

NEW BEAUTY

THE BEAUTY AUTHORITY

SUMMER-FALL 2018

Elle
MACPHERSON
at 54

THE MOUNT PLEASANT SECRET SURGERY

HOLLYWOOD'S FAVORITE
**SECRET
SURGERY**

RADIANT skin SHINY hair

INSIDE:

+

The Newest Lunchtime Laser
Head-to-Toe Vampire Facials
Summer's Best New Serums
Amazing Makeovers

THE CLINIC
HAIR

The top tried-and-true remedies—this is what experts say works

With age, estrogen levels dip and the body experiences a rise in male hormones (testosterone). "Anti-androgen drugs used off-label, like spironolactone, a blood pressure medication, or Tagamet, an ulcer medication, as well as oral contraceptives with low levels of androgens, all work to regulate testosterone, which can help with hair loss," says Mount Pleasant, SC plastic surgeon Jack Hensel Jr., MD. A study published in the *International Journal of Dermatology* shows female hair loss decreased when spironolactone and oral minoxidil (only topical minoxidil is currently FDA-approved for female pattern baldness) are taken together.

In Europe, some doctors have been experimenting with high levels of minoxidil (up to 15 percent) combined with tretinoin or azelaic acid, but the maximum amount FDA-approved for women is 5 percent (found in Women's Rogaine 5% Minoxidil Foam). Even Latisse,

"Anti-androgen drugs used off-label can help with hair loss."

the FDA-approved treatment for inadequate eyelashes, is being used, off-label, onto the scalp to grow hair. Beverly Hills, CA facial plastic surgeon Kimberly Lee, MD says that as long as the hair follicle is alive, Latisse should be able to stimulate growth.

If hair loss has been evident for 10 years or more and the follicle is damaged to the point of no repair, surgery may be required. "Hair transplant surgery is definitely the most invasive option of all the solutions," says Dr. Hensel. "But, it may be the only treatment that will give that desired amount of fullness depending on how much hair currently exists."

Back in the 1980s, "hair plugs," as they were commonly known, were used to revive an aging hairline. Despite their success, there was no way to avoid the telltale signs of the operation, like an abnormally heavy or low hairline and thick-looking follicles. "Hair transplants have evolved from implanting large plugs of hair to individual hair follicle units, and most recently, follicular unit extraction (FUE), which is rapidly gaining popularity," explains New York plastic surgeon David Rapaport, MD. "We gently extract individual follicles from a donor area using a tiny punch method to do away with a linear scar in the back of the head, which was typically used for the 'strip method.'" Because of newer methods like NeoGraft (it doesn't leave a visible scar), women are more open to the idea of hair transplant procedures. According to Colleyville, TX facial plastic surgeon Yadro Ducic, "This type of surgery only requires about five days off of work, and the hair generally starts growing within six months."



To correct this patient's significant hair thinning, New York facial plastic surgeon Benjamin Paul, MD performed a platelet-rich fibrin matrix treatment.



New York dermatologist Julie Russak, MD performed microneedling with PRP to restore fullness and prevent additional hair loss.