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Subject: Searching for a clinic

Posted by [Ron](#) on Wed, 19 Jan 2022 23:36:10 GMT

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Hello, I've been checking the forum for a while. I came to Germany some months ago, and I think it's time for me to do something about my hair. I started noticing thinning 10/ years ago, now I'm 35 and the crown is almost gone. My hairline is receding fast, I use tied long hair, so it's not that visible, but I always have to use it like that, this since around 5 years ago when the scalp under the crown started being visible. I used minoxidil, finasteride and ketoconazole in the past. I only keep the keto use. I think minoxidil helped a bit, but it wasn't really a cure, I'm thinking of trying again combined with some dermapen. I don't know how easily doctors handle Finasteride, I always got it over the counter in other countries, but I'm not sure if it worked at all. I wanted to make sure it wasn't some vitamin or mineral deficiency, I went to the doctor but they tested me for things like MCV (was just over the normal range). Since some time ago I found a clinic called Hair & Nail Medicine (Gerhard Alfons Lutz), that I think could make these analysis, but I don't know how legit is that, I can't find any independent reviews around. Also going to a trichologist in Klinikum Uni Muenchen could be an option, since I haven't found many trichologists. Maybe someone has some advice over all this? Thank you!

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