

DERMA PEARLS : THERAPEUTICS- 5

WHAT'S NEW IN THERAPY FOR MALE ANDROGENETIC ALOPECIA?

- ❑ The 5-alpha reductase inhibitors have demonstrated to be effective in improving androgenetic alopecia in men and can maintain a positive response for many years. Oral finasteride 1 mg is a US FDA-approved option, but dutasteride 0.5 mg has been proven to induce better responses, especially in the frontal area.
- ❑ Use of topical finasteride has increased during the last few years as to avoid systemic therapy. The efficacy of topical finasteride 0.25% daily shown with a less marked decrease in serum dihydrotestosterone levels than with oral intake.
- ❑ Mesotherapy with dutasteride has also become more widespread recently, although evidence of its effectiveness is limited to retrospective studies in real clinical practice.
- ❑ The use of oral minoxidil in androgenetic alopecia has not been approved by the FDA, however several clinical studies have shown that it is an effective treatment option. The initial dose recommended to treat male hair loss is 2.5 mg daily, although the dose is frequently increased to 5 mg daily.
- ❑ The main adverse effect of oral minoxidil is hypertrichosis, followed by dizziness or lower limb edema, which are much less common.



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