

THE STAGES OF GENETIC HAIR LOSS

NORWOOD CATEGORIES-SELF ASSESSMENT



1. ○○○○○○

Stage 1.

No action required



2. ●●○○○○

Stage 2.

Any product containing Minoxidil/Laser Therapy



3. ●●●○○○

Stage 3.

Minoxidil/Finasteride/Laser Therapy
Hairline Transplant



4. ○●●○○○

Stage 4.

Finasteride/Laser Therapy/ Hairline and Mid Scalp Transplant



5. ○●●●○○

Stage 5.

Finasteride/Laser Therapy/Hairline/Mid Scalp and Crown Transplant



6. ○○○●○○

Stage 6.

At least 2 procedure
Hairline/Mid Scalp/Crown Transplant



7. ○○○●●○

Stage 7.

Hairline/Mid Scalp/Crown Transplant and/or top quality hair piece.

TREATMENT OPTIONS KEY

- Minoxidil
- Finasteride
- Laser
- Single Follicle Grafting
- Grafting and Hair Piece

ADVICE

- * **Before you act – do your homework!**
- * **Don't believe everything you hear or read**
- * **Clarify your expectations. Are they realistic?**
- * **Make sure your final decision is unemotional**
- * **Many hair loss sufferers have made pressured decisions that proved to be disappointing, expensive, inappropriate or irreversible**
- * **You must aggressively seek the facts. It is available if you know where to find it, what to ask, when to act and whom to trust**
- * **Find satisfied customers, learn from their experience and try to follow their footsteps if they found "satisfaction"**
- * **Apart from the genetically inherited male pattern balding process; diet, stress, smoking, illness, steroids, excessive sun or an undiagnosed medical condition could also contribute to rapid hair loss.**

INITIALLY, SEEK MEDICAL ADVICE FROM A HAIR LOSS MEDICAL PRACTITIONER!!

CAUTION REGARDING GUARANTEES

Hair loss is a medical condition, and results of treatment cannot be predicted for an individual. Although many available treatments will show temporary improvements, they may ultimately fail. There are no guarantees in medicine, so be cautious of any companies making such claims.

ARE YOU LOSING YOUR HAIR?

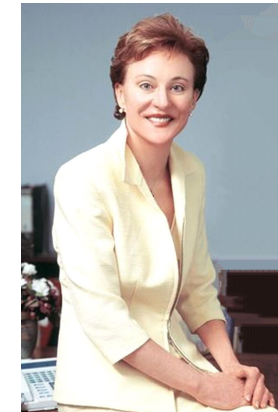
Do you know why you are losing your hair?

Do you know where to obtain relevant medical/scientific facts about your condition?

Do you know how to differentiate a "sales pitch" from genuine medical advice?

When seeking advice, demand specialist knowledge.

DR. JENNIFER MARTINICK M.B.B.S FACCS



**Program Chair ISHRS—
Sydney August 2005**

**Winner
Platinum Follicle Award
New York 2003**

In 2003 Dr Jennifer Martinick was acknowledged by her colleagues around the world as the leading professional in hair restoration research.

She pioneered techniques enabling transplanted hair to grow naturally, at the same angle, orientation and direction that nature intended.

Thanks to her work, hair restoration today is truly undetectable.

HAIR LOSS

THE MEDICAL FACTS

ESSENTIAL READING BY ALL HAIR LOSS SUFFERERS

Hair Loss

- * Is a medical condition. It may be due to hormonal, physiological, physical, environmental or genetic reasons, or a combination of these.
- * Can also affect self esteem and confidence.
- * May be continuous throughout life.
- * Affects about 70% of males and 50% of females.
- * The extent, the rate and its impact on individuals varies greatly.
- * Treatment options available range from unproven, untested treatments to clinically trialled treatments such as oral or topical medications and laser hair therapy.
- * Effective treatments will show a range of outcomes. If treatment is discontinued, hair may revert to original state.
- * The only permanent solution is hair transplantation. This is your own hair and it will grow without maintenance. It is natural and undetectable.
- * All other treatments must be continuous to show results and these will always remain a temporary outcome. Long-term outcomes, on-going cost and the effort needed should be clearly understood and closely examined by patients.
- * Do your research thoroughly.
- * Understand the process of hair loss and its ongoing nature.
- * Appreciate the limitations of each available treatment.
- * Knowledge is power. Take control of your hair loss with well-informed decisions.

HAIR LOSS

THE LONG TERM OUTLOOK

CLINICALLY PROVEN OPTIONS

A. Medical

Topical - the active ingredient in Rogaine (minoxidil) may enhance scalp blood circulation: effective for about 3 years, and is especially useful for hairline retention. This may defer or slow down hair loss, and requires daily application. Scalp irritation may be a problem. Minoxidil is available over the counter.

www.rogain.com
www.keypharmaceuticals.com.au

Oral – the medication Proscar (Finasteride) inhibits hormones that may damage hair follicles. Available on prescription only, so it requires a consultation with a doctor.

This can stabilize hair loss and encourage growth in the mid scalp and crown areas. It helps about 90% of the patients. Half of these will show increased growth; the other half will cease losing further hair. This medication requires daily dosing to be effective. Pulsed dose may also be effective in certain patients. This product may have some side effects.

www.propecia.com

Laser – follicle/cell stimulation encourages cell activity, increases blood circulation, postpones hair loss/thinning process. Low frequency laser is safe and effective. This needs to be used 10 - 15 minutes twice per week. Treatment must be ongoing to be effective. FDA approved Feb 2007.

www.hairmax.com

Hair Transplant – Follicular unit hair transplant is the most successful permanent solution to hair loss. In skilled hands, the outcome is completely natural, undetectable, and very cost-effective over long term. The procedure causes little discomfort or inconvenience. Scarring is minimal.

Choose a surgeon who explains and practices “gold standard” techniques. Speak to and see past patients to confirm claims made. Today there is no excuse for mediocre surgical work. Shop around: try conducting a Google search.

Strong, proven scientific international track record is a good start for your surgeon selection process. Seek medical advice to ensure that this is a suitable option for you at your stage of hair loss.

www.ishrs.org
www.hairtransplantnetwork.com
www.msnbc.msn.com/id/6590766/

Cloning - At the International Society of Hair Restoration Surgery 13th Scientific Meeting held in Sydney (24-28 Aug 2005) researchers reported to 335 international Hair Transplant Surgeons the following:

1. Laboratory tests on a very small scale to replicate follicles have been encouraging.
2. Phase 1 - bench top trials commenced towards end of 2006.
3. Phase 2 and Phase 3 are not expected to be completed until end of 2012.
4. FDA approval may take a further 5 - 7 years.
5. If all the planned activity is completed on schedule, this option may become available by 2012 at the earliest.

B. Artificial

Hair Pieces – instant hair, most of them are easily noticeable, requires regular maintenance.

Plastic Hair Implants – FDA no longer approves this process. Implanted foreign material will be rejected by the body. Medically not recommended.