



HAIR DISORDERS

## COMPARISON OF DUTASTERIDE VERSUS FINASTERIDE IN HAIR REGROWTH AND REVERSAL OF MINITURIZATION IN MEN WITH ANDROGENETIC ALOPECIA – A RANDOMIZED CONTROLLED STUDY

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**Introduction:** Finasteride, a type II 5-alpha reductase inhibitor, and Dutasteride, a dual inhibitor of both type I and type II 5 alpha-reductase, inhibit the conversion of testosterone to dihydrotestosterone. The presence of both isoenzymes in the hair follicles suggests that both forms are likely to be important in the pathogenesis and treatment of androgenetic alopecia. Inhibition of both Type 1 and Type 2 5 alpha-reductase would be expected to further effectively reduce dihydrotestosterone levels than inhibition of either isoenzyme alone. To compare the efficacy, safety and tolerability of dutasteride versus finasteride in men with AGA.

**Methods:** Men with AGA between 18 to 40 years of age were randomized to receive 0.5 mg dutasteride or 1 mg finasteride daily for 24 weeks. Primary efficacy variables were hair count (thick and thin) of target area from modified phototrichograms & global photography evaluation by blinded and non-blinded investigators. Secondary efficacy variable was subjective assessment using a preset questionnaire. Patients were assessed monthly for side effects.

**Results:** One hundred and eighty men with AGA were recruited. Dutasteride showed a significantly greater increase in the total and thick hair count (new growth), decrease in the thin hair count (reversal of miniaturization) and superior results on global photography at the end of 24 weeks. Both the groups showed similar side effect profile with sexual dysfunction being the most common and reversible side effect.

**Conclusions:** Dutasteride was shown to be more efficacious than finasteride, with a comparable side effect profile.

