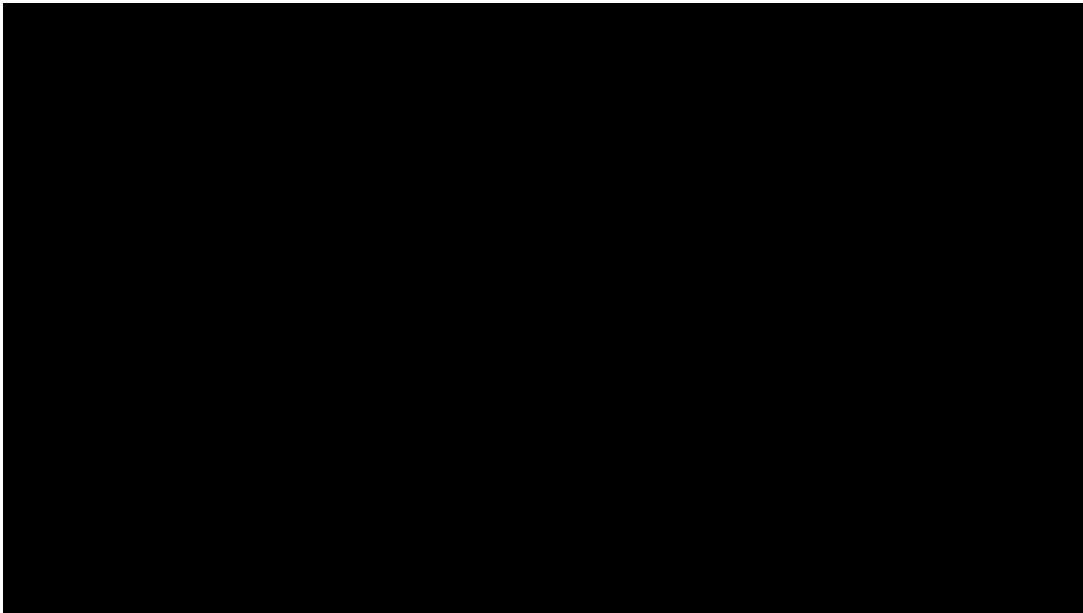


Massachusetts Dermatology Associates



- May 18, 2018
- Aesthetic, General Dermatology

by Dr. Vladimir Ratushny, M.D., Ph.D.

Hair loss is a common disorder affecting both men and women that can lead to significant psychological distress. A board-certified dermatologist is the best trained physician to perform a thorough hair loss assessment. Dermatologists assess your hair loss in the context of your overall health, diet, heredity and are able to diagnose numerous scarring and non-scarring hair loss disorders.

There are currently a limited number of medical treatment options for hair loss. For both male and female hair loss, minoxidil (Rogaine) is a topical treatment option that has been shown to decrease hair shedding and increase hair count. For men, an oral medication called finasteride (Propecia) is an effective hair loss treatment which delays male pattern hair loss and allows men to regain some of the hair they lost. Surgical hair restoration using hair transplantation is the only permanent solution to hair loss. However, even this procedure can be limited by the fixed number of donor hair follicles from the back of the scalp. As such, research into further hair loss treatments is necessary to offer patients more options and to complement current solutions for hair restoration.

A recent study in the journal PLOS Biology, published in May 2018, identified a potential new medical treatment option for hair loss. The research was based on the observation that a potent immunosuppressive used in organ transplantation called cyclosporine induces hair growth. The scientists found that cyclosporine functions to induce hair growth through suppression of the SFRP1 protein. The scientists then identified WAY-316606, a specific pharmacologic antagonist that directly inhibits the SFRP1 protein. WAY-316606 was shown to enhance hair growth and prevent hair regression in an ex vivo model using human hair follicles. Using such a targeted approach to treat hair loss may avoid the toxicity and side effect profile of the broadly immunosuppressing cyclosporine. While human clinical trials are necessary before the safety and efficacy of WAY-316606 can be established, these findings identify a novel potential treatment option for hair loss.

