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Subject: Gerade gefunden!

Posted by [chris22](#) on Tue, 23 May 2006 19:21:01 GMT

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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.

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Subject: Re: Gerade gefunden!

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Kann den Säge -Einfluss auf die Talgdrüsenaktivität definitiv bestätigen, was den HA angeht - abwarten! Nehme es jetzt erstmal versuchsweise für 8 Monate, ist für mich, da die Meinungen so extrem auseinander gehen, die sicherste Methode das Mittel zu beurteilen

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Subject: Re: Gerade gefunden!  
Posted by [kkoo](#) on Tue, 23 May 2006 19:57:46 GMT  
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da wird volles haar jubeln - sei es ihm gegönnt, hat es ja nicht leicht...

aber was heisst denn da "contemporary" - die meinen wohl "temporary" im sinne von "solange man es anwendete"?

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