Treatment of Hereditary Androgenic Alopecia in Middle-Aged Males by Combined Oral and Topical Administration of Special Marine Extract-Compound (Viviscal).

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INTRODUCTION:

The oral administration of a compound derived from marine fish (Viviscal) was shown to be beneficial for treating young men with early male pattern baldness (1). The following 8-month study assessed the effect of oral and topical administration of the same active substance for treating an older population of men with male pattern baldness (2).

METHODS:

Healthy men with hereditary androgenic alopecia (Hamilton scale I-IV) were enrolled. The oral dose of Viviscal was based on body weight: subjects ≤ 80 kg were treated with two tablets daily and subjects > 80 kg received three tablets daily. In addition, Viviscal Lotion was rubbed onto the bald areas of the scalp every evening and the hair was washed with Viviscal Shampoo 2-3 times weekly (both lotion and shampoo contain I% of the same active ingredients as Viviscal Tablets). Clinical evaluations were carried out at baseline and bimonthly thereafter for 8 months. At each visit the patients were questioned about the severity of hair loss and possible adverse reactions. The total cumulative areas of baldness were measured and epidermal and dermal thickness, elasticity and erythemal index were also assessed.

RESULTS:

Thirty men with a mean age of 40 years (range 34- 48 years) were enrolled.The mean duration of hair loss was 11 years (range 3-20 years and 25 subjects (83.3%) had previously been treated with topical minoxidil and/or photochemotherapy with little or no response. Eleven subjects (36.7%) were smokers. All 30 subjects completed the study.

Hair loss stopped in all subjects after 2 months of treatment.The mean area of total scalp baldness was 39% (11-52%) at baseline, decreasing to 9% (4-25%) after treatment.The extent of hair regrowth is summarized inTable 1. Five of the six subjects with poor results were heavy smokers while 18 subjects (60%) with good response also experienced increased beard growth and two had increased chest hair.The significant increases in epidermal and dermal thickness and elasticity and erythemal indices are shown inTable 1.

All patients experienced mild to moderate drying of the scalp during treatment. No further adverse reactions were reported.

Table 1. Results after 8 Months of Treatment

	Baseline N=30	8 Months N=30
Hair Loss Severity		
Severe	12	0
Moderate	5	0
Mild	13	0
Area of Baldness, cm2 (%)	39 (11-52)	9 (4-25)
Percent Hair Regrowth		
100	0	13
>75	-	7
50-75	-	4
30-50	-	4
0	-	2
EpidermalThickness (mm)	0.30	0.46
DermalThickness (mm)	2.17	2.62
Elasticity Index	64	77
Erythemal Index	0.209	0.306

CONCLUSION:

Viviscal appears to be an effective treatment of androgenic alopecia in both young and middle-aged males.
The increase in erythemal index suggests topical Viviscal may increase capillary circulation. The combination of oral and topical application may be the most effective method of using Viviscal.

Figure 1: Image of scalp of a 40 year old male with androgentic alopecia before treatment.

Figure 2: Image of scalp of the same 40 year old male with androgentic alopecia after treatment.

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