

Medical Management of Hair Loss

Results are Expected After 4 Months of Treatment DAILY

Men (1st line Treatment):

- **Minoxidil** (Rogaine) 5% solution or foam
 - Apply 1ml of 5% solution or foam to affected areas of scalp AM and PM DAILY
- **AND**
- **Finasteride** (Propecia 1mg tablet or Proscar 5mg tablet)
 - Take 1mg tablet daily
- **OR**
- Take ½ tablet (2.5mg Proscar) for 2 weeks, then increase to 5mg/day

Men (2nd line Treatment):

- **Minoxidil** (Rogaine) 5% solution or foam
 - Apply 1ml of 5% solution or foam to affected areas of scalp AM and PM DAILY
- **AND**
- **Dutasteride** (Avodart 0.5mg tablet)
 - Take 0.5mg tablet daily

Pre-menopausal Women (1st line Treatment):

- **Minoxidil** (Rogaine) 5% solution or foam
 - Apply 1ml of 5% solution or foam to affected areas of scalp AM and PM DAILY
- **AND**
- **Spironolactone** (50mg tablet)
 - Take one 50mg tablet daily for 1 week, then increase to 2 tablets (100mg) DAILY
 - After second week of 100mg/day, it is important to check your potassium (K+) level
 - Any Lab Now will perform a Basic Metabolic Panel (BMP) for \$20

Post-menopausal Women (1st line Treatment):

- **Pre-menopausal regimen plus**
- **Finasteride** (Propecia 1mg tablet)
 - Take 1mg tablet daily

Please call the office immediately if you feel you're experiencing any adverse reactions.

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