

# HAIR LOSS

TREATMENT OPTIONS



A COMPREHENSIVE GUIDE

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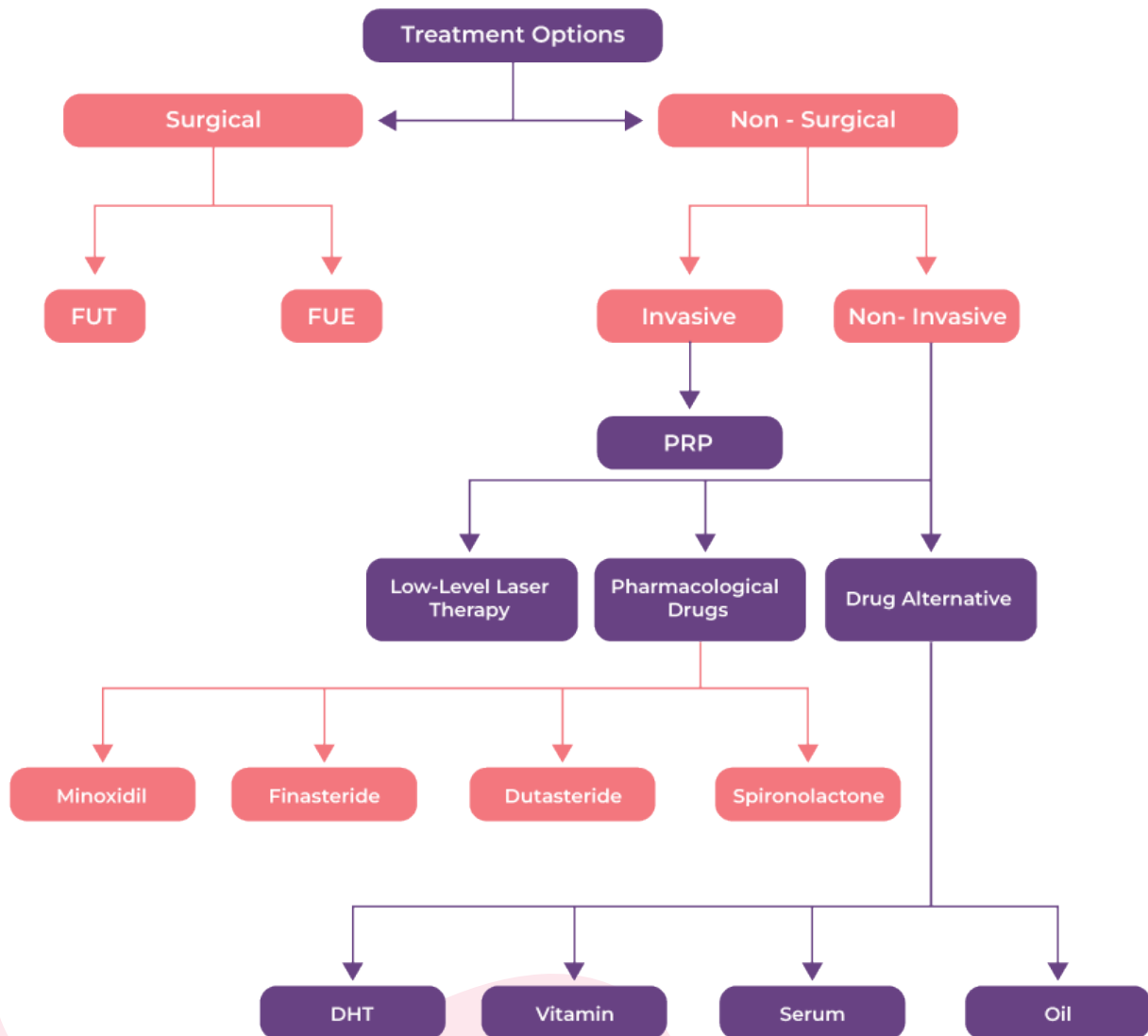
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# INTRODUCTION

Hair loss can be a horrifying experience, and navigating a wide range of treatment options can be overwhelming. This guide aims to simplify the complex world of hair loss treatments, providing you with a clear understanding of your choices. Whether you're experiencing hair loss or simply seeking prevention, we've got you covered. Let's dive in.

