

Hair Loss

How to choose the right anti-hair loss?

Before the beginning of therapy it is very important to choose the right tactics, and it, in turn, depends on the position of the doctor in relation to the problem. Many specialists use an integrated approach that causes the patient a minimum of discomfort during treatment and is the most effective. Usually it is created from all the best that today offers medicine (procedures and drugs from hair loss).

Before considering the options for external medication therapy that exist today, one must once again emphasize the important peculiarity of treatment: to try to disguise the problem by destroying its symptoms, it is pointless, it is necessary to search for and influence its causes.

Baldness and hair loss remedies

Consider the options for drug treatment, which are now offered to us by the market. It hardly makes sense to characterize such things as hairpieces and wigs. There is no question of medical intervention, although this method of solving the problem may interest many patients: it is convenient, you can save on haircuts.

Looking at these items seriously, we can say that in the initial periods of treatment it is often difficult to do without a wig or hairpiece, because hair is not restored immediately, and you always want to look beautiful. The main thing is to find a firm that will make a quality product that is right for you.

Another tool is surgical transplantation of the patient's hair follicles to problem areas from the occipital part of the head. This works very efficiently and gives a stable result. The methods of transplant are being improved: the operation becomes less traumatic, the result is more predictable. The main thing to remember is that transplanted hair requires attention and care.

Since in the mechanism of development of androgenetic and hyperandrogenic alopecia (as it is known, they constitute the main share of all cases of baldness), an increased role of male sex hormones plays an important role, the effect of many drugs is directed to its reduction and, as a consequence, to release hair follicles from the influence of androgens. The result is that the hair does not "freeze" at a certain stage of its development, but continues to grow properly.

Specialists often offer a method of treating baldness, in which the level of hormones in the blood is artificially lowered, and in order to preserve all the functions of the male body, additionally prescribe means that relieve of erectile dysfunction.

Agree that this method is not harmonious. In addition, he does not relieve peripheral hyperandrogenism, because only about half of the androgens are contained in the human blood, and the remainder is produced, in particular, in the skin, affecting the hair follicles locally. This approach for treating women with increased androgen concentration in the blood is more common than for men.

What are the anti-hair loss preparations?

One of the most commonly used drugs in the world (except for China and several other Asian countries) is "**Regaine**". The main active substance of this drug is minoxidil (aminexil). Application for men has a significant effect, but the drug not only provokes a number of side effects, but also causes withdrawal syndrome (after a while after stopping the medication, problems with the hair come back).

Thus, aminexil promotes hair growth only so long as the patient regularly takes it. On the basis of the same substance, preparations are created from Visby, Decros, etc. They have the same effect. Another powerful tool is **Propecia (Proscar, Finasteride)**. The drug is prescribed only to men, since in women it can provoke abnormalities in fetal development (severe embryotoxic action).

After a half-year reception, "**Propecia**" demonstrates 70% effectiveness (mainly in the frontal part of the head). One of the side effects of the drug is a deterioration in potency, so it is not prescribed to all men.

The principle of action of "Cromacalin" is similar to "Regein": its active substance opens potassium channels and stimulates the synthesis of DNA in keratinocytes and hair follicles. Initially, the drug was intended for the treatment of hypertension, now Upjohn Company received a patent for the application of "Cromacalin" for the therapy of alopecia. In the countries of Asia (China, etc.), the "101" series gained popularity, which includes natural

remedies that stop hair loss and stimulate their growth. People are attracted to the effectiveness of the means, but there is no data on the preservation of the result after discontinuation of use.

Women are often prescribed a combination of several substances: **cyproterone acetate and ethinyl estradiol** (sequential reception), as well as the hormonal contraceptive "**Diane-35**". The latter is effective for restoring the fallen hair, as well as for removing excess hair growth in places where it is undesirable (hirsutism).

However, in this case there is a minus: after the drug is canceled, the effect completely disappears with time. And many patients after the cessation of admission begin to suffer from a pronounced "withdrawal syndrome", when the situation with the hair worsens compared with the time of the beginning of treatment.

Promising is a group of cytokines, which includes about 40 substances. Some of them suppress immunity and can block the development of the inflammatory process. Currently, Germany is researching the benefits of cytokines in combating hair loss, some results have already been obtained, but it is too early to talk about the mass use of such drugs.

Means for the treatment of alopecia

When treating hair, it is important to remember the following: The therapy lasts a very long time (the period can be calculated in months), the cost of eliminating problems with hair can not be low. This situation is created by modern conditions. Therefore, having decided to start treatment, be prepared for the fact that this will require considerable cost and patience.

Specialists who communicate with cosmetologists and hairdressers are often asked: "What line are you working on?". Such a question looks at least strange, since only doctors work on a certain "line", the salary of which depends on how many products of a particular firm they recommend to their patients (as a rule, they are specialists of any network of clinics or medical offices).

Professional trichologists work with the most effective drugs, regardless of the manufacturer. And as the choice of good means is limited, the doctor is in constant search.

Summing up, we can say that the most effective method of treatment is the combination of various drugs, built on the principle of complementarity and based on taking into account the individual characteristics of the patient, the underlying causes and mechanism of the development of the disease.