

## Patient Information for Male pattern alopecia

### Overview

Male pattern baldness (alopecia), or androgenetic alopecia, is the patterned balding of a man. This condition may affect both the appearance and self-esteem of some men. The hair loss is non-scarring and has a genetic basis. Sex steroids (androgens) - specifically, dihydrotestosterone - play a role in this form of balding.



### Who's At Risk

Male pattern baldness affects many different types of men, spanning both age and race. Early signs can be seen as young as teenage years. While black men have more frontal baldness than white men, they less commonly have balding at the crown region of the scalp.

Male pattern baldness may be hastened by other forms of hair loss, such as chemotherapy-induced hair loss. Likewise, male pattern baldness becomes more common as age increases.

### Signs & Symptoms

The most common location for male pattern baldness occurs at the frontal hairline. Hair loss may move toward the back of the scalp (posteriorly), or it may be first noted as thinning at the crown of the scalp. While the underlying scalp may appear normal, a man might see miniaturized hair follicles.

### Self-Care Guidelines & When to Seek Medical Care

If you do nothing, the hair loss will continue to progress. Unfortunately Dr. Ekpo does not have a crystal ball to determine how much hair loss you'll have in 10 years, but earlier treatment does help slow the progression significantly. Hair transplantation can also provide permanent long lasting results. Dr. Ekpo can discuss a personalized hair restoration plan with you to help achieve your realistic hair goals.