## FLOW CHART FOR THE HAIR LOSS TREATMENT OPTIONS



# 1. SURGICAL

Categorically, hair transplant surgery involves the relocation of hair follicles from the rear to the front of the head. It predominantly suits men, specifically those in advanced hair loss stages. This should be typically stage 4A or beyond, often experiencing baldness.

In essence, when hair loss exceeds 60-75%, opting for this surgical solution becomes imperative. Hair transplants yield substantial success rates, although they come at a relatively high cost. It is ranging from \$10,000 to \$15,000 per procedure. It's common to require one or more follow-up procedures.

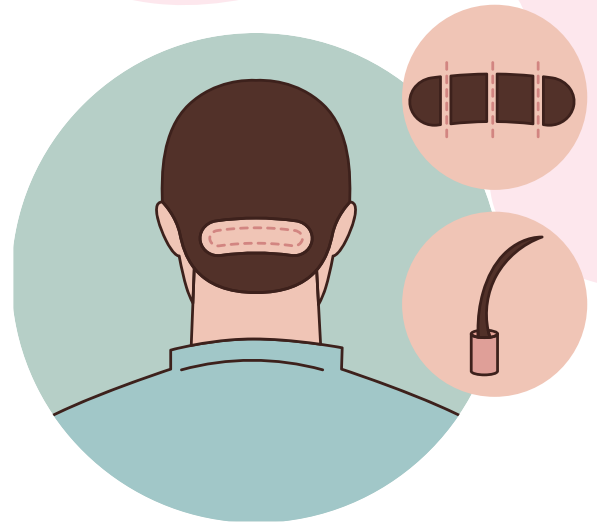
This surgical process does carry inherent side effects. Importantly, post-transplant care, comprising a comprehensive growth, maintenance, and prevention regimen at home, is vital. Even after transplantation, cultivating the transplanted hair remains a necessity. Notably, hair transplants are generally more suitable for men due to women's diffuse hair loss patterns. Here are two types of surgical hair transplants you can get:



## 1.1 Follicular Unit Transplant (FUT)

FUT is a surgical solution for advanced hair loss, primarily suitable for men at or beyond stage 4A of hair loss. This procedure involves transplanting hair from the back of the head to the front. FUT can be successful but comes at a cost of \$10,000 to \$15,000 per session.

It often requires follow-up treatments. Side effects include noticeable linear scarring and a longer recovery period. It's essential to follow a comprehensive post-transplant maintenance plan, as the transplanted hair needs care to thrive.



## 1.2 Follicular Unit Extraction (FUE)

FUE is a less invasive alternative to FUT. It is effective for those with medium hair loss. This procedure individually extracts and transplants hair follicles. This will cause milder discomfort, swelling, or some redness. However, it is more time-consuming and costs around \$10,000 to \$15,000. This typically requires multiple treatments.



## 2. NON SURGICAL

Non-surgical hair loss treatments encompass both invasive and non-invasive methods.

### Non-Surgical- Non-Invasive Treatments

Invasive treatments, including PRP, PRF, Exosome, MesoTherapy, and Stem Cell Therapy, are well-suited for individuals with moderate hair loss, both men and women. As the name suggests, these procedures entail localized anesthesia and some degree of intrusion into the scalp or skin, involving activities like needling, blood drawing, and injections. They can be relatively expensive with each treatment.



### 2.1 Platelets-Rich Plasma (PRP)/ Platelet-Rich Fibrin/ Exosome

Invasive treatments such as PRP, PRF, and Exosome therapy are suitable for medium hair loss in both men and women. These treatments involve injecting growth factors derived from your own body into the scalp, stimulating existing hair follicles. The cost ranges from \$500 to \$1200 per session, with at least 3-4 sessions annually. Possible side effects include transient pain, erythema, bleeding, and infection.



## Non- Invasive Treatments

Non-invasive approaches are highly recommended for individuals in the early to medium stages of hair loss. If you are experiencing visible hair thinning, loss of volume, excessive shedding, hair damage, scarring or traction alopecia, hair loss due to illness, or simply seeking preventive measures, non-invasive treatments offer a promising starting point.

