I'm not a bot

BenefitsDosageHow fast does it work?Side effectsSafetyTakeawaySpironolactone is a medication usually used for fluid retention, but doctors sometimes use it to treat androgenetic alopecia, a type of hair loss in females.Spironolactone (Aldactone) is a type of medication known as an aldosterone receptor antagonist. Its FDA-approved for the treatment of fluid retention caused by a variety of conditions, including liver disease and kidney disease. However, its also used to treat other conditions, including:high blood pressureheart failurehyperaldosteronismSome doctors may prescribe it for female pattern hair loss caused by androgenetic alopecia. This is a type of hair loss thats associated with the overproduction of male sex hormones. Doctors typically only prescribe it if other treatments do not work.Read on to learn more about how spironolactone treats female pattern hair loss, how long it takes to work, and the side effects it can cause.All people, regardless of sex, produce some amount of androgens. People with ovaries typically produce much less of them. Overproduction can lead to higher levels of:dihydrotestosterone (DHT) productionheightened levels of 5 alpha-reductaseandrogen receptors on the scalp in areas affected by hair lossThis can cause female pattern baldness or androgenetic alopecia.Spironolactone can help reduce the production of androgens, slow down the progression of hair loss, and encourage hair to regrow.Keep in mind that it does not treat male pattern baldness. That type of androgenetic alopecia is caused by the actions of another hormone, dihydrotestosterone (DHT).Spironolactone is usually only prescribed when other treatments, such as minoxidil, dont work.A 2023 review of research found that about 43% of people with female pattern hair loss noticed an improvement in their hair loss after taking spironolactone. Up to 66% noticed an improvement if spironolactone was combined with another therapy.In addition, a 2017 pilot study noted significant benefits of a combination of spironolactone and minoxidil. This combination was associated with reduced shedding and increased hair growth.Its important to note that spironolactone does not work for female hair loss thats only due to nonhormonal causes, such as:stresschemotherapynutritional deficienciesFor hair loss, a doctor typically prescribes a daily dose of 100 to 200 milligrams (mg). However, they might recommend starting with 25 mg a day and slowly increasing your dose to reduce your risk of side effects.Spironolactone sometimes causes drowsiness, so its best to take it at night. You can take it with or without food.If you havent gone through menopause, your doctor might also prescribe birth control pills to take with spironolactone. They might also prescribe minoxidil to take with spironolactone, regardless of your age.The exact dosage and combination of medications that your doctor suggests can depend on how severe your hair loss is and whether you take other medications for hair loss or other conditions.Spironolactone takes a while to start working for hair loss, so try not to be discouraged if you dont see improvement right away.Most people need to take it for at least 6 months before they start seeing results. Others might not notice any benefits until theyve taken it for at least a year.Follow up with a doctor after taking spironolactone for 6 months. Depending on your results, they might increase your dosage or prescribe a different medication to take with or instead of spironolactone.Spironolactone is commonly prescribed to lower blood pressure, and it may cause low blood pressure in those taking it for hair loss. You should regularly check your blood pressure while taking spironolactone, as this can be dangerous if you dont have high blood pressure. Learn how to check your blood pressure at home.Other common side effects of spironolactone include:drowsinessnauseadiarrheaheadachedizzinessirregular periodsbreast tendernessweight gainlow sex drivedepressionfatigueMore serious but less common side effects include:gastrointestinal bleedinghigh potassium levelsHigh blood potassium is serious and potentially life threatening. Call your doctor right away if you notice any of the following symptoms while taking spironolactone:muscle fatigueweaknessabnormal heart ratenauseaparalysisSpironolactone is generally safe, but it can lead to health problems if not taken correctly. As with any medication, some people may also be allergic or sensitive to it.Talk with your doctor before taking any other medications while taking spironolactone. That includes nutritional supplements (especially potassium) and diuretics.Before taking spironolactone, tell your doctor