HAIR DISORDERS

COMORBIDITIES OF PATIENTS WITH ANDROGENETIC ALOPECIA: CARDIOVASCULAR RISK FACTORS

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Introduction: Androgenetic alopecia (AGA) is the most common type of hair loss in men. Approximately, 50 % of Caucasian men are affected after age of 50. The pathogenesis of AGA involves genetic and hormonal factors. Multiple studies have identified elevated rates of cardiovascular disease (CVD) in patients with androgenetic alopecia. Increased risks for hypertension, obesity, dyslipidemia and insulin resistance have been reported in this population. Recommendations for the detection and prevention of CVD in individuals with AGA have not been established.

Objective: identifying the association between androgenetic alopecia and risk factors for cardiovascular disease.

Material and methods: a comparative study of CVD risk factors in 145 male patients of androgenetic alopecia with 112 of age- and sex-matched controls was carried out in a dermatology clinic. Hamilton-Norwood scale was used to determine the types of AGA. Lipid panel and fasting blood sugar were checked.

Results: The mean age was below 45 in both groups. All patients (100%) presented to the clinic for other dermatological diseases. Type III alopecia was most commonly observed (20,6%). Thirteen patients (9%) were annoyed by their condition. Only seven patients (5%) were previously treated for androgenetic alopecia. The smoking status was not significantly different between both groups. Hypertension, dyslipidemia and obesity were significantly associated with AGA: 22% (vs 3,5% in control group), 24% (vs 11%) and 30% (vs 18%), respectively. However, AGA was not associated with diabetes mellitus and CVD.

Conclusion: Patients with androgenetic alopecia appear to be at an increased risk of developing CVD predisposing factors. Therefore, clinical evaluation of AGA cases may be of help in preventing CVD in future.