



## HAIR LOSS (Alopecia)

### ROGAINE (Topical minoxidil)

Rogaine is a common treatment for hair loss.

#### Dosage Instructions:

- Rogaine is available without a prescription and is used twice per day on the scalp. It may take three to six months to start showing effect. Some people will experience new growth, some will maintain what hair they have, and others do not respond.
- It is FDA approved at 5% formulation for men and 2% for women. Women tend to respond better to the higher strength, though the 5% is not FDA approved for women.
- Rogaine does **not permanently regrow hair**. When stopped, within months, hair thickness returns to the level it would have been if Rogaine was never used in the first place.
- For male or female pattern (genetic) hair loss, it is most effective for hair loss at the top of the scalp. It is not effective for a receding hairline.
- Avoid the eyes.

#### Side effects:

- Irritation, itching, or redness of the skin is commonly seen.
- Fine hair growth on the forehead, temples, and cheeks can occasionally be seen and it resolves if the Rogaine is discontinued. This is usually caused by Rogaine contacting these areas repeatedly on application.

### PROPECIA (finasteride 1 mg)

Propecia is a commonly used pill for male-pattern (genetic) hair loss. It is most effective for hair loss at the top of the scalp. It is not effective for a receding hairline.

**Dosage Instructions:** Propecia is taken at a dose of 1 mg once per day and requires a prescription. It may take up to 3-6 months to start having effect. Some people get new regrowth and others maintain the hair that they have, and others do not respond. Propecia does **not permanently regrow hair**. Any hair that is gained is lost months after Propecia is stopped and hair thickness returns to where it would have been if Propecia was never taken in the first place.

#### Side effects:

- Propecia is generally well tolerated.
- A small percentage will experience sexual side effects or decreased sexual drive, which may persist despite stopping the medication.
- Some studies have shown that while men taking Propecia may have a smaller chance of developing prostate cancer, those cancers that do develop tend to be of a higher grade and more aggressive on average.

Further information

<http://www.patient.co.uk/medicine/finasteride-for-male-pattern-baldness-propecia>

[http://nahrs.org/PatientInformation\(FAQs\)/MalePatternHairLoss\(FAQ\).aspx](http://nahrs.org/PatientInformation(FAQs)/MalePatternHairLoss(FAQ).aspx)



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