

* ROAGAINE

***ROGAINE® (GENERIC NAME MINOXIDIL)***

Rogaine is a topical medication approved for both men and women. It currently is available as a 2% liquid, 5% liquid, and 5% foam. It thought to act as a direct anagen-prolonging agent. It is effective in both men and women, although not to the same degree as finasteride. Although the packaging inserts state it is for the vertex, it works in both the front and crown.

Personal experience, and experience from colleagues suggests that approximately 50% of men have their hair loss slowed or stopped, 20% show some signs of regrowth, and 30% continue to lose hair (i.e. no effect). Rogaine is currently available over the counter (OTC).

A number of companies & pharmacies have created shampoos and topical lotions that contain Minoxidil plus other ingredients to combat hair loss. In many of the over the counter products that fight hair loss the main component is Minoxidil. One popular product that patients seem to feel works is Formula 82M. Formula 82M contains 5% Minoxidil, tretinoin, the topical steroid 0.01% fluocinolone, and a natural 5-alpha reductase blocking agent, oleanolic acid, in addition to several other ingredient in non-propylene glycol base. Many patient feel it works better with less irritation than over the counter Rogaine foam.

**POTENTIAL ROGAINE SIDE EFFECTS**

A big problem with the use of Minoxidil is compliance. In addition to irritation, the original product was oily and messy. The newer 5% foam as well as the Formula 82m mentioned above contains no propylene glycol so it is much easier to use and is better accepted by patients. It was recently FDA approved for women as a once a day therapy.

Another potential side effect in some women in an increase in facial hair but it is uncommon and mild if it occurs. Minoxidil was originally used orally as a blood pressure medication. Therefore, and also very rarely, it has been reported to cause a slight drop in blood pressure and palpitations. Usually one would have to be very sensitive or use a lot more than recommended.

**ORAL MINOXIDIL**

Oral Minoxidil is an option for patients who find the topical form too messy or would prefer the convenience of a pill. It has been used in low dose ( 5mg) by Dr Pathamovich in Thailand for 22 years with reports of success and minimal side effects.