
Subject: Studie: Finasterid topisch vs. Finasterid oral
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Comparison of therapeutic effects of Finasteride jel and tablet in treatment of Androgenic Alopecia (2007)

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Abstract

Abstract Background and purpose: Finasteride, a type 5 α -selective 5 α -reductase inhibitor, that causes decreasing Dihydrotestosterone (DHT) levels, is effective in treatment of male androgenic alopecia. The purpose of this study was to determine the effect of local finasteride on androgenic alopecia treatment in comparison with oral finasteride. **Materials and Methods:** This study was a double-blind clinical trial including 45 male patients involved with androgenic alopecia according to history and physical examination and possessing the study criteria selected among patients referred to private clinics and departments of dermatology in Sari city. Patients were divided into two groups: patients in group A (finasteride jel and placebo tablet) and patients in group B (finasteride tablet and placebo jel) and the eligible referred patients were gradually and randomly entered the two groups. The treatment period was 6 months. In order to evaluate the drug effects and progressive state of the patients and assessment of drug complications, the patients were followed up by clinical observation and recording of side effects before study and at the end of the first week and then every month after starting the treatment. The variables used to evaluate the therapeutic response were: size of defect, hair count and terminal hair count. The analysis was done using descriptive and X² statistical methods. **Results:** Of the 45 patients enrolled, 38 completed the entire study period. The average period since the onset of hair loss was 18.8 ± 23.10 months. Every month the size of alopecia area, hair count and terminal hair count between the two groups were compared and there were no significant statistical differences. In the third month of treatment, an increase in terminal hair count was observed in group A ($P=0.001$), this phenomenon was observed in second months in group B ($P=0.015$). During the therapeutic period, the size of alopecia area did not significantly change in group A, but in group B, the change in size of alopecia area was significant 4 months after the start of treatment ($P=0.027$). Increased hair count in two groups were significant in the fourth treatment months ($P=0.001$ in group A and $P=0.000$ in group B). **Conclusion:** In this study, treatment with 1% finasteride jel produced relatively similar moderate therapeutic effects with finasteride tablet (54.5% against 56%) in patients with male alopecia with no significant statistical differences ($P = 0.643$).

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Wie wir sehen ist fin oral nicht effektiver als die topische anwendung. Hier wurde jedoch ein "1% finasterid jel" verwendet (ich gehe davon aus, das es sich um ein gel handelt). Leider steht hier nichts über die systemische absorption und den nebenwirkungen beider gruppen.
