

Welcome to

Fellos

HAIR LOSS



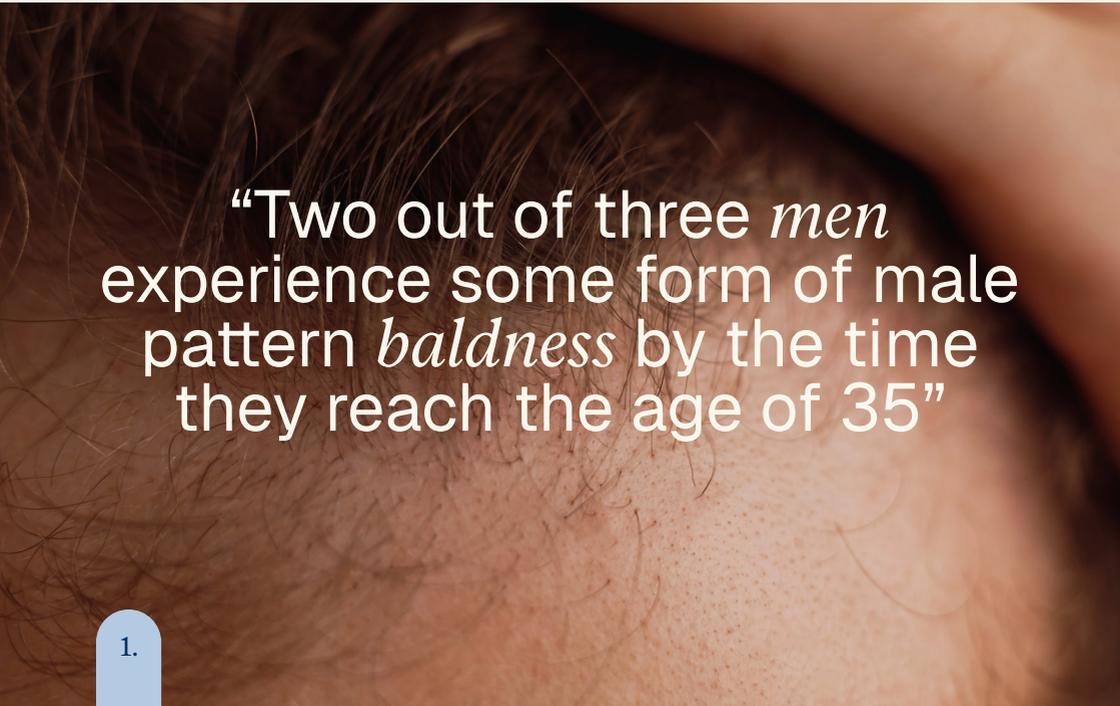
Introduction

Male pattern *baldness*

Also known as androgenetic alopecia, this is the most common form of hair loss. Two out of three men experience this before the age of 35. But there is good news: there are proven treatments that can combat the symptoms.

This document contains detailed information about the various treatments for hair loss. We recommend that you read it carefully so that you know exactly what to expect and are well prepared to start treatment. You can also read about the causes of hair loss and the pattern of hair loss in androgenetic alopecia.

Do you have any questions? Our team is always available to help you. We wish you every success with your hair loss treatment and hope you achieve great results.



“Two out of three *men* experience some form of male pattern *baldness* by the time they reach the age of 35”

Your *treatment programme*

Hair loss and hair growth are gradual processes. Be consistent with your treatment and be patient. The results of your treatment will be visible after 9 months. Maximum results are achieved after 24 months of consistent use.

What can you expect?



0–3 months

Old hair falls out and a new hair growth cycle begins.

3–6 months

Hair loss has decreased and you may already notice some new hair growth.

6–12 months

New hair fills in the areas with thinning hair.



What is *hair loss*?

Every person loses approximately 100 to 120 hairs every day. However, just as many new hairs grow back every day. Hair loss occurs when you lose more than 120 hairs per day over a longer period of time, causing your hair to become thinner. Although hair loss is unpleasant and can affect your self-image, it is not dangerous and has no effect on your health.



The growth phases

- Normally, 80 to 90% of hair is in the growth phase (anagen phase). This phase lasts an average of 4 to 8 years. The duration of the growth phase determines the length that the hair can reach. 10 to 15% of hair is in the resting phase (telogen phase).
- This resting phase lasts 3 to 6 months, after which the hair falls out. Between the growth and resting phases, the hair is in a transition phase (catagen phase), which lasts about 2 weeks.
- In the case of hair loss, the growth phase becomes shorter. Your hair grows less and becomes thinner. Your hair then enters the resting phase more quickly and falls out faster. This ultimately leads to visible hair loss.

