

Mayo Clinic Minute: Dermatologist discusses male-pattern baldness

January 17 2022, by Jason Howland



Credit: CC0 Public Domain

You look in the mirror and notice you're going bald. It's a reality that many men must face.

Dr. Dawn Davis, a Mayo Clinic dermatologist, says there's a reason why many men lose their hair as they age. And in some cases, there are solutions.

"You can have [androgenetic alopecia](#)," says Dr. Davis.

It's a [genetic condition](#) also known as male- or female-pattern baldness. It's a common form of [hair loss](#), especially for men. And as the name implies, hair loss occurs in a well-defined pattern.

"First, they'll notice thinning around the temples, and then that continues to recede backward toward the back of the scalp. Those areas then eventually meet with a balding spot near the hair whorl in the back of the crown of the scalp," says Dr. Davis.

Some men embrace their baldness, but those who want to treat their hair loss should talk with a hair specialist, such as a dermatologist.

"There are medicated shampoos, topical prescription medications, oral medications and immune system medications that we can use to help people with their alopecia based on the type of hair loss," she says.

There are also over-the-counter pills, liquids, foams and shampoos that can promote [hair](#) growth or slow the rate of that receding hairline.

"It's not a one-size-fits-all model. But for some common disorders, there are some over-the-counter things you can do," says Dr. Davis.

©2022 Mayo Clinic News Network.
Distributed by Tribune Content Agency, LLC.

Citation: Mayo Clinic Minute: Dermatologist discusses male-pattern baldness (2022, January 17) retrieved 25 April 2024 from

<https://medicalxpress.com/news/2022-01-mayo-clinic-minute-dermatologist-discusses.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.