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# Clinograph Insights

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## Efficacy and safety of combination therapies in female hair loss pattern: PRP Combined with 5% Minoxidil Solution and Nutritional Supplements

### OVERVIEW

Androgenetic alopecia (AGA) or female pattern hair loss (FPHL) is a common type of hair loss mostly affecting women. It is characterized by reduced hair density. It can severely affect the psychosocial behavior of an individual thus, successful treatments are necessary. In addition, FPHL is found to be potentially associated with nutritional deficiencies.

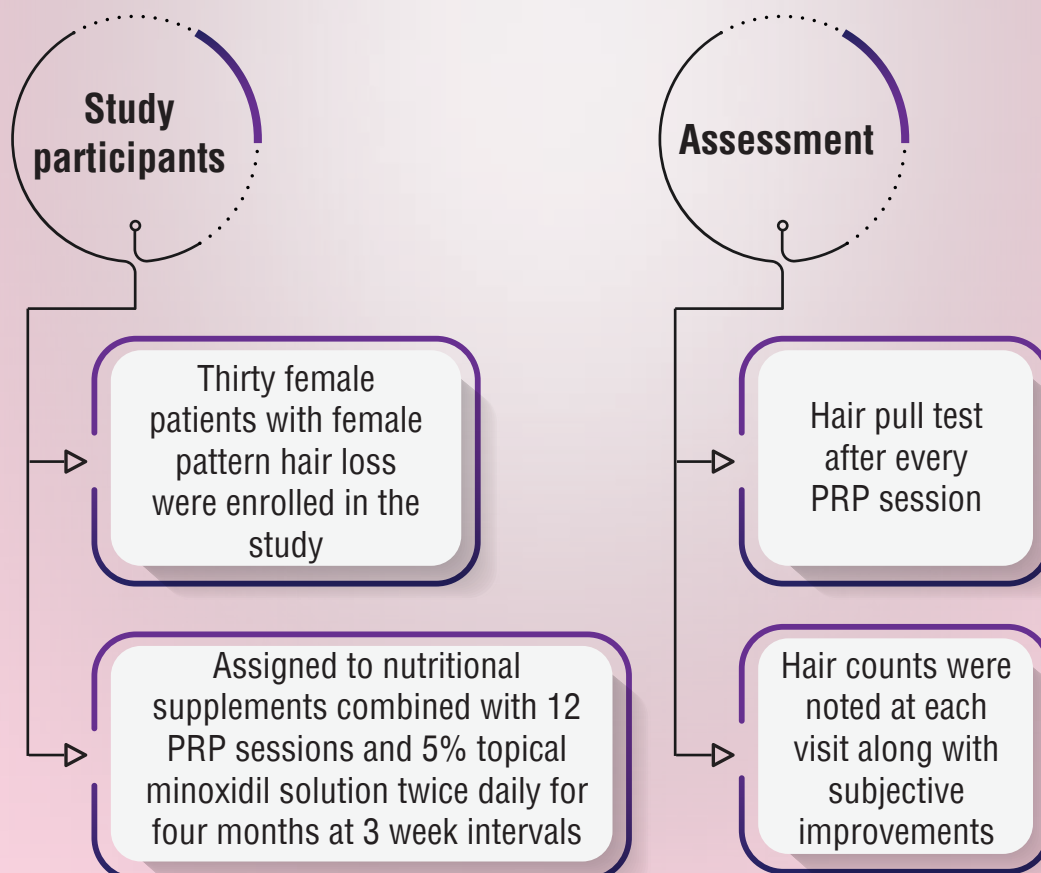
Therapeutic regimen is often challenging and requires multiple combinations of topical, systemic, and interventional therapies to control hair loss and produce satisfactory hair regrowth.<sup>1,2</sup>

Combination therapy with PRP and 5% Minoxidil Solution with Nutritional Supplements

### OBJECTIVE

The objective of the study was to investigate the clinical efficacy of PRP along with minoxidil and nutritional supplements in treatment of female pattern hair loss.<sup>2</sup>

### STUDY DESIGN

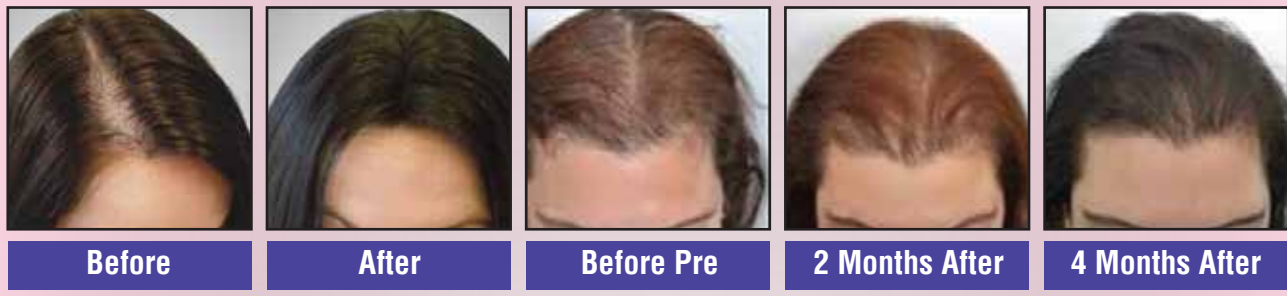


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## STUDY OUTCOMES

- Post 4- month of treatment, all the participants resulted in good hair growth. (Figure1)<sup>2</sup>

**Figure 1: Improvements in hair growth**



- The pull test was negative for all the participants showing significant reduction in hair loss, while participants also noticed moderate improvement in hair volume. (Table 1)<sup>2</sup>

**Table 1: Improvements in hair pull test and visible hair growth after treatment**

Age	PRP Counts	Hair Pull Test before Treatment	After treatment Hair Pull Test	Visible Hair Growth
21	12.64	7	2	1-week
23	12.12	9	4	2-weeks
26	11.32	4	0	1-week
29	9.62	6	2	1-week
32	9.32	7	2	1-week
34	9.12	8	3	2-weeks
35	7.92	4	0	2-weeks
36	8.12	6	2	1-week
29	11.32	5	1	2-week
19	12.89	3	0	1-week
22	9.54	4	0	1-week
31	8.98	5	0	1-week

- None of the participants had any inflammation or infection. Mild headache was reported in two patients after the initial procedure of PRP, which was relieved after paracetamol 500 mg

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## CONCLUSION

Platelet-rich-plasma therapy when combined with minoxidil 5% and nutritional supplements is considered as a safe, effective and promising therapy for female pattern hair loss with no major adverse effects reported.

## KEY HIGHLIGHTS

01

Combination therapy is often necessary for hair loss treatment

02

Considering minoxidil as the first line therapy, it is more often combined with some form of cosmetic coverage and/or anti-androgenic therapy

03

In addition, supplementation may also be beneficial in combination with evidence-based treatments

04

It has been observed that, PRP along with minoxidil can be an effective therapy showing clinical improvement in hair counts, hair root strength, hair thickness with an overall alopecia

## REFERENCE

1. Diagnosing FP. Treatment of female pattern hair loss with combination therapy. In Seminars in cutaneous medicine and surgery 2018 Dec (Vol. 37, pp. 247-253).
2. Noureen, Sajid Rashid. Efficacy of Using PRP Combined with 5% Minoxidil Solution and Nutritional Supplements for Female Pattern Hair Loss. Anatomy Physiol Biochem Int J: 2017; 4(1): 555630. DOI: 10.19080/APBIJ.2017.04.555630.

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