if youre pregnant, nursing, planning to become pregnant, or have:Talk with a doctor right away if you become sick while taking spironolactone, especially if you have severe or persistent nausea, vomiting, or diarrhea. These can all cause dangerously low blood pressure when taking spironolactone.Make sure you drink plenty of water while taking spironolactone, especially in hot weather or during exercise. Know how to recognize the signs of dehydration, which include:extreme thirstinfrequent urinationdark-colored urineconfusionGet emergency medical treatment if you experience any signs or symptoms of a severe allergic reaction to spironolactone, including:trouble breathingrapid or weak heartbeatseizuresloss of consciousnessSpironolactone is an effective treatment for hair loss due to androgenetic alopecia in women. However, it can take up to a year to work.If youre interested in trying spironolactone for hair loss, talk with your doctor. Make sure to tell them about any medical conditions you have and the kinds of hair loss treatments youve tried in the past.Drug classMineralocorticoid receptor antagonistDrug classSpironolactone, the most widely used antimineralocorticoid.Class identifiersSynonymsAldosterone antagonistic; Mineralocorticoid antagonistUseDiuretic; Chronic heart failure; Hypertension; Hyperaldosteronism; Conn's syndromeBiological targetMineralocorticoid receptorChemical classSteroidal; NonsteroidalLegal statusIn WikidataA mineralocorticoid receptor antagonist (MRA or MCRA)[1] or aldosterone antagonist, is a diuretic drug which antagonizes the action of aldosterone at mineralocorticoid receptors. This group of drugs is often used as adjunctive therapy, in combination with other drugs, for the management of chronic heart failure. Spironolactone, the first member of the class, is also used in the management of hyperaldosteronism (including Conn's syndrome) and female hirsutism (due to additional antiandrogen actions). Most antimineralocorticoids, including spironolactone, are steroidal spirolactones. Finerenone is a nonsteroidal antimineralocorticoid.Mineralocorticoid receptor antagonists are diuretic drugs that work primarily on the kidneys. They decrease sodium reabsorption, which leads to increased water excretion by the kidneys.[2] By regulating water excretion, mineralocorticoid receptor antagonists lower blood pressure and reduce fluid around the heart which can be very beneficial in some cardiovascular conditions.[3] Mineralocorticoid receptor antagonists have been used for many clinical conditions in the cardiovascular system. It has proven beneficial for diseases like primary aldosteronism, primary and resistant hypertension, heart failure and chronic kidney disease.[2] They are often used with other medications, such as ACE inhibitors or beta blockers.[4]Increased urination is a commonly reported side effect, particularly during the initial phase following treatment initiation; this is mostly transient and tends to reduce with sustained treatment. Common side effects for antimineralocorticoid medications include nausea and vomiting, stomach cramps and diarrhoea.[4] Clinically significant hyperkalemia is possible, and warrants serum potassium monitoring on a periodic basis. The pathophysiology of hyperkalemia is that antimineralocorticoid medications reduce potassium (K) excretion.Antimineralocorticoid mechanism of actionAldosterone is a mineralocorticoid which is synthesized in the adrenal glands.[5] When aldosterone is secreted from the adrenal glands, it binds to the mineralocorticoid receptor in the renal tubule cell and forms a complex.[6]This complex enhances transcription of specific DNA segments in the nucleus, leading to the formation of two protein transporters, Na+/K+ ATPase pump at the basolateral membrane and Na+ channel called ENaC, located at the apical membrane of the renal tubule cell.[6]These protein transporters increase sodium reabsorption and potassium excretion in the distal tubule and the collecting duct of the kidneys. This helps the body to maintain normal volume and electrolyte balance, increasing the blood pressure.Mineralocorticoid receptor antagonists decrease the aldosterone effect by binding to the mineralocorticoid receptor inhibiting aldosterone. This leads to higher levels of potassium in serum and increased sodium excretion, resulting in decreased body fluid and lower blood pressure.