



## *Hair Loss Treatment Options for Male Pattern Hair Loss*

### ***Rogaine:***

- Topical solution is applied twice a day to scalp.
- Safe.
- Side effects include irritation of scalp, growth of hair on other places if hands are not washed, and rarely dizziness.
- One-third of patients get subtle re-growth, one-third of patients get slowing of hair loss, and one-third of patients get no response.
- If the product is discontinued the hair may fall out to where it would have been naturally if Rogaine had never been used.
- A one-year trial is usually necessary to evaluate results.
- Cost is usually \$20-\$30 per month.

### ***Propecia:***

- Tablet is taken once a day.
- Cost is usually \$50 per month.
- Improvement:
  - Vertex (top of the scalp posteriorly): Two-thirds of patients have some improvement.
  - Anterior mid scalp: one-third have improvement
  - Three-fourths of patients maintain their hair at 24 months
  - Two-thirds of patients have visible re-growth at 24 months
  - Propecia does not help temporal hair loss (front of scalp)
- If you stop your medication you will lose your hair to the point you would have naturally been had you not started taking Propecia.
- Side effects in less than 2% of users:
  - Decreased sex drive
  - Erection and ejaculation disorders
- Mechanism of action: Lowers dihydrotestosterone (DHT) by blocking conversion of testosterone to DHT. DHT is a form of testosterone that affects hair loss.
- No drug interactions
- Caution if you have liver problems because the liver metabolizes the drug.
- Absolutely contraindicated in women of childbearing ages.
- This medication has been proven to be safe by the FDA; however, there is hormonal manipulation of DHT levels. The significance of this over a period of many years is unclear since this is a relatively new drug.

Hair transplants and scalp reductions are also options.

### ***For Questions or Emergency Care:***

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.