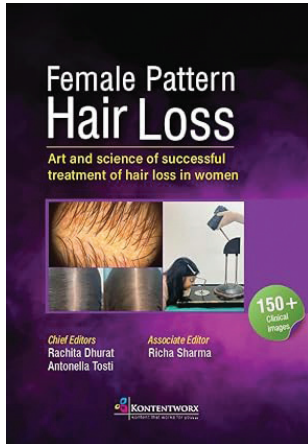


Female pattern hair loss: Art and science of successful treatment of hair loss in women



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The book *Female pattern hair loss: Art and science of successful treatment of hair loss in women* is a comprehensive guide to treating hair loss in women. It begins with advances in the etiopathogenesis and stresses that the etiology in female pattern hair loss (FPHL) is not the same as in men. The chapters on clinical examination and bedside tests are well illustrated. An indigenous instrument for standardised global photography is of interest. The book emphasises on accurate site selection, technique and interpretation of biopsy specimens to make an accurate diagnosis in diffuse alopecia, highlighted by interesting case studies. This will be of interest to clinicians and researchers alike. Trichoscopy is a very useful technique to differentiate between other causes of hair loss, which can mimic androgenetic alopecia, such as diffuse alopecia areata, telogen effluvium, frontal fibrosing alopecia in a patterned distribution and central centrifugal cicatricial

alopecia. These have been explained in a lucid manner. Co-morbidities can have a significant impact on management and it is essential to look for these in every case, particularly hyperandrogenism and hypothyroidism. A separate chapter including that and hair loss in adolescence has been devoted to this aspect. Management of hair loss, including nutritional supplements, antiandrogen therapy and newer therapies, has been described. The use of minoxidil, topical, systemic and intralesional has been dealt in detail, including potential side effects, commonest of which is hypertrichosis.

The book also deals with the procedural aspects, including mesotherapy, microneedling, platelet-rich plasma, low-level laser therapy and the various combinations. The surgical technique of hair transplant has been described. However, readers interested in surgical treatment could benefit more with operative details like designing the hairline with line diagrams and more case studies. Camouflage with hair fibres, sprays, wigs and micropigmentation is an important part to alleviate psychosocial distress, and this has been discussed in detail.

Overall, the book is a comprehensive guide to treating patterned hair loss in women and an excellent resource for management of this difficult and increasingly common condition.

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