

Hair Loss in Women

Facts About: *Female Pattern Hair Loss (FPHL)*

- Approximately 21 million women in the U.S. are affected by FPHL
- Nearly 50% of women will experience hair loss at some time in their lifetime
- FPHL increases with age and is more prevalent following menopause

Common Types of Hair Loss in Women

<u>Type*</u>	<u>Description</u>	<u>Causes</u>
AA	Acute onset; occurs in patches No inflammation; non-scarring	Unknown Possible Autoimmune
CTE	Non-scarring; early shedding	Unknown
CA	Inflammatory; irreversible loss Common in African American women	Unknown Hairstyle can play a role
FPHL	Progressive and gradual hair loss in Characteristic patterns; non-scarring	Unknown Hormonal & Genetic role unclear
FFA	Scarring form of hair loss with hairline recession & loss of eyebrows; mostly in post-menopausal women	Unknown Inflammatory
TE	Acute onset; diffuse hair loss of < 50% non-scarring; transient lasting 3 months; may precede FPHL	Diseases, medications, pregnancy, dietary deficiencies, autoimmune disorders, emotional distress

***AA** = alopecia areata; **CTE** = chronic telogen effluvium; **CA** = cicatricial alopecia;
FPHL = female pattern hair loss; **FFA** = frontal fibrosing alopecia; **TE** = telogen effluvium

Treatments for Hair Loss:

- **Rx. Minoxidil:**
 - Rx: 2% topical solution. Apply BID
 - Rx: 5% foam. Apply Daily
- **Rx. Proscar (Finasteride):**
 - Rx: 2.5 mg or 5 mg p.o. Daily
 - Approved for Male baldness; Off-label in women
 - Teratogen; premenopausal women must use birth control
- **Laser/Light Therapy**
- **Cosmetic Options**

- **Supplements:**
 - Hair Volume (*New Nordic*) 1 tab. daily
 - Evening Primrose Oil 1350 mg. twice daily
 - Zinc 30 mg daily
 - Biotin 5,000 mcg daily
 - Selenium mcg daily
 - Green tea extract 1,000 mg daily
 - Vitamins B6 & B12 daily
 - Vit D3 5,000 daily
 - Iron daily, If under age 70

Remember:

- It usually takes at least 4 - 6 months before improvement is apparent
- Prevention of further hair loss is a realistic treatment goal
- FPHL is different from male pattern hair loss
- Adherence to therapy is essential to successful treatment
- Treatment is a long journey
- Adherence to DAILY topical therapy routine is critical
- Consider using a daily affirmation when a topical is applied to the scalp:
“I am applying this and my hair loss will improve”