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Subject: Warum Shedding mit Dutasterid? Hier die Antwort!

Posted by [balu123](#) on Mon, 25 Sep 2006 17:55:16 GMT

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## Dutasteride Shedding

Shedding during the initial period of treatment with dutasteride is a normal response to beginning hair loss treatment, however it is one of the most frequent questions we are asked. Dutasteride is supposed to stop hair loss, so why does this shedding occur? To understand why this happens, it is important to have a brief knowledge of the hair growth cycle.

The hair growth cycle consists of three phases:

1. An initial period of growth lasting from two to eight years called Anagen. Hair growth cells divide and produce the hair shaft. This shaft grows up and out of the follicle and into the pore, while simultaneously growing downward into the deeper levels of skin where it is nourished.
2. A short (two to four weeks) transitional phase called Catagen where the hair follicle is degraded. The hair will stop growing during Catagen, but will not fall out. The hair follicle shrinks and the lower part of the shaft is destroyed. The hair becomes separated from the blood supply and is no longer receiving nourishment.
3. Then follows a resting phase known as the Telogen phase. The hair now no longer grows but remains attached to the hair follicle. Approximately 10-15 percent of all hairs are in this phase at any one time.

After the Telogen phase the cycle is complete and the hair goes back into the Anagen phase. New hair shafts form and older hair is pushed out and lost.

When taking Dutasteride the hair follicle is stimulated to start producing new hair. What often happens is that many hair follicles that are in the Telogen phase then go into the growth phase, and first need to get rid of the old hairs, which are still attached to the hair follicle. Because many follicles react at the same time, a lot of hair will fall out - this is the shedding that you may experience.

Shedding should be seen as a positive sign - a sign that you are responding well to treatment with dutasteride. Generally people who will respond the best to treatment often lose the most hair in the beginning. Unfortunately some of these people panic and give up on dutasteride early in the treatment.

Shedding usually begins approximately six weeks after beginning treatment. The shedding should not last any longer than six to eight weeks. If shedding is still evident after two months, it is advisable to see a medical professional, as this hair loss may not be regular shedding as described above.

The initial period of shedding is usually the most intense, however shedding may reoccur periodically throughout treatment. This is also a normal and expected effect of treatment. Because dutasteride triggers a growth cycle, the hair growth cycle becomes more synchronised. As a result, the hairs also enter the Telogen phase almost simultaneously. Over time this shedding will decrease throughout duration of treatment with dutasteride.

So remember, shedding is normal reaction to treatment and usually is a sign that the treatment is working. If the shedding lasts longer than two months, or if there are other noticeable side effects such as red skin and/or irritable skin, you should see your doctor.

<http://www.dutasteride.com/dutasteride-shedding.html>

P.S.: Es ist wirklich interessant, weil ich im Moment genau in Woche 6 bin und das Shedding genau seit dieser Woche ist!

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