

Carboxytherapy in the Treatment of Hair Loss

Nina Koutna

GHC Clinic Prague, Czech Republic

Carboxytherapy – therapeutical application of CO₂ gas - is used in the treatment of vascular disorders since 1932 (Spa Royat, France). Since 1993 it is used also in non-invasive aesthetic medicine. Based on its main effects which are improvement of local trophic and vascular supply, the method is profitable even for certain types of hair loss.

A group of 9 patients (8 in Prague, 1 in Debrecen, Hungary, Dr. Szabo) with different kinds of hair loss (4 with effluvium connected with hypothyreosis, although laboratory compensated;

2 men with androgenetic alopecia in the beginning; 3 patients with alopecia areata) was treated by injectional carboxytherapy. They passed from 3 to 27 treatments (10,1 in average), depending on the effect of the therapy. Improvement was reported by 6 patients (66,6 %). Unsuccessful cases were 1 with severe alopecia areata, 1 man with androgenetic alopecia and 1 with history of effluvium lasting for dozens of years.

Conclusion: Carboxytherapy is a valuable approach in certain types of hair loss. For serious and long lasting hair loss it is not effective enough as a sole therapeutical method, however can be considered as a possibility of additional local therapy.

Carboxytherapy is completely natural (CO₂ is one of respiratory gases) and if used properly, there are no serious side-effects. This makes it attractive for patients, but injectional administration of CO₂ is not painless. That is the reason why some patients prefer superficial mesotherapy or skin needling. Nevertheless, in my experience, carboxytherapy is faster in results and more effective.

Biography

Nina Koutna was graduated in Charles University Prague in 1989. Specialised in dermatology and corrective dermatology, last 14 years she is employed in private clinic and works in a wide range of methods in non-invasive aesthetics. With carboxytherapy she works since 2006. She published several papers about this subject including a chapter Carboxytherapy in Aesthetic Medicine (Aesthetic Medicine, ed. Prendergast, Schiffman, Springer 2011). Occasionally she gives lectures on international congresses (IMCAS Paris and AAWC Monaco repetitively, Rio de Janeiro, Warsaw, Milano, Dresden).

ninakoutna@sendme.cz