



HAIR DISORDERS

FEMALE PATTERN HAIR LOSS (FPHL): EFFICACY COMPARISON AMONG VARIOUS TREATMENT OPTIONS, AN OBSERVATIONAL COHORT STUDY

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Background: The standard treatment for FPHL is topical minoxidil 2-5%. However, there are many new modalities have been established to improve the outcomes.

Objective: To comparison the efficacy and safety of four treatment options for FPHL with mild to moderate severity (LW I-4,II-1,II-2, frontal accentuate).

Materials and Methods: This is an observational cohort study reviewing the results of 60 women with FPHL who were treated with various treatment modalities. Global photography, target area hair counts using the trichoscope (FotoFinder Systems), hair mass index and adverse events were assessed.

Results: Sixty women (mean aged 58.05 (25-70)) with mean duration of 9.07 (1-36) years were evaluated. Each treatment was given to patients for 24 weeks; 15 women treated with 3% minoxidil solution twice a day, 15 women with 5% minoxidil solution twice a day, 10 women with LLLT (home-used, helmet type device, 655nm, 5mW) 25 min/day, every other day and 14 women were received 3 sessions of fractional thulium laser plus PRP injection at 1-month interval. All groups have significant increases at weeks 12 and 24, and there are small non-significant difference in the groups versus the 3% minoxidil. At 24 weeks of treatment, the terminal hair count increased in the highest number in 5% minoxidil treated group, (22.86%) followed by LLLT (19%), PRP (17.29%) and 3% minoxidil (15.47%), respectively. HMI also increased in highest value in 5% minoxidil solution. In the photographic assessment, the number of patients with moderate (+41-70%) to mark improvement (+71-100%) was highest in LLLT treated group (80%), followed by 5% minoxidil (57%), 3% minoxidil (40%), and PRP (36%), respectively.

Conclusion: All methods are safe and effective for treating mild to moderate FPHL with no group is significantly better. However, 5% minoxidil appears to be the most effective followed by LLLT, PRP treatment and 3% minoxidil respectively.

