

# Global Summit on **Steroids**

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## **Inositol and FSH: A new frontier for the androgenetic alopecia treatment**

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**Context:** Many papers demonstrated the inositol effects in terms of better insulin sensitivity, ovulatory function, androgen levels reductions, FSH ovarian response and on the metabolic pattern.

**Objective:** To evaluate the therapeutic effect of the insulin – sensitizing integration on the androgenetic alopecia (AA).

**Methods:** Exclusion Criteria: use of hormonal medications including oral contraceptives or insulin-sensitizing in the previous six months.

**Inclusion Criteria:** Hyperandrogenism with skin symptoms. AA rated according to Ludwig scale, hirsutism rated with F.G. score modified (Hatch), acne based on the face, chest and back injuries number.

**Patients:** Longitudinal observational study on 10 - 30pts.

**Interventions:** BMI > 25: MYO 550 mg + DCI 13.8 mg (ratio 40/1) plus folic acid 200 mg, soft gel caps twice daily. BMI < 25: MYO 2gr plus folic acid 200 mg, soluble powder twice daily. Plasma levels, clinical signs and self- patients' assessment were recorded at three and six months of treatment.

**Main Outcome Measures:** 20-70% hair loss reduction without side effects.

**Results:** Significant reduction in BMI/HC, PCOS and cutaneous hyperandrogenism signs almost all in resolution.

**Conclusions:** Previously our results support the hypothesis about inositol as second FSH messenger. The treatment demonstrated an androgen and their peripheral effects reduction.

Further possible double - blind randomized studies need to better understand the pilosebaceous unit action mechanism to validate the inositol administration definitively.

### **Biography**

Giuseppe Gullo is a PhD student Fondazione Istituto San Raffaele G. Giglio di Cefalù. He has published several articles in reputed journals.

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