenetic alopecia. We observed the outcomes of 4 men with severe alopecia areata treated with oral JAK inhibitors at a university medical center between 2018 and 2019. Three of the patients had alopecia totalis and 1 had greater than 70% scalp hair loss (on the frontal, parietal, and temporal areas of the scalp) at baseline. No patients reported a known history of androgenetic alopecia. All patients were treated with an oral JAK 1/2 inhibitor and followed for 24 to 40 weeks. They all experienced remarkable widespread hair regrowth while receiving the above-mentioned therapy. They all demonstrated an unexpected yet notable remnant hair loss in a bitemporal recession pattern (Fig 1). There was an obvious lack of terminal hair in the alopecic areas and exclamation point hairs were absent. The average age was 40.5 years (range 27-65 years), with an average disease length of 9 years. Patients had an average improvement in Severity of Alopecia Tool score of 56, and a Hamilton-Norwood scale score of 3 to 4 (Table I). A 65-year-old male with a 12-year history of alopecia areata (A) before receiving an oral JAK inhibitor (Severity of Alopecia Tool score 100) and (B) after 44 weeks (Severity of Alopecia Tool score 40). Male patients with alopecia areata after treatment with an oral JAK inhibitor and androgenetic alopecia pattern hair regrowth Patient Age, years Race Duration of AA diagnosis, years Treatment duration, weeks SALT score before treatment SALT score after treatment Hamilton-Norwood scale score 1 27 Asian 10 36 100 49 3a 2 32 White 2 36 99.7 16 3 3 38 White 12 24 71.8 44 4 4 65 White 12 40 100 40 3v Current studies on human hair regrowth patterns are in their infancy; however, numerous studies in mouse models have shown that hair regrowth occurs as propagating anagen waves, leading to large patches of hair growth.5 In the clinical setting, an analogous propagating wavelike pattern can be observed in alopecia areata patients experiencing hair regrowth while receiving JAK inhibitors. Given this success in alopecia areata, there was hope that JAK inhibitors could similarly lead to rapid hair regrowth in other types of hair loss, such as androgenetic alopecia. We present this case series to highlight that a significant number of patients receiving JAK inhibitors still experience androgenetic alopecia–pattern growth. In androgenetic alopecia, miniaturization of terminal scalp hair follicles occurs during several growth cycles, leading to a progressive reduction in anagen duration and hair-shaft diameter.6 In the setting of alopecia areata, originally terminal hair follicles directly enter a long-lasting telogen state and thus do not undergo this process of progressive miniaturization. This suggests that alopecia areata–induced telogen hair follicles do not require progressive miniaturization to manifest androgenetic alopecia. One speculative mechanism for the seemingly immediate androgenetic alopecia onset stems from the fact that the site of inflammation in alopecia areata focuses around the base of the follicle. A study by Garza et al7 found that androgenetic alopecia hair follicles have reduced numbers of secondary germ epithelial progenitor cells.7 These progenitors are located below the bulge and are responsible for the formation of the hair follicle on telogen-to-anagen transition. Given that the inflammatory reaction in alopecia areata focuses around secondary germ cells during telogen, it is plausible that it depletes this progenitor population, thus making hair follicles directly susceptible to androgenetic alopecia. The observations derived from this case series are limited by the small sample size, lack of assessment of follicular caliber, and lack of histology. Severity of Alopecia Tool scoring was the sole measure of hair density for alopecia areata, and androgenetic alopecia was evaluated according to the Hamilton-Norwood scale.8 Although the cases presented in this observation are of patients receiving JAK 1/2 inhibitors, we have observed similar hair regrowth patterns in patients receiving JAK 1/3 inhibitors in the clinic (n = 2); however, we were unable to obtain permission to use these cases in the study. Although JAK inhibitors show promise in the treatment of alopecia areata, there has been speculation that they could be similarly used to treat androgenetic alopecia. Our finding suggests that JAK inhibitors may not be as beneficial in the treatment of androgenetic alopecia as hypothesized previously. As advances are made in the use of JAK inhibitors, clinicians should be aware of the possibility that scalp hair regrowth patterns in patients with alopecia areata may not be the same as when their alopecia areata–related hair loss occurred. 1.McElwee K.J., Tobin D.J., Bystryn J.C., King L.E., Jr., Sundberg J.P. Alopecia areata: an autoimmune disease? Exp Dermatol. 1999;8(5):371–379. doi: 10.1111/j.1600-0625.1999.tb00385.x. [DOI] [PubMed] [Google Scholar] 2.Xing L., Dai Z., Jabbari A. Alopecia areata is driven by cytotoxic T lymphocytes and is reversed by JAK inhibition. Nat Med. 2014;20(9):1043–1049. doi: 10.1038/nm.3645. [DOI] [PMC free article] [PubMed] [Google Scholar] 3.Phan K., Sebaratnam D.F. JAK inhibitors for alopecia areata: a systematic review and meta-analysis. J Eur Acad Dermatol Venereol. 