



ALOPECIA



Androgenetic alopecia and significant hair loss are directly linked to sex hormone metabolism, particularly the conversion of testosterone into dihydrotestosterone (DHT) via the enzyme 5-alpha-reductase. Elevated DHT levels in sensitive hair follicles cause their miniaturization and weakening. Furthermore, hormonal fluctuations, chronic stress (high cortisol), and systemic inflammation accelerate hair loss.

COMMON SYMPTOMS

- Progressive hair loss and thinning (pattern baldness)
- High 5-alpha-reductase enzyme activity and increased DHT levels
- Excessive scalp oiliness and seborrhea
- Hormonal axis imbalances, local inflammation, and the impact of stress

**UNDERSTANDING THE ROLE OF
DHT AND ANDROGEN BALANCE IN
HAIR LOSS.**

