

Male Pattern Baldness (Alopecia)

Alopecia is attributed to 3 major reasons: advanced age, an inherited tendency to early baldness, and an overabundance of Dehydrotestosterone (DHT). DHT is produced when the enzyme 5-alpha reductase converts Testosterone into DHT. DHT (and perhaps other androgens) cause hair follicles to shrink and enter a permanent dormant state. Aside from the elevated DHT and its associated side effects, the major concern is the drop in Testosterone. Testosterone is necessary for normal heart function, bone and joint maintenance/repair, muscle strength and coordination, memory and cognitive sharpness, as well as libido. There are several prescription 5-alpha reductase blockers, but simply adding Saw Palmetto 160 mg twice a day to your vitamin intake will exert that same effect of preventing Testosterone from converted to DHT. Diet and exercise is also imperative. For more information on what men can do to improve health and avoid significant problems later on, see my website www.larryspharmacies.com or call Larry.

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