

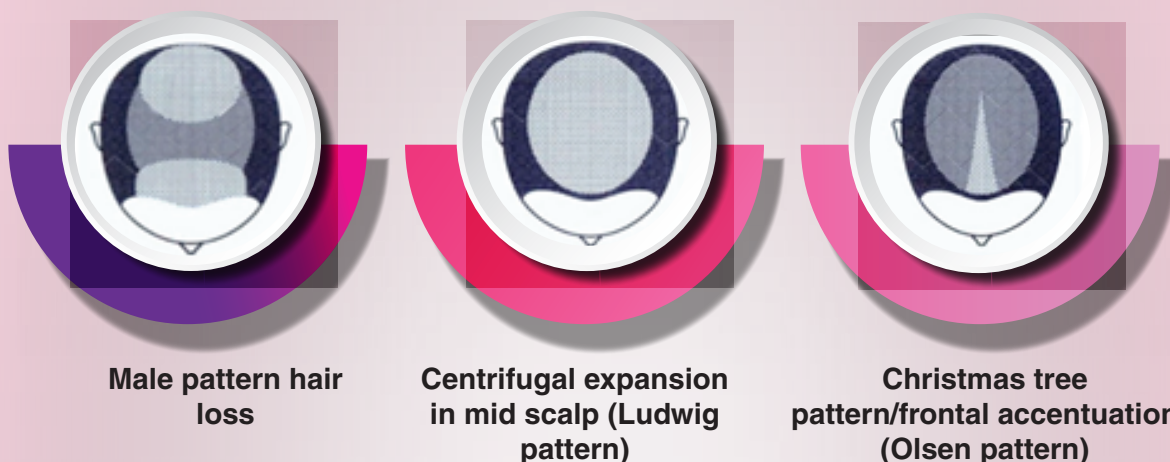
ISSUE 1 | 2020

Clinograph Insights

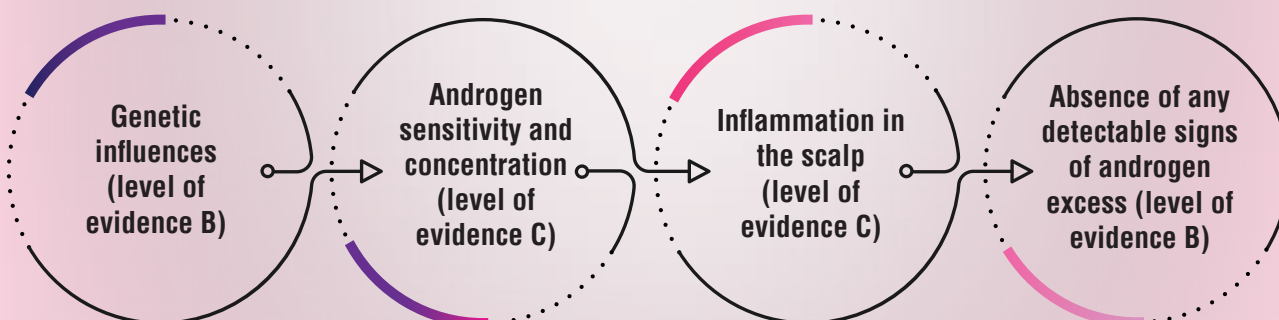
Female Pattern Hair Loss and Androgen Excess

Hair loss in women is a common concern and may be due to different causes. This study highlights the current state of knowledge regarding FPHL, a common form of hair loss in women hyperandrogenism and focuses on its evaluation, diagnosis, and treatment, as well as its association with hyperandrogenism. It includes recommendations that could be valid for all specialists dealing with female pattern hair loss.

The two typical patterns of hair loss in FPHL (B & C) compared with male pattern (A) hair loss are presented below:



FACTORS RELATED TO FPHL



Prevalence of hyperandrogenism in women with FPHL

Even though hyperandrogenism appears to be associated with FPHL, the strength and nature of this association remains unclear.

Prevalence of FPHL in women with PCOS

Evidence of FPHL was found in 20% to 30% of patients with PCOS, with highly variable results reported.

