

Clinical Practice and New Evidence (on Superiority of Combination Treatment with Pantogar® Over Monotherapy with Topical Minoxidil for Female Alopecia)

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The limited success rates of evidence-based monotherapy of female alopecia points to a more important complexity of the condition. One must remain open-minded for the possibility of combination regimens for treatments that may act synergistic to enhance hair growth and quality. Since the effect of nutritional factors have been recognized from observations in inborn errors of metabolisms, deficiency disorders, aging, and supplementation studies, combination treatment with a nutrient-based therapy may act synergistic. Combination therapy with the cystine, medicinal yeast, keratin, and vitamin-based OTC drug Pantogar® resulted in statistically significant higher proportion of patients (60%) with normalisation of anagen rates as compared with minoxidil monotherapy (29%) at 4-months follow-up ($p=0.03$). Hand in hand with the evidence for the modes of action and efficacy of Pantogar® for treatment of hair loss, the results of the study represent the first proof of concept for superiority of combination treatment versus monotherapy. Faster response to combination therapy secures short-term patient compliance, while short-term compliance is prerequisite to long-term treatment adherence. Ultimately long-term treatment adherence results in patient satisfaction and vice versa.