Early intervention with non-invasive methods not only helps prevent further hair loss but also promotes hair regrowth and the complete healing of damaged hair. In essence, the earlier you initiate these treatments, the better the outcomes.

### 2.2 Low-Level Laser Therapy (LLLT)

LLLT is a non-invasive, scientifically backed method suitable for various hair loss stages and genders. This therapy enhances cellular activity, increasing blood flow and ATP production and promoting hair growth. LLLT is recognized as a leading home treatment for hair growth, with no known side effects. Devices range from \$400 to \$3500, and proper dosage, laser diode quality, and treatment time matter for effectiveness.



## **2.3 Pharmaceutical drugs**

Pharmaceutical drugs require a prescription and may entail side effects. Prominent drugs include finasteride, specifically approved for men, effective in combating male pattern hair loss but potentially linked to significant sexual side effects.

Minoxidil, another prescription-only option, stimulates the growth phase of hair follicles but is associated with a range of side effects, from mild to severe. It's important to note that discontinuing these drugs can lead to a rapid regression of progress.

### **2.3.1 Minoxidil (FDA Approved)**

Minoxidil, an FDA-approved treatment, involves daily usage for periods exceeding six months. This medication operates by broadening blood vessels, ultimately enhancing blood circulation to hair follicles.

It holds the potential to stimulate the hair growth cycle, encouraging regrowth. However, it's crucial to be aware of potential side effects, which may encompass sensations of burning, irritation, itchiness, scaliness, dizziness, allergic reactions, unwanted facial hair growth, cardiovascular effects, and even hypertrichosis. Over the long term, this treatment typically incurs a monthly cost of around \$40, making it an accessible option for those seeking to combat hair loss effectively.

### **2.3.2 Finasteride (FDA Approved)**

Finasteride, an FDA-approved hair loss treatment, entails daily usage for periods exceeding six months. Its mechanism of action involves the inhibition of the enzyme AR-5, preventing the conversion of testosterone into dihydrotestosterone (DHT).

By curbing this conversion, finasteride effectively reduces the progression of hair loss and fosters the potential for regrowth of existing hair. However, individuals considering this treatment should be mindful of potential side effects.

This can include decreased sex drive, reduction in penis size, erectile dysfunction, decreased concentration, and even feelings of depression. In terms of affordability, the monthly cost for finasteride typically ranges from \$30 to \$40, making it a financially accessible choice for those seeking hair loss management.





### **2.3.3 Dutasteride ( Not FDA Approved)**

Dutasteride, although not FDA-approved for hair loss treatment, is utilized daily over a period exceeding six months. Its mechanism of action is akin to that of finasteride, making it a viable alternative when finasteride fails to yield satisfactory results.

Like finasteride, dutasteride functions by interfering with the conversion of testosterone into dihydrotestosterone (DHT), effectively reducing the progression of hair loss and promoting potential regrowth. Individuals need to be aware of possible side effects associated with dutasteride, which may encompass decreased libido.

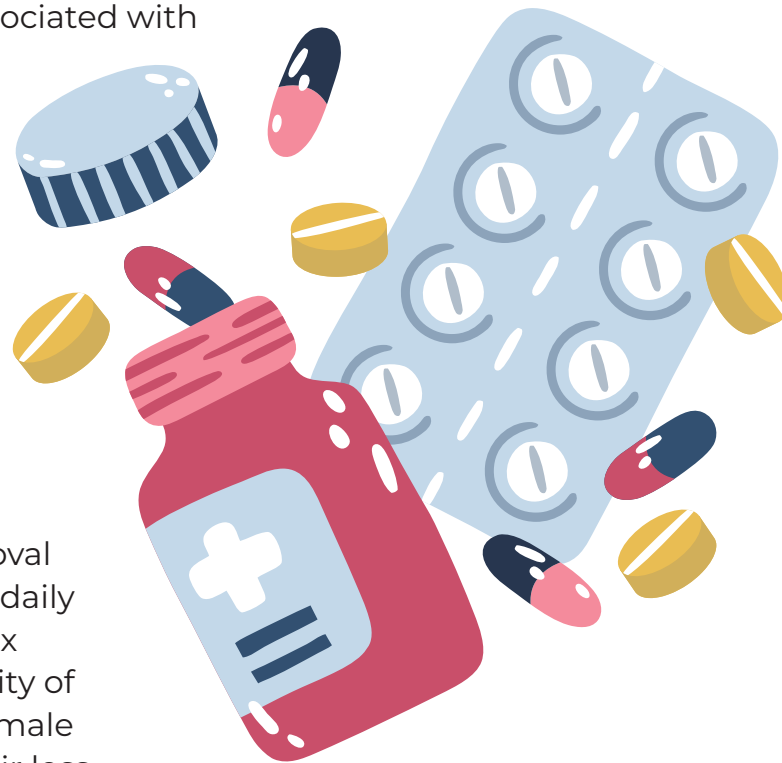
It can also cause erectile dysfunction, ejaculation disorders, and even psychological impairments. In terms of cost, dutasteride is typically priced in the range of \$30 to \$40 per month, providing an affordable option for individuals seeking alternative solutions to hair loss.

