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Coping With Male Pattern Baldness

By Richard Mitchell

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Androgenetic alopecia (male pattern baldness) is by far the most common cause of hair loss amongst men and a serious problem for many women. For it to develop, three important components must come into play:

A genetic predisposition for balding to occur.

The presence of male hormones.

Aging – enough time for the first two factors to occur.

Despite the common perception, familial baldness patterns are not completely reliable as predictors of future hair loss. The fact that your parent or grandparent exhibited a given pattern does not guarantee your hair loss development will be the same. However, if your father was completely bald and you begin to lose hair excessively at an early age, it's safe to assume you will develop extensive balding.

All normal men and women produce male hormones such as testosterone and DHT. These hormones have a useful role to play in both sexes but it is the fact that androgens occur in much higher concentrations in men that explains why this type of hair loss is more common in males.

The effect of these hormones on hair follicles is as follows:

High levels of an enzyme called 5-alpha-reductase occur in cells of the hair follicle.

This enzyme converts testosterone into DHT.

DHT causes the robust terminal hairs to miniaturize.

This leaves soft, fine hairs that provide poor scalp coverage.

The growth phase becomes shorter until these soft hairs are lost for good.

Excessive hair loss can occur at any age and may even stop only to start again. As time progresses the process of hair loss accelerates leading to its logical conclusion.

Understanding this process helps to explain how the currently available treatments for male pattern baldness work. Propecia is one of only two FDA–approved hair loss treatments and it works by interfering with the process outlined above. In brief, Propecia inhibits the formation of DHT in the system thus slowing down and eventually stopping the adverse effects of DHT on the hair follicle.

Most of the non–drug, commercially prepared products operate on a similar basis by utilizing natural ingredients that attempt to interfere with the production of DHT. Presently the most popular natural

ingredient is saw palmetto although some products combine this with other herbs such as pygeum, stinging nettle and green tea.

To find out more about these and other treatments for male pattern baldness, go to the site listed below.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

Is Saw Palmetto Used For Male Pattern Baldness?

By Kathlene Capelle

Many nowadays prefer a natural hair loss remedy rather than treat their hair loss with drugs and medication. If you are looking for a natural hair loss remedy for male pattern baldness, you can try saw palmetto.

Saw palmetto is a particular type of fruit that has been shown to help in hair loss according to some studies. Having some information about saw palmetto, its use and its benefits can help you decide if this natural hair loss remedy is the type of treatment that you are seeking for.

Saw palmetto is a red fruit that grows in warmer climates throughout the world. It is most often seen in South Eastern regions of the United States. Studies into the use of saw palmetto was first done for research on prostate health. However, it was also noticed during the clinical trials that this popular fruit have positive benefits to those with male pattern baldness.

Coping With Male Pattern Baldness

Male pattern baldness is a hereditary condition that afflicts more men than women. Hair loss in male pattern baldness is characterized by a receding hairline and that continues in a horseshoe pattern. Hair on the sides and back of the head are mostly unaffected. The exact reason for male pattern baldness is still not very clear. Some studies suggest that excessive conversion of testosterone to another hormone called dihydrotestosterone (DHT) may be an underlying cause. In the studies for prostate health, saw palmetto was shown to block the production of DHT in men suffering from enlargement of the prostate.

So how much saw palmetto should you eat for your hair loss? Unverified sources say that if you are eating the fruit, then one per day would in most instances be effective with treating your hair loss. However, if you are taking an extract, then a dosage of three hundred and twenty milligrams per day is recommended. Supplements containing nutrients of saw palmetto are also available to help with hair growth.

One of the advantages of taking saw palmetto is that there are no known side effects. This is obviously better than taking synthetic drugs or medication that may have potential adverse results. In fact, these side effects include fast heart rate, headaches, impotence, and decreased libido.

Saw palmetto should preferably be taken with other foods or substances. Otherwise, you may end up with a headache or stomachache. In addition, if you observed that you are getting allergic reactions, you should stop consuming saw palmetto immediately.

In addition, if you are female and pregnant, then you should not use saw palmetto without medical supervision.

Is Saw Palmetto used for Male Pattern Baldness? Currently, there is no known cure for male pattern baldness. Both conventional and natural treatments can help control the hair loss as long as one maintains the treatment. However, once the treatment is discontinued, there is the chance of recurrence. Saw palmetto may be the answer to providing your body with the necessary balance of the hormones and enzymes beneficial for combating hair loss. Do research more into this option if you are looking for a natural hair loss remedy for mild to moderate male pattern baldness.

Kathlene Capelle writes on female hair loss, male hair loss, cause of hair loss, hair loss remedies, hair loss prevention, hair transplants and natural hair loss treatments. Her site also has hair care recipes that you can prepare from your own home. Please visit her site at

.

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