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GENETIC THINNING IN MEN

Genetic thinning in men is characterized by recession at the front and/or thinning of hair around the crown area. It can be inherited from the father or mother and requires the normal levels of male sex hormones.

In the scalp, testosterone is converted to dihydrotestosterone (DHT) and it is the DHT that influences the hair follicles in the areas in question. White blood cells are also in abundance around the stem cells of the hair follicles and can lead to redness/swelling on the skin around the hair follicles.

Therapies:

Minoxidil 5% (Rogaine and other products), applied to the scalp twice a day. It can take at least 6 months for hair thickening to occur and either therapy has to be continued to maintain the benefits.

In addition, trichologists often use the amino acid tyrosine to reduce the redness and swelling around the hair follicles. Tyrosine reduces the production of noradrenaline in the skin from the sympathetic nerves. In turn, this reduces the white blood cells attacking the stem cells of the hair follicle, reducing the swelling and redness around the hair follicles.

The herb Saw Palmetto (Serenoa) reduces DHT in the skin and, therefore, can benefit the hair. Men should take about 2 grams daily.

Other therapies aim at reducing inflammation around the affected hair follicles.