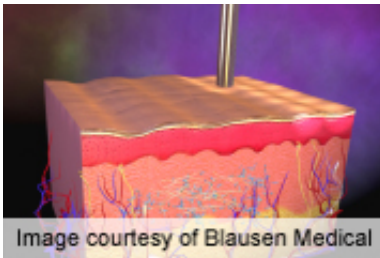


# Review: Low-level laser Tx effective for hair growth

September 19 2013

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Low-level laser therapy seems to be effective and safe for hair growth in men and women, according to a review published online Aug. 23 in *Lasers in Surgery and Medicine*.

(HealthDay)—Low-level laser therapy (LLLT) seems to be effective and safe for hair growth in men and women, according to a review published online Aug. 23 in *Lasers in Surgery and Medicine*.

Pinar Avci, M.D., from Massachusetts General Hospital in Boston, and colleagues reviewed the literature to examine the evidence for LLLT applied to the scalp as a treatment for hair loss, and investigated the suggested mechanisms of action.

The researchers found that in mice subjected to chemotherapy-induced alopecia and in cases of alopecia areata, LLLT stimulated [hair growth](#). In controlled clinical trials, LLLT was found to stimulate hair growth in both men and women. The main mechanism suggested was epidermal

stem cell stimulation in the [hair follicle](#) bulge, and moving of the follicles into anagen phase.

"LLLT for hair growth in both men and women appears to be both safe and effective," the authors write. "The optimum wavelength, coherence, and dosimetric parameters remain to be determined."

One author disclosed [financial ties](#) to related industries and disclosed being an expert witness for Advanced Hair Studio.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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