PCOS: Poly cystic ovarian syndrome

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DIAGNOSIS OF FPHL

Medical history

Patient should be enquired about age of onset and evolution of hair loss

Sinclair scale or Hamilton–Norwood scale should be used for determining family history of FPHL

Symptoms related to hyperandrogenism

Hirsutism, menstrual irregularities, difficulty conceiving, or severe cystic acne should be examined and observed

Use of medications

Medications related to hyperandrogenism, such as valproic acid and androgen supplementation; or prior use of 13-cis retinoic acid, should be investigated

CLINICAL PRESENTATION OF FPHL

01

Reduced hair density on the top of the scalp

02

Miniaturization of hairs in the affected areas of the scalp

03

Absence of diffuse shedding

04

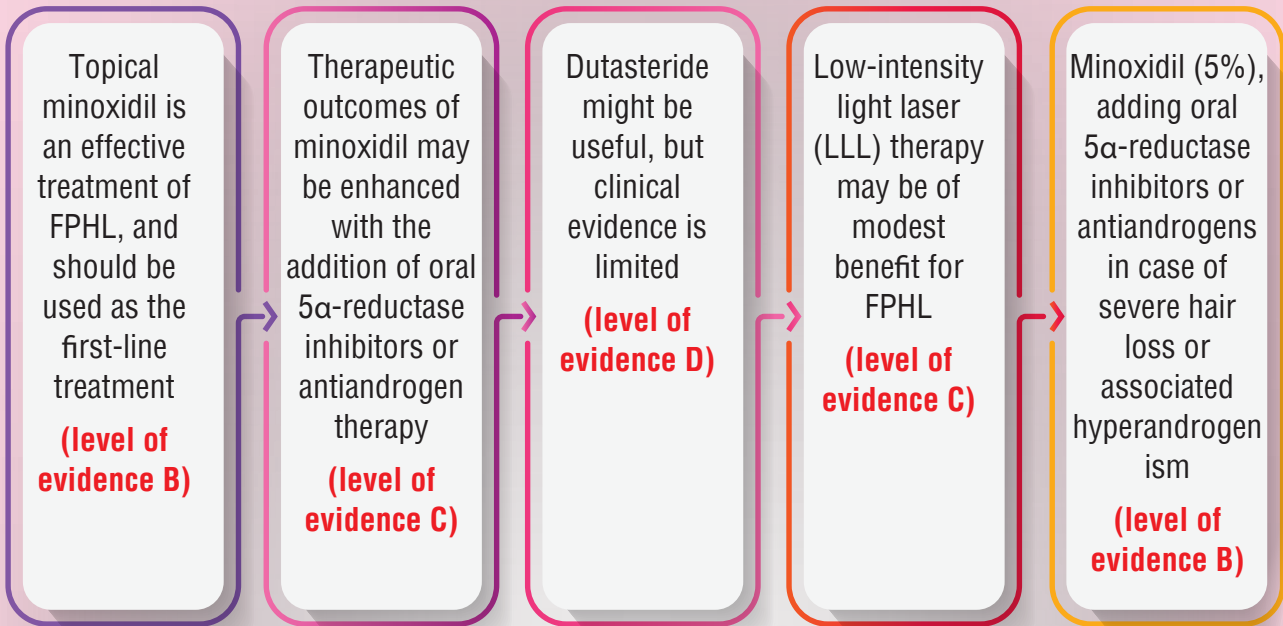
Preservation of follicular ostia (follicular opening) on the scalp in affected areas

ASSESSMENT

Assessment of possible androgen excess is mandatory in FPHL patients. Measurement of vitamin D, iron, zinc, thyroid hormones, and prolactin are optional but recommended.

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TREATMENT OF FPHL



KEY HIGHLIGHTS



REFERENCE

Carmina E, Azziz R, Bergfeld W, *et al.* Female Pattern Hair Loss and Androgen Excess: A Report From the Multidisciplinary Androgen Excess and PCOS Committee. *J Clin Endocrinol Metab.* 2019;104(7):2875–2891.

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