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## Efficacy of low light laser as a therapy for hair regrowth

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**Background:** Recently, low-level laser therapy (LLLT) was evaluated for stimulating hair growth. Hair loss is the most common complaint in dermatology, and it cause a significant psychosocial distress and decreased quality of life. Hair loss exists in different types, but the most common types are AA & TE. There are many treatments with highest levels of medical evidence, but patients who exhibit intolerance or poor response to these treatments are in need of additional treatment modalities. Objective and aim was to evaluate the efficacy and safety of (LLLT) for female pattern hair loss (FPHL) & (TE). P&M: A prospective interventional study included 20 female patients, 13 were diagnosed as female pattern hair loss and 7 were diagnosed TE, Patients received 2 sessions per week of the iGrowR Hair Growth System (TOPHAT655) a bicycle-helmet type device; each treatment session of 20 minutes for 16 successive weeks (with a total of 32 treatments) with follow-up. Patients evaluated by dermoscopy images, as the primary endpoint was the percent increase in hair counts from baseline to post-treatment. Global photography and patient satisfaction was determined as a secondary end point.

**Result:** 20 pts completed the study (13 FPHL, 7 TE). In FPHL baseline hair counts were  $222.3 \pm 33.5$  (N= 13), in TE baseline hair counts were  $271.2 \pm 39.0$  (N= 7). Post-treatment hair counts were  $255.3 \pm 30.4$  (N= 13) In FPHL (P = 0.007), and  $294.2 \pm 38.1$  (N= 7) in TE (P = 0.143).

**Conclusion:** LLLT of the scalp at 655 nm significantly improved hair counts in FPHL, and there is no significance difference in TE patients. No serious adverse events were reported.

### Biography

A consultant of Dermatology, Venereology and Lasers with a 16 years of experience. Visiting Consultant in different centers in the Gulf. Teaches in the University and practices in Cairo (Zagazig, Dokki and soon in Zayed City) in the ares of dermatology, venereology, cosmetics and lasers.

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