

MALE PATTERN HAIR LOSS – STRUCTURED REVIEW
AND RECOMMENDATIONS ON THE EFFICACY OF
ADJUVANTS IN ITS MANAGEMENT.

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ABSTRACT

Androgenic Alopecia is a condition which afflicts both men and women worldwide regardless of race and geography. Patients are seeking treatment at a younger age and during earlier stages. Not all need hair transplants. Because of the lack of assured management and the fear of side-effects, patients are turning to ineffective alternative remedies. This review looks at the available treatment options and how best they can be used in combination to produce optimum results. The conventional approach consists of administration of drugs such as minoxidil and finasteride. This review proposes a hypothesis that adjuvant therapies consisting of topical Ketoconazole (2%), low level laser therapy and nutritional supplements along with the mentioned conventional therapy of minoxidil and finasteride may work synergistically to produce a better result in managing hairloss and achieving new hair growth. The scientific rationale for such an approach is explained. The need for further studies to establish the efficacy of the regime is stressed upon.