Hair Loss

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- “that many appointment times available with their many professional and experienced dermatologists.” more
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- “When I saw the dermatologist he was nice but the appointment was all of 120 seconds.” more
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- “I originally came in because I was having horrible breakouts and nothing would help - dermatologists...” more
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- “Dr Bendetson is a wonderful dermatologist! I have been going to him for years and he has always been...” more
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- “My dermatologist recommended the Salon at 10 Newbury and I could not have been more pleased.” more
-
- “I’ve been to countless estheticians and dermatologists who were never able to help me with my...” more
-
- “Dr Rockoff is a terrific dermatologist. In 2017, he correctly diagnosed my skin irritation as basal...” more
-

- “Being a dermatologist is probably very hard. I mean, you have all sorts of people with all sorts of...” more

- “In fact she does a better job than a cosmetic dermatologist I used to go to.” more



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What are people saying about hair loss centers in Boston, MA?

This is a review for hair loss centers in Boston, MA:

"Finished accutane and then 6 months later skin tag removal and general skin advice with incredible results. Was about a month wait for an initial visit, after that many appointment times available with their many professional and experienced dermatologists. They follow covid precautions in office and offer virtual options. Would recommend to anyone in the area especially if you want another opinion after seeing a smaller local dermatology office - they will ask if a medical student can join for part of the visit, and will answer any questions but the visits are briefer & you will need to do some of the contacting/calling if you have an issue with a prescription etc as it is a larger practice."

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Best 30 Dermatologist Hair Loss in Boston, MA with Reviews

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How To Find a Dermatologist Specializing in Female Hair Loss | hers

We typically think about our hair in cosmetic contexts. Your hair gets styled, cut, colored and otherwise cosmetically altered by professionals who are largely focused in their expertise on how hair looks.

So if you've got long hair and want to make it short, you go to someone who knows how to wield a pair of scissors with precision.

But what about the opposite situation? What happens when your hair isn't growing at all, or is beginning to show signs of damage?

Hair specialists aren't a common topic in the medical industry for a reason: hair doctors are typically specialists within another specialty field: dermatology.

So if you have hair problems, you go to a dermatologist. But will just any dermatologist do? Maybe not.

If you're having serious hair issues (whether they be from a medical condition, a stressful or traumatic event or anything else), it's important to find the right healthcare professional for your locks.

How to do that is actually quite simple, once you know what questions to ask, and where to look.

finasteride for women

the only hair loss spray of its kind

Healthy Hair and Hair Loss: The Basics

Before we get into the details, let's take a deep breath and remember that some hair loss is actually perfectly normal, every day.

The average person, for instance, has about 100,000 follicles of hair just on her head, and they will typically expect to lose 100 strands or more from "normal" hair loss every day.

This so-called normal hair loss is really just part of your hair's three follicle life cycle phases, consisting of the anagen phase, catagen phase and the final telogen phase.

Hair growth as we know it happens in the first, anagen phase, during which time about 90 percent of your follicles are actively growing longer.

The catagen phase comes next; this signals the beginning of the end for those active follicles, which leads into that death-y telogen resting phase.

This is where the hair falls out and the follicle itself rests until such a time as it starts the cycle all over again.

So to sum it all up, "normal" hair is actually only about 90 percent of your total potential growing capacity, with about 10 percent of your living follicles resting at any one given time.

So hair loss, then, is simply what happens when this delicate balance becomes unbalanced.

Hair is technically part of your skin (which happens to be your body's largest organ, by the way), and while we don't normally think of hair as an element of skin, the two are crucially linked in function and health.

A hair loss dermatologist, then, is just a dermatologist who has specific experience or skill sets related to hair health within their dermal specializations.

Typically, a hair loss dermatologist can help you figure out what's going on with your hair in relation to your skin.

Did your hair fall out following some kind of rash? Are you noticing thinning after switching shampoos? What's up with all that dandruff? Where did this noticeable hair loss come from?

If these are the types of questions you find yourself asking, consulting a dermatologist that specializes in hair loss could most definitely help provide some insight into what you're dealing with.

Why Women Lose Their Hair

From what you read above, you've probably gathered that "hair loss" is actually "excessive" hair loss — specifically the shift from those normal percentages to a new, imbalanced ratio with more follicles remaining in the telogen phase.

Hair could end up stuck in telogen for many reasons, among them: autoimmune diseases, stress or even trauma to your scalp or body generally, like a major wound or surgery.

Hair loss may also happen due to your genetics or a hormonal imbalance.