### **2.3.4 Spironolactone (FDA Approved)**

Spironolactone, although lacking FDA approval for hair loss treatment, is recommended for daily use over an extended period of more than six months. It operates by obstructing the activity of androgens, such as testosterone, which are male hormones responsible for female pattern hair loss.

By curbing the influence of these hormones, spironolactone seeks to decelerate and, in some cases, reverse hair loss in affected individuals. It's crucial to note potential side effects that can result from its usage. These side effects could be headaches, decreased libido, menstrual irregularities, and the rare occurrence of gynecomastia.

In terms of cost, spironolactone generally falls within the price range of \$30 to \$40 per month, offering an affordable option for individuals dealing with female pattern hair loss.



## **2.4 Drug Alternatives**

### **2.4.1 DHT Blockers (Drug-Free Alternative to Finasteride)**

DHT blockers are a drug-free alternative to finasteride, functioning by inhibiting the conversion of testosterone into dihydrotestosterone (DHT). This action preserves the natural hormonal cycle, effectively preventing hair loss.

Unlike their pharmaceutical counterparts, DHT blockers are reported to have no known side effects. For those seeking to maintain their hair health and growth without the risk of potential side effects, DHT blockers present a favorable option. These blockers are generally available at an approximate monthly cost of \$39, making them an affordable and side-effect-free alternative.

### **2.4.2 Hair Vitamins**

Hair vitamins are designed to supply essential nutrients to hair follicles through the bloodstream, promoting healthy hair growth. They do this by ensuring that the hair follicles receive the necessary nourishment they require.

Importantly, hair vitamins are known for their lack of any significant side effects. This makes them a safe and convenient choice for individuals looking to maintain or enhance their hair health. The cost of hair vitamins typically amounts to around \$49 per month. This expenditure ensures that the hair receives the nutrients it needs, contributing to strong, healthy hair.



### **2.4.3 Hair Oils**

Hair oils serve multiple purposes when it comes to hair care. They offer hydration to the hair, acting as a protective barrier against environmental damage. Additionally, hair oils are effective in preventing hair breakage. They are also well-suited for scalp massages, contributing to relaxation and improved blood circulation to the hair follicles.

The notable advantage of hair oils is their absence of known side effects, making them a gentle yet efficient part of a hair care routine. To benefit from the positive effects of hair oils, individuals can expect an approximate monthly cost of \$49. This expenditure is well worth the benefits it provides in terms of hair health and strength.

### **2.4.4 Hair Serum (Drug-Free Alternative to Minoxidil)**

Hair serums represent a drug-free alternative to minoxidil, an established treatment for hair growth. These serums play a crucial role in hair care by nourishing the scalp. They boost blood circulation in the scalp, facilitating nutrient delivery to the hair follicles.

One of the advantages of using hair serums is their lack of known side effects, making them a safe and practical choice for hair health.