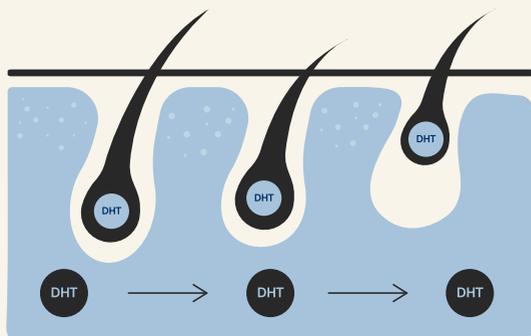
What is *the cause*?

By far the most common cause of hair loss is the effect of DHT on the hair follicles. In some men, the hair follicles are hypersensitive to DHT. The presence of DHT causes the hair follicle to shrink, which leads to hair loss. Genetic predisposition plays an important role in whether you are sensitive to DHT. Are there more bald people in your family? Then there is a greater chance that you will also go bald.

External factors also play a role. The use of aggressive hair products, stress, or an unhealthy diet can exacerbate hair loss. In some cases, hair loss is a symptom of an underlying condition. If you experience noticeable hair loss, it is important to consult a doctor who can assess your specific situation.

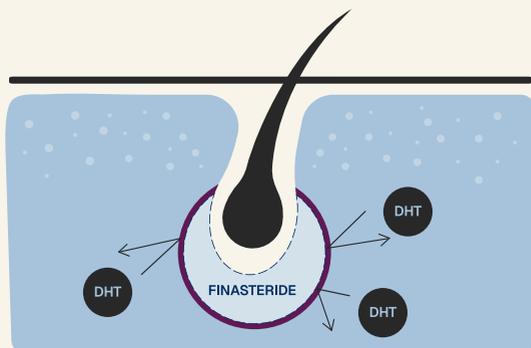
In exceptional cases, hair loss can also be caused by medication (chemotherapy, anabolic steroids), scalp problems (seborrheic eczema, psoriasis, or fungal infections), or an autoimmune disease, which can be recognized by very localized hair loss.

Hair loss: understand it, solve it



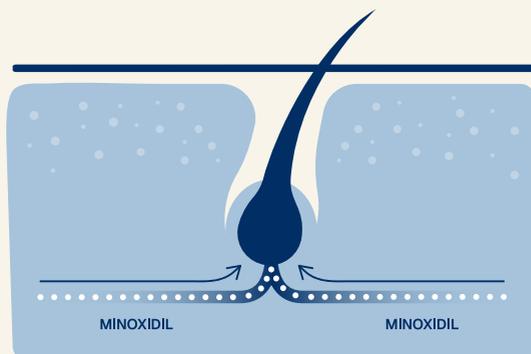
How does it occur?

DHT causes the hair follicle to shrink, resulting in hair loss.



Finasteride

Finasteride blocks the production of DHT and inhibits hair loss.



Minoxidil

Minoxidil stimulates blood flow and prolongs the growth phase.

How can you tell if you are suffering from male pattern baldness?

With androgenetic alopecia, hair loss often follows a fixed and progressive pattern. This pattern is defined in the Norwood scale.

This scale shows the seven stages of hair loss. Treatments are most effective in stages 1–4.



How can you recognise androgenetic alopecia?

The following signs indicate androgenetic alopecia:

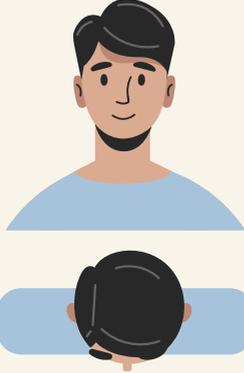
- ➔ You are slowly losing hair on your head
- ➔ The front of your head is becoming increasingly bald
- ➔ You are developing deeper receding hairline
- ➔ The crown is also becoming bald
- ➔ Bald patches are getting bigger
- ➔ A ring of hair remains at the back of the head
- ➔ The scalp looks normal
 - Do you have itching, eczema or dandruff? Then this may be due to another cause. In that case, treatment with ketoconazole shampoo is recommended.

Going bald is a process that often takes years. Thin, short hairs often appear first in the areas that are going bald.

