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

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

*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"

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