

Edible Gelatin for Treating Hair Loss in both Men and Women patients for 19 Years in Clinical Practice

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Aim: Dr. Zeev Pam theorizes that pure oral gelatin in the quantity of 1.5 gram to 3.5 gram daily for a time period of 3-6 months could be effective in the treatment of hair loss both in men and women.

Methods: Dr. Zeev Pam reports using 1.5-3 gram gelatin based treatments with single dose oral caplet or as gelatin powder dissolved in water, daily for minimum of 3-6 month in hair loss in telogen effluvium while in androgenic alopecia both in men and women patient the clinical treatment is at least 12 months. This has not been in a structured study, but as a part of a clinical practice since 1993 in hair loss. To his clinical experience out of 1,000 patients suffering from hair loss, he estimated that more than 60% who complied with the treatment, reported significant improvement with recovering from hair loss, amelioration of hair diameter as well as enhanced nail growth. He claims that according to his clinical experience combinations of gelatin with topical or systemic treatments such as, synthetic 5-alpha-reductase inhibitor, minoxidil and anti-androgenic therapy for women may have a double advantage for earlier therapeutic clinical results which therefore increases the patients compliance to the treatments for hair loss both in men and women.

Conclusion: Dr. Zeev Pam, notes that from his many years of experience in his clinical practice that oral gelatin is a safe and effective treatment for hair loss for telogen effluvium and androgenic alopecia in both men and women as a single treatment or as a combination with other available treatments for hair loss.

Biography

Zeev Pam graduated from the Technion, Faculty of Medicine, Haifa, Israel, 1978. He became a certified dermatologist from the same institute at 1990. He is the Manager of Aripam Medical Center, Ashdod, Israel, which is one of the most busiest clinics in southern Israel. At 2002 he published in Hebrew a book titled: "Acne the True Story". He has many years of clinical experience in the field of hair loss, food supplements, esthetics and acne phototherapy. He is a full member of the Israeli Dermatological society and the American Academy of Dermatology.

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