2019;33(5):850–856. doi: 10.1111/jdv.15489. [DOI] [PubMed] [Google Scholar] 4.Ocampo-Garza J., Griggs J., Tosti A. New drugs under investigation for the treatment of alopecias. 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[DOI] [PubMed] [Google Scholar] Articles from JAAD Case Reports are provided here courtesy of Elsevier Early diagnosis and treatment can prevent hereditary hair loss from worsening and regrow hair, says board-certified dermatologist. VANCOUVER, BC. (July 21, 2022) — Hereditary hair loss, also known as androgenetic alopecia or pattern hair loss, is the most common form of hair loss in both men and women, affecting millions of people worldwide. Early diagnosis and treatment by a board-certified dermatologist are important steps in preventing hereditary hair loss from worsening and helping people regrow their hair. "There are many treatment options for hereditary hair loss to consider, and it is often difficult to sift through the mountain of information and disinformation on the internet and from well-meaning advice-givers," said board-certified dermatologist Paradi Mirmirani, MD, FAAD. "It is important for patients to know that they can get individualized, evidence-based recommendations from a board-certified dermatologist." Hereditary hair loss is a genetic condition that can be inherited from the mother's, father's or both sides of the family. Early diagnosis and treatment can help keep the hair follicle from shrinking. Studies show that once a follicle has shrunk, it is increasingly difficult to grow back the hair and restoration may be limited. "While hereditary thinning occurs in a specific pattern, this pattern is more distinctive and more recognizable in men," said Dr. Mirmirani. "The color of an individual's hair and scalp, their hair length, and their hair type will significantly affect the appearance of hair thinning or scalp coverage." For men, hair loss happens symmetrically in one or more of the following areas: the hairline, the top of the scalp, and/or the crown. In women, the thinning occurs symmetrically on top of the scalp, but the loss is more widespread, and the front hairline typically does not recede.Hereditary hair loss cannot be prevented, but there are medical treatments that can maintain, improve, and optimize hair growth, such as minoxidil, finasteride, and spironolactone. Topical minoxidil is FDA-approved for hair loss in men and women. It has been shown to reduce hair loss, stimulate hair growth, and strengthen existing strands of hair. Dr. Mirmirani said she typically prescribes patients topical minoxidil for four to six months to determine how effective it will be. If the patient finds that topical minoxidil is not improving their condition, she may prescribe oral minoxidil. "Low dose oral minoxidil is another treatment option for hereditary hair loss," said Dr. Mirmirani. "While this medication has been available for some time, it is being used more commonly and is an option for many of my patients, who have said that it is convenient and easy to use." Oral finasteride tends to be most effective if you begin taking it when you first notice hair loss, according to Dr. Mirmirani. Though finasteride is prescribed primarily in men, it may be prescribed for women. Patients who may become pregnant should not take or handle finasteride because it can cause birth defects. As with all treatments for this type of hair loss, people who take finasteride or minoxidil will need to continue taking it to achieve and maintain results. Oral spironolactone is a prescription medication that women can take to prevent further hair loss and increase hair thickness. Studies show that it is effective in about 40% of women who have female pattern hair loss. People who suffer from hereditary hair loss also have other options, such as scalp covers or scalp hair fibers, which conceal the appearance of thinning. Scalp micropigmentation, a non-surgical procedure in which tattooing is used to create the look of hair, is another option. Surgical options are also available for the treatment of hair loss. Obesity and smoking can also contribute to hair thinning, so lifestyle changes may help reduce thinning, said Dr. Mirmirani. Dermatologists warn that people should only use supplemental vitamins if they have a deficiency. "It is important that patients receive the correct diagnosis and treatment as early as possible when treatment can be most effective," said Dr. Mirmirani. "With new medications becoming available each year, a board-certified dermatologist can recommend treatment options that work best for each individual." To find a board-certified dermatologist in your area, visit aad.org/findaderm. # # # Contact Rhys Saunders, (847) 240-1706, rsaunders@aad.org Angela Panateri, (847) 240-1714, apanateri@aad.org Media Relations, mediarelations@aad.org More InformationHair Loss Resource Center About the AAD Headquartered in Rosemont, Ill., the American Academy of Dermatology, founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 20,000 physicians worldwide, the AAD is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, contact the AAD at (888) 462-DERM (3376) or aad.org. 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