



HAIR DISORDERS

## TELOGEN EFFLUVIUM: RESULTS FROM A 4 MONTH, MULTI-CENTRIC, CONTROLLED, RANDOMIZED TRIAL

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**Introduction:** Telogen effluvium, a diffuse shedding of telogen hair, occurs about 3 months after a triggering event such as stress, specific drugs, nutritional deprivation...and can induce an impairment of the quality of life.

**Objectives:** A 4 month, bi-centric, controlled, opened randomized trial was conducted to investigate the efficacy and safety of the RV3466F lotion, developed to reduce hair loss and reactivate hair growth.

**Material & Methods:** 100 women (19 to 50 years old) with acute telogen effluvium were enrolled in 2 parallel groups (treated/ untreated). The RV3466F lotion was applied thrice a week for 4 months. Both groups used the same neutral shampoo. Measurements such as phototrichogram (PTG), 60 seconds hair count test (60''HC), standardized photographs, questionnaire were performed. Statistical comparisons used pair t-test or Wilcoxon test, and unpaired t-test or Mann-Whitney test depending on the data.

**Results:** From the PTG results, after 1, 2 and 4 months of use of RV3466F, we observed:  
- a significant decrease ( $p < 0.05$ ) in the telogen hair density significantly superior to control ( $p = 0.0465$ ) at M2, and a trend at M1 ( $p = 0.0653$ ).

- a significant increase in the anagen/telogen ratio (A/T) ( $p < 0.001$ ) almost significantly superior to control ( $p = 0.0693$ ) at M1.

From the 60'' HC, the number of hairs shed decreased significantly compared to the M1 count ( $p < 0.000$ ) in both groups, that was significantly superior to control ( $p = 0.0392$ ) at M2, and a trend at M4 ( $p = 0.0584$ ).

The global tolerance of the lotion in association with the neutral shampoo was judged as excellent by the dermatologist.

**Conclusion:** The decrease of the telogen hair density and the number of hairs shed illustrate the anti-hair-loss effect of the RV3466F lotion, significant compared to an untreated group at 2 months. The RV3466F lotion allows the faster resolution of the telogen effluvium, with an excellent dermatological tolerance.