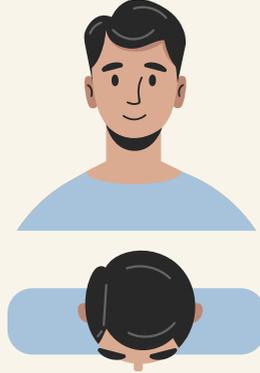
The Norwood scale

The seven stages of androgenetic alopecia

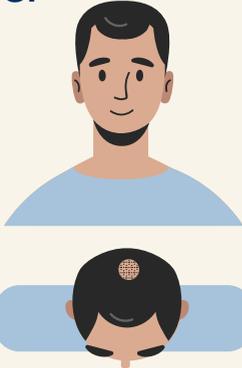
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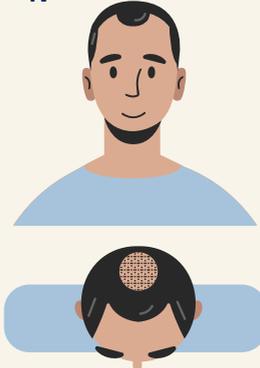
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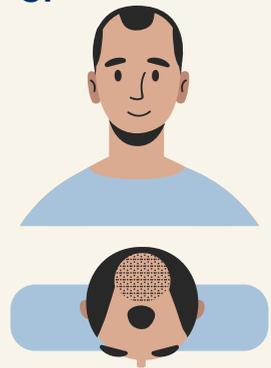
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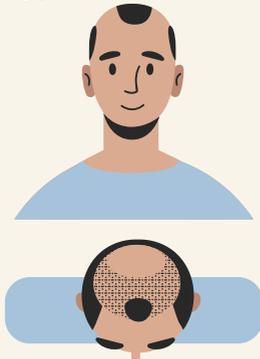
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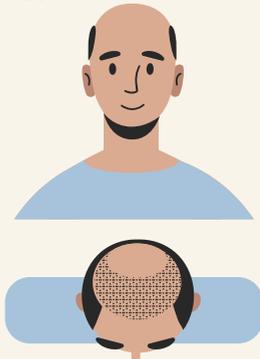
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Non-medical treatment for hair loss



There are many different hair loss remedies available. All kinds of lotions, creams, or shampoos containing caffeine. A lot of research has been done to determine whether these products help, but there is no clear evidence that they do. Good scalp health is important, but it does not stop hair loss. In severe cases, eczema or dandruff can lead to hair loss, in which case ketoconazole shampoo can help reduce the eczema or dandruff. There is also no specific diet or supplement that can reduce or stop hair loss.

A non-medical but scientifically proven treatment for hair loss is a derma roller. A derma roller uses tiny needles to make microscopic pricks in the scalp, which increases blood flow. This makes the hair follicles more active and productive during the growth phase. Although the effectiveness of a derma roller has been proven on its own, it is most effective when used in combination with minoxidil.

Factors that do *not* cause *hair loss*



Shampoo



Sun



Headwear



Masturbation



Testosterone levels



Gel/Wax

Hair transplant

A hair transplant is a popular treatment for hair loss. In a hair transplant, hair from the back of the head is transplanted to the balding areas on your head. This treatment is possible if you still have enough hair grafts at the back of your head. If you are considering a hair transplant, it is important to take the following into account.



- Transplanted hairs are insensitive to DHT
- One-time procedure with permanent results
- Hairline may sometimes look unnatural
- Existing hairs continue to fall out → risk of a 'double hairline'
- Finasteride is often recommended as a supplement

Treatment with medication

Good news. There are safe and effective treatments for hair loss. Finasteride and minoxidil are registered and approved in the Netherlands for the treatment of hair loss. Dutasteride is also a medication that is prescribed off-label in some cases. Depending on whether you suffer from a receding hairline, baldness on the crown, or overall hair loss, one of these treatments or a combination of both may help you.



Finasteride

Finasteride has been available on prescription since 1992. Hair loss can be effectively treated with finasteride in stages 1 to 4 of the Hamilton Norwood scale. Treatment is less effective in stages 5 to 7.

The first results are visible after 3-6 months of treatment, with maximum results achieved on average after 24 months. Whether finasteride is effective for you can be assessed after 6 months of consistent use. We recommend taking clear photos at the start of your treatment so that you can properly assess the effect over time. Continuous treatment with finasteride is necessary to maintain the results achieved. If you stop using it, hair loss will return over time.

Effectiveness:

In the short term (< 1 year), the average increase in hair count is 10%; in the long term (>1 year), this is 24%. In addition, hair loss stops completely in 83% of users.

Dosage:

- Finasteride for hair loss is prescribed as a 1 mg tablet to be taken once a day.
- There is no evidence that a higher dose increases its effectiveness.
- The use of a lower dose has not been sufficiently tested to be able to say anything about its effectiveness.



