

## FEMALE/MALE PATTERN HAIR LOSS

Hair loss can affect both men and women and may begin at any age after puberty. Female/male pattern hair loss tends to run in families but is not always the case. Both the father's and mother's side of the family can pass the condition on to future generations. Most hair loss/thinning occur on the top of the head in both sexes. Sometimes a scalp biopsy is necessary to confirm the diagnosis.

Unlike men, women with female/male pattern hair loss do not become completely bald, but have diffuse thinning of the scalp. In women, Androgenetic alopecia may be caused by an underlying hormonal abnormality which is also associated with irregular periods, increased facial and body hair, and acne. However, in the majority of cases, no hormonal abnormality is detected.

It is important to realize that female/male pattern hair loss is not just a physical disease involving hair loss. The psychological ramifications of alopecia go beyond what words can express. In fact, alopecia becomes a part of your personality, your self image, and your entire life. Exercise and stress reduction techniques can improve self image. Sometimes the help of a psychologist is worth investigating.

### **Treatment for Androgenetic can include the following:**

1. Hair promoters - stimulate the growth of hair -- Rogaine.
2. Antiandrogens - block or interfere with the production of androgen hormones -- like testosterone.
3. Surgical approach - hair transplantation, etc.
4. Cosmetic devices - wigs, etc.

**For more information please visit our website: [www.pennstatehershey.org/web/dermatology/home](http://www.pennstatehershey.org/web/dermatology/home) and click on Health Information Library.**

If you have any questions or concerns, please contact your provider at the location you were treated.  
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.  
Penn State Hershey Medical Group, Colonnade Building (814)272-4445