

# Male Pattern Hair Loss: What Works and What Doesn't



## Hairline Secrets: Male Pattern Hair Loss - what works (and what doesn't) by Ronnie Talent

★★★★★ 5 out of 5

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## What is Male Pattern Hair Loss?

Male pattern hair loss (MPHL) is a common condition that affects millions of men worldwide. It is characterized by a gradual thinning of the hair on the scalp, which can eventually lead to baldness. MPHL is caused by a combination of genetic and hormonal factors.

## Types of Male Pattern Hair Loss

There are two main types of MPHL:

- **Androgenetic alopecia:** This is the most common type of MPHL and is caused by a combination of genetic and hormonal factors. Androgenetic alopecia typically begins in the temples and crown of the head and progresses to the front of the scalp.

- **Alopecia areata:** This is an autoimmune disorder that causes hair loss in patches. Alopecia areata can affect any part of the scalp and can range from mild to severe.

## **Causes of Male Pattern Hair Loss**

The main cause of MPHL is a hormone called dihydrotestosterone (DHT). DHT is a derivative of testosterone that is produced in the prostate gland and testes. DHT binds to receptors on the hair follicles, causing them to shrink and produce thinner hair. Over time, the hair follicles may stop producing hair altogether.

Other factors that can contribute to MPHL include:

- **Genetics:** MPHL is a heritable condition, meaning that it can be passed down from father to son.
- **Age:** MPHL is more common in older men.
- **Certain medical conditions:** Some medical conditions, such as thyroid disease and diabetes, can contribute to MPHL.
- **Medications:** Some medications, such as chemotherapy drugs and blood thinners, can cause hair loss.

## **Effective Treatments for Male Pattern Hair Loss**

There are a number of effective treatments available for MPHL. These treatments can help to slow down or stop hair loss and may even promote hair growth.

The most effective treatments for MPHL include:

- **Minoxidil:** Minoxidil is a topical medication that is applied to the scalp. It works by promoting hair growth and slowing down hair loss.
- **Finasteride:** Finasteride is an oral medication that is taken once a day. It works by blocking the production of DHT.
- **Laser therapy:** Laser therapy is a non-invasive treatment that uses low-level lasers to stimulate hair growth.
- **Hair transplantation:** Hair transplantation is a surgical procedure that involves transplanting hair follicles from the back of the scalp to the balding areas.

Male pattern hair loss is a common condition that can affect men of all ages. While there is no cure for MPHL, there are a number of effective treatments available that can help to slow down or stop hair loss and may even promote hair growth.

If you are concerned about hair loss, talk to your doctor. They can help you to determine the cause of your hair loss and recommend the best course of treatment.



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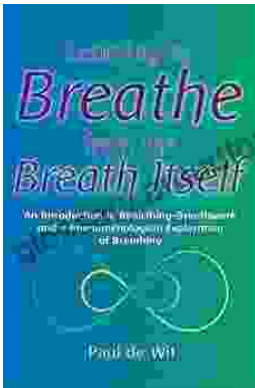
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