



HAIR DISORDERS

## ORAL DUTASTERIDE IN FINASTERIDE NON-RESPONDERS IN AGA

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**Introduction:** Finasteride is FDA approved for treatment of Androgenetic Alopecia (AGA), but upto 50% of patients with AGA do not respond satisfactorily to Finasteride. Dutasteride has been shown to result in greater reductions of dihydrotestosterone and is useful in non-responders of Finasteride.

**Objective:** To study efficacy & safety of Dutasteride in Finasteride non-responders in the treatment of Androgenetic Alopecia.

**Materials and Methods:** 60 male patients between the age of 30 -40 years on treatment for AGA, who were not showing clinical improvement with 1mg/day of oral Tablet Finasteride for more than 1 year were started on 0.5mg/day of oral Tablet Dutasteride and evaluated over a period of 9 months. The patients were called for monthly check-ups for evaluating clinical improvement in hair fall reduction, hair density and side effect profile. The patients were asked to continue the 10% Minoxidil solution that they were already using for twice a day 1ml topical application to scalp along with 2% ketoconazole-based shampoo for scalp wash.

**Results:** 50 patients completed the study. The results were evaluated both subjectively & objectively. 40 patients showed significant reduction in hair fall than before. 35 patients showed clinical improvement in terms of improvement in density and thickness of hair. 15 patients did not show clinical improvement but were able to maintain the pre-existing hair density. 10 patients could not complete the study as 2 were lost to follow-up, and 8 reported sexual side effects. And amongst the 8, 6 who were followed up showed resolution of the sexual side-effects on stoppage of Dutasteride.

**Conclusions:** Dutasteride can be used in Finasteride non-responders of Androgenetic Alopecia with good response. However, the patients have to be counselled regarding the higher percentage of sexual side effects and transient nature of the same before initiation of therapy.

