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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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Subject: Aw: Searching for a clinic

Posted by [Ron](#) on Sun, 23 Jan 2022 19:36:34 GMT

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I guess it would be no problem to ask this on the German forum with the help of a translator, since not much people seem to be using the English one...

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Subject: Aw: Searching for a clinic

Posted by [daniel91](#) on Sun, 23 Jan 2022 20:07:32 GMT

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You are thinning since years, having a vitamin deficiency is totally unusual in European countries, so you really can save the bucks for that test.

According to minoxidil, you can get it over the counter (Pharmacy).

You can get FIN via prescription by a doctor but you might also get it via online services like myspring

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