

## Can EWPC shorten the dormancy after a hair transplant?

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**Introduction:** People seeking hair transplants are looking forward to the benefits of a fuller head of hair. Waiting up to one year for complete results reduces the time that patients can enjoy the benefits of their transplant. Perhaps a nutritional supplement could reduce the dormancy phase after a hair transplant. This study examined a whey protein concentrate supplement that was fortified with additional ingredients ingested after a hair transplant, to see if the transplanted hair grew in faster.

**Objective:** This study aims to demonstrate that taking EWPC reduced the telogen phase after a hair transplant, therefore achieving results more quickly using an all-natural approach.

**Materials and Methods:** The subjects were 115 men and women who took the enhanced whey protein concentrate (referred to as EWPC) as directed on a daily or twice-daily basis within 5 days after a hair transplant. We examined their hair growth in the transplanted area 6 weeks (1.5 months) after their hair transplant. We also examined them at 12 weeks (3 months).

We also conducted a follow-up study consisting of a subset of 52 patients using EWPC with measurements taken at 5, 6 and 7 months after transplant. The study included 115 controls, who had a hair transplant without taking the EWPC.

**Results:** This study of 115 men and women who took the enhanced whey protein concentrate (referred to as EWPC) as directed on a daily or twice-daily basis within 5 days after a hair transplant revealed that all of them--100%--had hair starting to grow from the transplanted follicles of 1 to 2 hairs just 6 weeks (1.5 months) after their hair transplant. At 12 weeks (3 months), all these subjects (100%) had at least 3/4" length of 1 to 2 hairs in the transplanted area.

In a follow-up study consisting of a subset of 52 patients using EWPC with measurements taken at 5, 6 and 7 months after transplant, 10% had complete growth by 5 months. An additional 79% (89% total) had complete growth by 6 months, and 11% (100% total) had complete growth by 7 months.

The 115 controls, who had a hair transplant without taking the EWPC, had the typical results with their hair transplant: little or no significant growth at 6 weeks and little or no significant growth at 12 weeks, with growth starting after that time. Both groups were prescribed finasteride 1 mg daily p.o. 5 days after surgery and topical rogain 2% one month after surgery. In the follow-up study using 48 controls, 67% had 50% growth at 6 months, and 33% had 40% or less growth at 6 months; at 9 months, all the controls had complete growth.

**Discussion:** EWPC is the first product known to reduce the length of the telogen phase after a hair transplant. The patients overall satisfaction with the procedure increases because of faster results.

### Biography

Larry J. Shapiro has been in practice in Florida for over 24 years as a dermatologist and hair restoration surgeon. He has performed thousands of hair transplant surgeries. He has encountered patients who suffer from hair loss from anabolic and workout products such as creatine, andro, fat burners, testosterone patches, growth hormone and whey protein isolate. He formulated Help Hair Shake, a special nutritional blend to promote and sustain healthy hair and nails that could be used to workout. He discovered that when a hair transplant is followed by regular consumption of his formulation and following the low anabolic profile (LAP), there is less dormancy after the procedure and hair grew back more quickly with fuller looking results or AFR, accelerated follicular restoration. Help Hair Shake is also used for thinning hair in MPB and menopausal women and shock loss from post pregnancy telogenic effluvium and general anesthesia. He developed the SHAPIRO chart (Pathways 1-7) with over 120 scientific references which explain how supplements effect growth and regrowth of hair. He also developed the anabolic index rating to quantify the effects of anabolics on hair loss. His paper on the "Low Anabolic Profile and SHAPIRO Chart (Pathways 1-3)" will be published in the Japanese's Society "Skin Journal" in the upcoming October issue.

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