

Male/ Female Patterned baldness/ Androgenic alopecia

This condition is commonly known as baldness. Both sexes can be affected equally. 50% of men are affected by the age of 50years and 50% of women by the age of 65years.

Symptoms in women can vary from normal hair thinning to complete baldness.

1. What causes this?

- This is caused by genetic and hormonal influences. In people with a higher genetic predisposition, the effect of dihydrotestosterone (DHT) on hair root plays a major role.
- Here, rather than hyperactivity of the hormone, there is an increase in the sensitivity of hormone to the hair root.
- Gradual loss of hair volume and length and eventual baldness happens.
- This is observed to occur in a specific pattern.
- This condition is inherited from both father and mother's sides.
- Some women with polycystic ovarian syndrome may experience thinning of hair.

2. What are the symptoms of patterned hair loss?

- The presentation of this condition among men and women is different. Before notice a significant hair loss, hair length and thickness may be reduced in the respective area(s).
 - Men: Hair loss, thinning of the hair on the top and front of the head and baldness begins to appear.
 - Females: Usually there is no change in the frontal scalp and it begins to appear in the middle and front-lateral parts of the scalp.

3. How to identify this?

- The condition can be diagnosed by a dermatologist and sometimes specific tests are done (Dermatoscopy)

4. What are the treatments?

- There are several effective treatments to control hair loss and promote new hair growth.
- Seeking medical treatments at an early stage can yield successful results.
- But it should be kept in mind that it takes 3-6 months to see the results initially, and if treatment is discontinued hair loss will recur in a short time.
- Treatment methods are,
 - Minoxidil lotion 2%-5%
 - Tablets:
 - Male: Finasteride
 - Female: Spironolactone, Cyproterone acetate, Finasteride



(Should not be used by pregnant mothers and breast feeding Mothers)

PRP treatment

Hair transplant

Methods that can be used temporarily

 Micropigmentation (tattoo)

 Hair pieces

 Wigs

People with this condition should protect bald from strong sunlight. For this, sunscreen and wearing of hats can be used.

