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## P10.141 Effectiveness of Serenoa Repens on Androgenetic Alopecia

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**Background:** Androgenetic Alopecia is the most frequent hair disease affecting preeminently men but rapidly increasing in women. It can affect any body region, preferring, however, the scalp and beard area.

**Aim:** The aim of this double blind study was to evaluate the activity performed by 3 different cosmetic formulations especially enriched with Serenoa repens extract with a known quantity of total sterols on the hair growth and sebum secretion.

**Methods:** Voluntary subjects, 34 men and 28 women, aged between 18 and 48 years were divided into 3 groups using the products for 3 months. The first group used all 3 products enriched with Serenoa repens extract; the second of all 3 products (placebo free of Serenoa repens extract); and the third group used shampoo and lotion enriched with Serenoa repens extract, but dietary supplement placebo. Trichogram, Phototrichogram and computerized analysis of the scalp (Sebumetry, Ph-metry, hydration) as well as macroscopic photos, have been practiced on each subject of the 3 groups before, during and after the 3 month treatment.

**Results:** The results, evaluated clinically and by laboratory tests, showed a significant ( $p < 0.05$ ) 35% hair increase both on number and mass, and a contemporary 67% decrease of ( $p < 0.05$ ) superficial sebum in the 1st group. Group 3 revealed a hair increase of 20% ( $p < 0.05$ ) with a contemporary decrease of seborrhea (35%  $p < 0.05$ ). Group 2 had no results.

**Conclusion:** In accordance also with other authors, this study confirms the effectiveness of Serenoa repens extract on hair baldness such as androgenetic alopecia, especially when connected with 5 $\alpha$  reductase activity.