Finasteride *side effects*

As with any medication, finasteride also has a risk of side effects. In very rare cases, the following side effects may occur (0.1 to 1%):

- ➔ Sexual side effects: reduced libido, erectile dysfunction, problems with ejaculation.
- ➔ Depressive feelings and heart palpitations.
- ➔ For all possible side effects, please refer to the package insert.

Important *points to note*

- ➔ Finasteride is teratogenic. This means that it can cause birth defects in an unborn child; women who are or may be pregnant should therefore not touch the tablets, especially if they are broken or crushed.
- ➔ If a pregnant woman is exposed to the semen of a man who is using finasteride, this is unlikely to harm the (unborn) child because the concentration in the semen is low. Nevertheless, we advise against using finasteride if your partner is pregnant. You may want to use a condom.
- ➔ Long-term use by men is associated with oligospermia and reduced sperm motility. Oligospermia and sperm motility mean that fewer sperm cells are produced and that they move less effectively. This improves after discontinuing therapy. In men with already reduced sperm quality, use may negatively affect fertility.
- ➔ If you suffer from depression or depressive symptoms, you should not start treatment with finasteride. If these symptoms occur during your treatment, you should stop the treatment.
- ➔ Report any changes in your breast tissue, as this may be a reason to stop your treatment.



Minoxidil

Minoxidil works by improving blood flow around the hair follicles, thereby stimulating the hair roots. This keeps the hair in the growth phase longer and allows it to grow back thicker and stronger. Minoxidil is effective in 73% of users. Its effectiveness increases when used in combination with a derma roller or finasteride.

Shedding

In some cases, a temporary increase in hair loss occurs after 2-6 weeks. This can last for several weeks. This is because minoxidil stimulates the hair follicles to transition from the resting phase (telogen phase) to the growth phase (anagen phase). Old hairs fall out as new hairs grow in their place.

Side effects

In addition to the desired effect, side effects may also occur. Headaches are the most common and are experienced by more than one in ten users. In addition, skin irritations such as itching, dryness, or a burning sensation may occur (1-10%). For all possible side effects, please refer to the package insert.

Important points to consider

- Use is not recommended in cases of heart or vascular disease.
- Do not apply to inflamed, irritated, infected scalp or areas affected by psoriasis.





Dutasteride

Dutasteride has been available on prescription since 2002. It was developed for men with an enlarged prostate, but in some cases is also prescribed for the treatment of hair loss. Dutasteride is mainly prescribed for hair loss when finasteride is not sufficiently effective or has been used for a long time. This is an off-label prescription, because dutasteride is not marketed for hair loss in the Netherlands.

Both finasteride and dutasteride block the enzyme 5- α -reductase. This enzyme is responsible for the production of DHT. Whereas finasteride only inhibits type II 5- α -reductase, dutasteride inhibits both type I and II. This makes treatment with dutasteride potentially more effective.

Dutasteride *side effects*

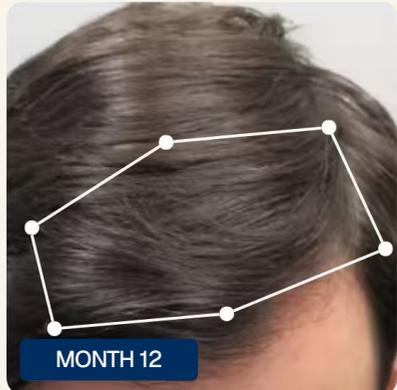
In rare cases, there is a risk of side effects (1 to 10 in 100 people). The most common side effects are listed below.

- ➔ Sexual side effects: reduced libido, erectile dysfunction, problems with ejaculation.
- ➔ Changes in breast tissue.
- ➔ For all possible side effects, please refer to the package insert.

Important *points to note*

- ➔ Dutasteride is teratogenic. Leaking capsules should not be touched by women who are or may be pregnant. We recommend not touching the capsules at all.
- ➔ Zwangere vrouwen mogen ook niet blootgesteld worden aan het sperma van een man die dutasteride gebruikt. We raden aan de behandeling te pauzeren of een condoom te gebruiken.
- ➔ Pregnant women should also not be exposed to the semen of a man using dutasteride. We recommend pausing treatment or using a condom.
- ➔ If you suffer from depression or depressive symptoms, you should not start treatment with dutasteride. If these symptoms occur during your treatment, you should stop taking it.
- ➔ A decrease in fertility cannot be ruled out.
- ➔ Report any changes in your breast tissue, as this may be a reason to stop your treatment.

Results



Your personal environment

In your personal environment, you can track your results and we are always there for you. You can do the following there.

Request an extra delivery



Adjust your treatment



Chat with the Fellos medical team



Go to your personal environment:



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