There are a few common types of hair loss women experience that a hair loss dermatologist will likely look to diagnose, if need be:

- Androgenetic Alopecia. Male pattern baldness or female pattern hair loss is the most common name for androgenetic alopecia: a condition caused by fluctuations in the levels of your hormones (specifically androgens). It typically manifests as women age, and especially as we approach menopause. This is the most common form of hair loss.

- **Telogen Effluvium.** Telogen effluvium typically appears as a pattern of even thinning across your scalp and is typically caused by a stressor like a major surgery, some bodily trauma, serious illness, and sometimes by giving birth or having radiation. Luckily, telogen effluvium will resolve itself eventually — especially after the stressor is addressed.
- **Traction Alopecia.** Traction alopecia, simply enough, is hair loss due to traction on the follicle, which can result in scalp injuries — it's sometimes called traumatic alopecia. This includes tight ponytails or buns, braids, cornrows, etc.
- **Alopecia Areata.** Hair loss under the umbrella of alopecia areata is actually a symptom of an autoimmune disease. Alopecia areata is what happens when your immune system attacks your scalp or your follicles, mistaking them for foreign bodies. There's no cure, but there are effective treatment strategies.

The lesson here is that not all hair loss is created equal, folks. And different types of hair loss require different treatment strategies.

And guess who happens to specialize in recognizing, diagnosing and treating different hair loss types. That's right — a hair loss dermatologist. Bam!

Treatment for Hair Loss: What Would A Hair Loss Dermatologist Recommend?

When you start seeing signs of hair loss, it's important to act. When you meet with a hair loss dermatologist, their first job is helping you figure out what type of hair loss you're suffering from. Their second job is helping you determine the best course of hair loss treatment.

While each professional is going to recommend a different course of treatment, and the forms of hair loss themselves are different, here are a few of the treatments for hair loss your hair loss dermatology professional may speak to you about.

- **Minoxidil.** FDA-approved to help treat the effects of hair loss in women, minoxidil is a topical medication for hair loss that's believed to work by stimulating blood flow to the affected area, bringing nutrients to the hair follicles and ultimately promoting growth.
- **Saw Palmetto.** Another popular hair care ingredient in shampoos, conditioners and other products, saw palmetto works to stop the production of dihydrotestosterone (DHT) in the body, which is a contributing factor in some common types of hair loss.
- **Spironolactone.** This medication, an antiandrogen, is prescribed to help stop the production of testosterone in the body. And because DHT is a derivative of testosterone, lower levels of testosterone mean lower levels of DHT on your scalp.

A hair loss dermatologist may also suggest things like changes in your lifestyle and diet, different vitamins and supplements, removing certain stressors from your life, etc., depending on what type of hair loss you're dealing with.

Where to Find a Hair Dermatologist

One of the best places to search for a dermatologist is actually through the American Academy of Dermatology Association website.

They allow you to search by zip code and name, as well as to filter for things like conditions to be treated (hair loss), the focus of their practice (cosmetic, medical, etc.), and procedure — including hair transplants.

There are some things you may want to try and decipher about your hair issues beforehand, like what kind of hair loss you're dealing with.

While it's a healthcare professional's job to diagnose your issues, knowing more about the kind of hair loss you may be experiencing can help you find the right professional, so let's look at a few common hair loss types.

If you need some help, you can always reach out to your primary healthcare provider and tell them what's going on.

They should be able to recommend a specialist that makes sense with your location, your insurance, who they've worked with and can vet, etc.

spironolactone for hair loss

hair, meet science. you two are gonna hit it off

The Final Word on Finding a Hair Loss Dermatologist

Dermatology professionals help with everything skin. If you have a rash that won't go away, if you've noticed a new growth or a suspicious mole on your skin or even if you're having hair issues, a dermatology professional is likely going to be one of the first calls you make.

A hair loss dermatologist is a dermatology professional that specializes specifically in the relationship between your hair, your skin, and the way the two intertwine.

If you're having skin-hair issues, a hair loss dermatologist will help you get to the root of the issue, while also helping you learn how to properly treat it.

They'll help you figure out which medications may be most effective, which lifestyle changes you should be looking to change, etc.

The most important first step, however, is finding one that makes sense for you.

15 Sources

Hims & Hers has strict sourcing guidelines to ensure our content is accurate and current. We rely on peer-reviewed studies, academic research institutions, and medical associations. We strive to use primary sources and refrain from using tertiary references.

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