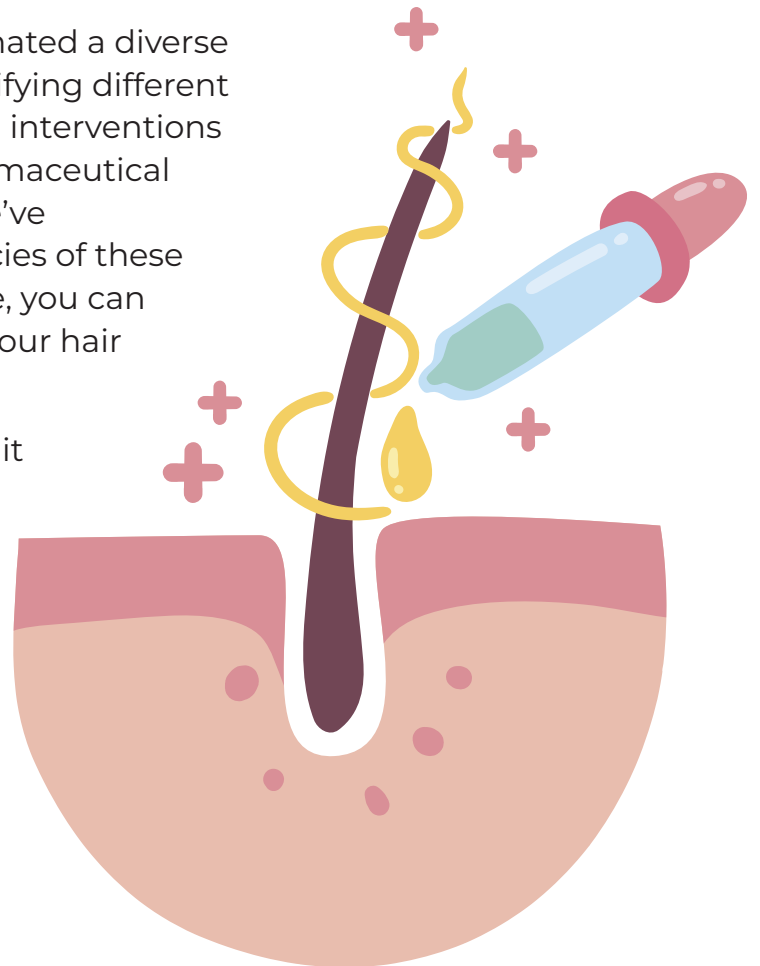
Individuals interested in improving their hair quality and promoting growth can acquire hair serums for an approximate monthly cost of \$49. This investment not only aids in maintaining existing hair but also contributes to the overall health of the scalp and hair.



# CONCLUSION

This comprehensive guide has illuminated a diverse array of treatment options, each specifying different needs and preferences. From surgical interventions to non-surgical approaches and pharmaceutical solutions to drug-free alternatives, we've dissected the science and the intricacies of these methods. Armed with this knowledge, you can make informed decisions regarding your hair health.

Surgical options, such as Follicular Unit Transplant (FUT) and Follicular Unit Extraction (FUE), are suitable for those with advanced hair loss, particularly men. While these procedures offer substantial benefits, it is crucial to recognize that they necessitate ongoing maintenance and support to optimize results. In contrast, non-surgical treatments encompass both invasive and non-invasive techniques. Platelet-rich plasma (PRP), stem cell therapy, and others serve as viable solutions for mid-stage hair loss. They employ the body's resources to stimulate hair growth yet come with the requirement of consistent follow-up treatments.



For those in the early or intermediate stages of hair loss, non-invasive options offer an attractive starting point. This category includes pharmaceutical drugs like Minoxidil and Finasteride, as well as drug-free alternatives like DHT blockers, hair vitamins, hair oils, and hair serums. While pharmaceutical drugs may yield effective results, they also carry potential side effects. In contrast, their non-pharmaceutical counterparts present safe alternatives with no known adverse reactions.

To make a well-informed decision, consider the nature and stage of your hair loss, your budget, and any personal preferences. Remember that no single approach guarantees instant results. Patience and consistency are key when striving for healthier, fuller hair.

Whether you opt for surgery, pharmaceuticals, or natural remedies, maintaining a holistic approach to hair care is essential. So, take charge of your hair health with the confidence that informed decisions bring, and don't hesitate to reach out for expert guidance on your journey to revitalize locks.

