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HAIR DISORDERS

ANDROGENETIC ALOPECIA AND ITS ASSOCIATION WITH METABOLIC SYNDROME

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Introduction: Metabolic syndrome is a combination of risk factors for cardiovascular disease and other health problems such as diabetes mellitus. Several studies have investigated the association between androgenetic alopecia and metabolic syndrome but results have been inconsistent.

Objectives: The study aims to confirm the association between androgenetic alopecia and metabolic syndrome. It also aims to determine if early-onset androgenetic alopecia among males, androgenetic alopecia among females, and severity of androgenetic alopecia increases the odds of developing metabolic syndrome.

Materials and Methods: Literature was collected from electronic databases using the medical subject headings "androgenetic alopecia" and "metabolic syndrome." The Newcastle-Ottawa Scale for assessing the quality of non-randomized studies in metaanalysis was used. Statistical analyses were accomplished using Review Manger 5.3 software.

Results: A total of 11 case-control studies, one prospective cohort study and five crosssectional studies were selected. In the meta-analysis of ten case-control studies and three cross-sectional studies (3840 participants), androgenetic alopecia was significantly correlated with metabolic syndrome (OR 2.59, 95%CI 1.51-4.44; p<0.0005). Early-onset androgenetic alopecia among males (<35 years old) showed significant association (OR 3.69, 95%CI 2.15-6.33; p<0.00001). Androgenetic alopecia among females was also significant (OR 5.59, 95%CI 2.06-15.12; p<0.0007). Moderate to severe androgenetic alopecia in males, Norwood-Hamilton IV or higher, was significant (OR 1.65, 95%CI 1.12-2.42; p=0.01). The same trend was noted for females with Ludwig II and III (OR 5.82, 95%CI 2.54-13.34; p<0.00001). Heterogeneity across studies was attributed to different methods of assessing the two conditions.

Conclusions: Although the pathophysiology remains under investigation, this study points to an association between androgenetic alopecia and metabolic syndrome. It can be used as a marker to identify patients who should be screened for metabolic syndrome. Males less











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than 35 years old, females with androgenetic alopecia at any age and those with greater severity of alopecia should be examined.



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