

# EFFICACY OF COMBINED LOW-DOSE ORAL SPIRONOLACTONE, ORAL MINOXIDIL, AND TOPICAL MINOXIDIL IN THE TREATMENT OF FEMALE PATTERN HAIR LOSS: A CASE SERIES

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## **BACKGROUND**

Female pattern hair loss (FPHL) is a common condition that causes significant psychological distress. Standard treatments, such as topical minoxidil and oral spironolactone, can be effective but may not work for all patients. Combination therapies are being explored for their enhanced effectiveness.

## **OBJECTIVE**

To assess the effectiveness and tolerability of a combined treatment regimen of low-dose oral spironolactone, oral minoxidil, and topical minoxidil in managing FPHL in women.

## **METHODS**

This prospective case series involved six female patients aged 22 to 57 years with FPHL. Patients received low-dose oral spironolactone (25–50 mg daily), oral minoxidil (0.25–0.5 mg daily), and topical minoxidil 5% once daily for 6–12 months. Monthly monitoring included blood tests for thyroid function, ferritin, vitamin D, and vitamin B12. Clinical assessments were made through photography, patient feedback, and Sinclair scale grading.

## **RESULTS**

All patients reported reduced hair shedding and mild hair regrowth. Four patients demonstrated a one-grade improvement on the Sinclair scale. One patient developed mild facial hypertrichosis, and another with PCOS experienced regularization of her menstrual cycle. No severe adverse events were observed.

## **CONCLUSION**

This case series suggests that a combination of low-dose oral spironolactone, oral minoxidil, and topical minoxidil is a well-tolerated and potentially effective treatment for FPHL. Larger studies are needed to confirm these findings and investigate hormonal effects, particularly in women with PCOS.