



HAIR DISORDERS

ASSOCIATION BETWEEN FEMALE PATTERN HAIR LOSS AND IRON DEFICIENCY IN ADULTS

Chenyu Zhu⁽¹⁾ - Lanqin Fu⁽¹⁾

Peking Union Medical College Hospital, Department Of Dermatology, Beijing, China⁽¹⁾

Objective: To estimate the prevalence of serum iron, ferritin and iron saturation in adults with female pattern hair loss (FPHA), and to analyze the relationship between female pattern hair loss and iron deficiency in adults.

Methods: 302 patients were enrolled in a retrospective study, whose demographic information, medical history, and family history were collected. Iron test was evaluated in all the patients.

Results: Of all these FPHA patients, 34.1% patients had low level of iron saturation, among them, 24.8% patients had ferritin deficiency and 16.9% had low level of serum iron. After iron supplementation, all the patients who had low level of iron saturation felt much better than before even if whose ferritin and iron serum iron were normal.

Conclusions: Iron level is very important in female pattern hair loss, which iron saturation is the most sensitive indicator. Iron supplementation is of great help for the treatment of female pattern hair loss.

