

● **TITLE: BICALUTAMIDE : A GAME CHANGER IN FEMALE PATTERN HAIR LOSS**

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Introduction

- Female Pattern Hair loss (FPHL) is common and distressing condition.
- While topical and oral minoxidil and antiandrogens are standard options, responses can be variable, unsatisfactory and tolerability can limit its use.
- **BICALUTAMIDE , nonsteroidal, selective antiandrogen can be used in FPHL.**
- It is an off-label therapeutic option.
- By blocking androgen receptor activity without reducing circulating androgen levels, bicalutamide offers a favorable safety and efficacy profile compared to traditional antiandrogens

Methods

2 patients with grade 3-4 according to ludwigs scale of FPHL were included.

Prerequisites : baseline LFTs, urine pregnancy test
Bicalutamide 50 mg half alternate day was started for 2 months



50 mg half tablet daily for 2 months



full dose of 1 tab daily 50 mg
LFTs were monitored before up dosing and then every 3 months till therapy.

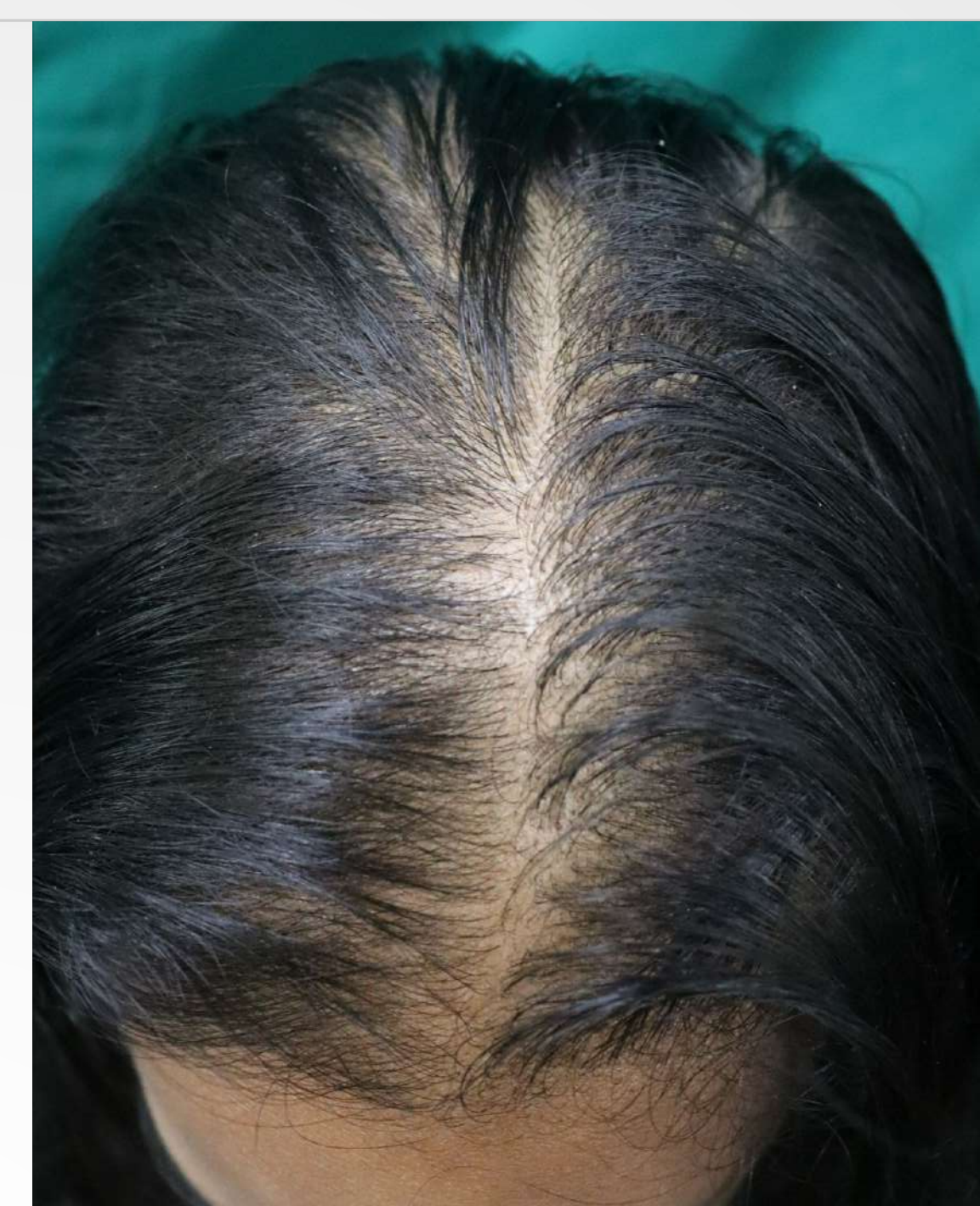
In addition patients received multivitamines and topical minoxidil

Results

- Patient demonstrated decrease in hair shedding (subjective) & increase in hair density (objective) at the end of 6 months.
- The patients using concomitant topical minoxidil showed good results

Conclusion

- **Bicalutamide-** promising agent in Female Pattern hair loss.
- Considered when patients have reached maximum recommended dose of spironolactone or Finasteride / Dutasteride with suboptimal results or if contraindicated.
- Preferred first line drug in hormonal acne and hirsutism.
- Results are better with concomitant topicals
- With appropriate monitoring and safeguards it may **redefine the therapeutic landscape of FPHL**



Baseline

2 months

6 months

References:

1) Bicalutamide: A potential new oral antiandrogenic drug for female pattern hair loss Diego Fernandez-Nieto, MD, David Saceda-Corrado, MD, PhD, Juan Jimenez-Cauhe, MD