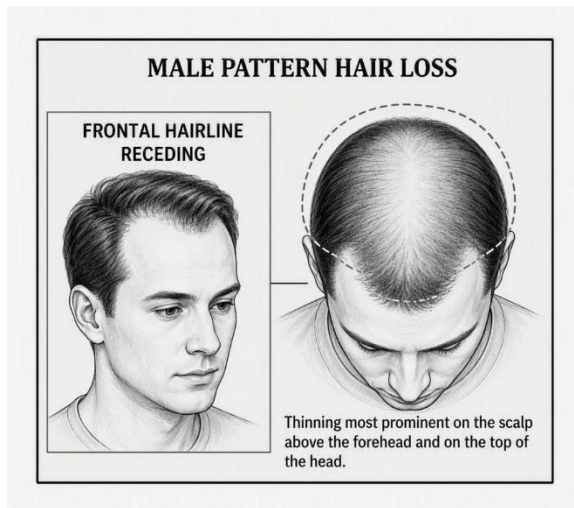


Androgenetic Alopecia (Male Pattern Hair Loss)

Androgenetic alopecia, also known as male pattern hair loss, is a common condition where men lose hair in a predictable pattern, usually starting at the temples and crown.



© 2026 Image created using Microsoft Copilot

Causes

Hair loss happens because of a mix of genetics (family history) and hormones, especially a hormone called DHT (a type of testosterone). DHT shrinks hair follicles, making hair thinner and shorter over time.

Signs

- Hair thinning at the temples or top of the head.
- A receding hairline, often forming an “M” shape.
- Hair becoming finer or shorter over time.
- Gradual balding on the crown.
- No redness, itching, or pain (just hair loss).

Treatment

Hair loss treatments require consistent use over a period of time. It often takes 3 to 6 months before results become noticeable. Continued treatment is necessary to maintain hair regrowth.

Options include:

- **Topical Minoxidil (Rogaine®)**
Available as a foam or solution. It is applied to the scalp to slow hair loss and encourage regrowth.
- **Oral Medicines**
 - Oral minoxidil
 - Finasteride (Propecia)
- **Additional Options**
 - Hair transplant surgery
 - Low-level light therapy (caps, combs, or helmets)
 - Platelet-Rich Plasma (some people see improvement, but more studies are needed)

Home Care Tips

- Use gentle shampoos and avoid harsh hair products.
- Be consistent with your treatment. Missing doses may reduce results.
- Protect your scalp from sunburn. Wear a hat or use sunscreen on the scalp.
- Avoid tight hairstyles that pull on the hair.

Additional Information

Learn more at:

<https://www.aad.org/public/diseases/hair-loss/treatment/male-pattern-hair-loss-treatment>.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8551.