

EVALUATION OF MAINSTREAM AND NOVEL  
THERAPIES AVAILABLE FOR MALE  
PATTERN BALDNESS

JASVANT SINGH A/L B. KARTAR SINGH

100 11 28131

MASTER OF SCIENCE (ANTI-AGING,  
REGENERATIVE MEDICINE AND MEDICAL  
AESTHETIC)

FACULTY OF MEDICINE AND HEALTH  
SCIENCES

UCSI UNIVERSITY

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## ABSTRACT

Male Pattern Baldness is a common problem in most adult males. Many refer to it as a cosmetic medical condition as it does not have any intrinsic side effect aside from hair loss, but for those who suffer from it, it's effects can be devastating with extreme social and psychological consequences resulting in loss of self esteem. Till the early eighties, there was nothing promising on the horizon. However since then, there has been tremendous progress in the medical management of male pattern hair loss. The objective of this thesis is to evaluate the available mainstream allopathic non-surgical therapies and try to come to a conclusion as to which one is the most effective of them all. The method used in this research project is the "Qualitative Research Methodology using the Case Study Research approach. Ten patients with balding patches and their ages ranging from 35 to 65 years were selected. They were placed in 3 age groups. Treatment options were classified into 4 categories. These ranged from oral medication only, next being topical application by itself, the third being a combination of oral and topical and the final category being an all encompassing integration of the third category into the 'Full in House Therapy' which included periodic visits to the clinic where a vigorous process of shampoo and conditioning of the hair was carried out and followed by 15 to 20 minutes of Low Level Laser Therapy. It was concluded from the above case studies that individual usage of oral or topical medication did produce some results, where as the combination of the two produced better results. However the best and most effective outcome in terms of remarkable improvement of hair regrowth was seen in the fourth all encompassing category. Thus as we move forward in the second decade of the 21<sup>st</sup> century, it is hoped that with current therapies available for hair loss along with extensive research being pursued with the use of new lasers, protein rich plasma (PRP) and stem cells, no one will have to walk around bald unless by choice as in some circles it has been positively looked upon as the 'in look' of the day.

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