

## What is the Best Hair Loss Treatment for Men?

If you suffer from hair loss, you are not alone. Approximately eight million people in the UK suffer from hair loss, it's extremely common. Yet many, especially men still let hair loss affect their confidence, and ultimately their quality of life. This no longer has to be the case. When we ask what is the best hair loss treatment for men? There are many options, we have come a long way; hair loss today can be managed by medication or surgery. For complete baldness, high quality hair transplants are one of the best hair loss treatments available for men today.

### Contents

What is the Best Hair Loss Treatment for Men?.....	1
What Is Hair Loss?.....	1
Why do men suffer from hair loss?.....	1
What causes hair loss?.....	1
What are the different types of hair loss?.....	2
Can a man's hair grow back? .....	2
What is the best treatment for hair loss in men?.....	2
Are these treatments safe?.....	2
How do you regrow hair from balding?.....	2

### What Is Hair Loss?

Hair loss can happen in varying conditions, from the thinning of hair, receding hairlines to bald spots or the loss of all hair on the face or body, it doesn't just have to be the head. The umbrella terms for all hair loss conditions is alopecia and it can affect anybody. Sometimes hair loss can be temporary but, in many cases, it is unlikely that the hair will grow back without treatment.

#### Why do men suffer from hair loss?

40% of men in the UK will begin to show signs of hair loss by the time they are 35, this percentage increased to 65% by the time they reach the age of 60. The most common causes of hair loss in men are male pattern hair loss. The body produces large amounts of the male hormone DHT which causes hair follicles to shrink in size and produce less hair. This can begin at any stage in life (after puberty) and continues into adulthood. The pattern of hair loss begins above the temples and then around the top of head, leaving the lower scalp exposed. This type of hair loss in men often results in complete baldness.

#### What causes hair loss?

There are several factors which can contribute to hair loss including:

- Stress and hormones
- Genetics
- Ageing
- Diet
- Medical conditions

## What are the different types of hair loss?

The most common type of hair loss is called Androgenetic alopecia, which is hereditary. It's otherwise known as 'male pattern baldness' in men.

Medical conditions such as alopecia areata which is an autoimmune condition can also cause hair loss. Essentially the body attacks its own hair follicles which causes hair to fall out and prevents new hair from growing. It can affect any part of the body, not just the head.

Hair loss may be caused by a as a side effect to another treatment such as chemotherapy for cancer patients.

## Can a man's hair grow back?

It is possible for a man's hair to grow back, or to improve the condition of hair if the hair follicle remains intact. If the hair follicle is damaged, closed or has not grown a hair in a considerably long time, then it is unlikely that the hair will grow back.

## What is the best treatment for hair loss in men?

There are various treatment options available for the thinning of hair and the treatment of hair loss, but they work better if used at the early stages of hair loss.

- Minoxidil
- Finasteride
- Low Level Laser Therapy
- Hair Transplant

In men there are two approved medications for the treatment of hair loss – Minoxidil and Finasteride.

Minoxidil which is clinically proven to stop hair loss even if it's hereditary. Minoxidil can stimulate hair growth by increasing blood flow to the hair follicles, increasing their size, and encouraging hair growth.

Finasteride is another medically proven treatment for hair regrowth. It is used as a hair loss treatment for men over the age of 18, commonly used to treat male pattern baldness.

Low-level laser therapy (LLLT) is a form of light and heat treatment. Research shows it can stimulate hair growth, which they think may be due to the stimulation of epidermal stem cells in the follicle moving the follicle back into the growth phase of the cycle. More research is needed.

## Are these treatments safe?

Both Minoxidil and Finasteride treatments can help improve the hair loss condition in up to 90% of men, but they do not work for everyone, and they are not cures. They are only effective in hair loss management if taken long-term and they can potentially cause side effects such as ejaculation issues and low libido. Minoxidil can cause severe or long-term side effects if over absorbed by the skin, such as hypotension, dermatitis, tendinitis, anxiety, back pain, edema just to name a few.

## How do you regrow hair from balding?

For permanent hair loss the only solution to restore your full head of hair is to get a hair transplant. This means extracting hair from the roots from an existing part of the body, culturing them in rich nutrients before they are transplanted into the area where the hair is to be restored. The exact procedure best for you depends on your personal condition. The Follicular Unit Extraction (FUE) transplantation procedure is the most advanced process today where individual hairs are extracted

as opposed to using a strip (Follicular Unit Transplantation). Individual hairs give the appearance of a much more concealed and natural looking result.

Hair loss is a completely natural condition and extremely common, especially in men. Some men accept it as a natural process of getting older, but for others it can cause low self-esteem, stress, and a lack of confidence. This does not have to be the case. So, what is the best hair loss treatment for men? There are several treatment options available including medications such as Minoxidil and Finasteride, or alternatively surgery. Hair cannot be regrown if the follicles have been damaged, for this hair transplantation is the most common hair loss treatment for men who suffer from balding. There is no longer a need to suffer in silence.