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Oral Minoxidil Use in Androgenetic Alopecia and Telogen Effluvium

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While current studies have supported the use of oral minoxidil as a novel, adjunctive therapy for patients with non-scarring forms of alopecia, there continues to be limited data on the usage, efficacy, and safety of oral minoxidil in these conditions. This study aimed to assess oral minoxidil use in the treatment of male and female androgenetic alopecia and telogen effluvium focusing particularly on women. A retrospective analysis was conducted in 100 adult patients treated for androgenetic alopecia and/or telogen effluvium with oral minoxidil (dose range, 0.625mg-2.5mg) once daily for $\geq$52 weeks. The majority of patients treated were women. 74 women were included with a mean age of 57.3 years (range 23-80). Efficacy was evaluated based on provider assessment of clinical response and clinical photographic evaluation at pre and post treatment using a 3 point scale (worsening, stabilization, and improvement). Safety was evaluated according to patient reported adverse effects. 51% of patients demonstrated clinical improvement and 41% demonstrated stabilization. Adverse effects were mild and seen in eight patients. These results suggest oral minoxidil is a safe and effective treatment in androgenetic alopecia and telogen effluvium.

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