[5]AntimineralocorticoidStructureFormulaUseBrand nameSpironolactoneC24H32O4SHeart failure, Hypertension, nephrotic syndrome, Ascites, antiandrogenicAldactone, Spirix, SpironEplerenoneC24H30O6Hypertension, Heart failure, Central Serous RetinopathyInspraCanrenoneC22H28O3DiureticContaren, Luvion, Phanurane, SpiroletanFinerenoneC21H22N4O3Potassium-sparing diuretic.KerendiaMexrenoneC24H32O5When comparing the pharmacokinetic properties of spironolactone and eplerenone, it is clear that the two drugs differ. Spironolactone has shorter half-life (t1/2 = 1.3-1.4 hours) than eplerenone (t1/2 = 46 hours). Eplerenone goes through rapid metabolism by the liver to inactive metabolites (t1/2 = 46 hours). However, spironolactone is metabolized to three active metabolites, which give it prolonged activity (13.8 16. 5 hours). Spironolactone has a long half-life and is excreted 47-51% through kidneys. Patients with chronic kidney disease therefore require close monitoring when taking the drug. Spironolactone is also eliminated through feces (35-41%). The excretion of eplerenone is 67% through kidneys and 32% through feces. The information about excretion plays a critical role when determining the appropriate doses for patients with renal and/or hepatic dysfunction. It is very important to adjust the doses for patients with renal dysfunction because if they fail to eliminate the drug through their kidneys it could accumulate in the body, causing high concentration of potassium in the blood.[5]Spironolactone and Eplerenone competitively block the binding of aldosterone to the mineralocorticoid receptor and hindering the reabsorption of sodium and chloride ions. The activity of mineralocorticoid antagonists is dependent on the presence of a y-lactone ring on the C-17 position. The C-7 position is also important for activity as substituents there sterically hinder the interaction of C-7-unsubstituted agonists such as aldosterone.[7]Antimineralocorticoids and highlighted groups that are important for activity. The y-lactone ring shown in red and the C-7 substituent in pink.Eplerenone is a newer drug that was developed as a spironolactone analog with reduced adverse effects. In addition to the y-lactone ring and the substituent on C-7, eplerenone has a 9,11-epoxy group. This group is believed to be the reason why eplerenone has a 20-40-fold lower affinity for the mineralocorticoid receptor than spironolactone.[7]Despite the nonsteroidal nature of finerenone which yields a different lipophilicity and polarity profile for this compound, finerenone's affinity toward mineralocorticoid receptors is equal to that of spironolactone and 500 times that of eplerenone, hinting that the steroidal core component of most antimineralocorticoids is not essential for mineralocorticoid receptor affinity.[8]The main goal of the identification of the first aldosterone antagonists, which happened during the 1950s, was to identify inhibitors of aldosterone activity. In those times, the main use of aldosterone was recognized as the control of renal sodium and the excretion of potassium.[8]Hans Selye, a Hungarian-Canadian endocrinologist, studied the effects of aldosterone antagonists on rats and found that the use of one of the first aldosterone antagonists, spironolactone, protected them from aldosterone-induced cardiac necrosis. The same year, 1959, spironolactone was launched as a potassium-sparing diuretic.It became clear years later that aldosterone antagonists inhibit a specific receptor protein. This protein has high affinity for aldosterone but also for cortisol in humans and corticosterone in mice and rats. For this reason, aldosterone antagonists were called mineralocorticoid receptor antagonists.[8]There have been three major waves in the pharmaceutical industry when it comes to research and development of mineralocorticoid receptor antagonists: The first wave took place within Searle Laboratories. This company identified, shortly after the purification of aldosterone, steroid-based spironolactone as the first anti-mineralocorticoid.The second wave was all about discovering much more specific steroidal anti-mineralocorticoids. The main active companies were Searle, Ciba-Geigy, Roussel Uclaf and Schering AG.[8]Around 50 years after Selye's work, several pharmaceutical companies began drug discovery programs. Their goal was to discover novel non-steroidal mineralocorticoid receptor antagonists for use as efficacious and safe drugs with the pharmacodynamics and pharmacokinetics well defined. Their goal was to use these candidates for a broad spectrum of diseases. This was essentially the third wave.The first mineralocorticoid receptor antagonists were all discovered and identified by in vivo experiments whereas the identification of novel non-steroidal mineralocorticoid receptor antagonists were done with high-throughput screening of millions of chemical compounds in various pharmaceutical companies.[8]Skeletal formulae of aldosterone antagonists.Members of this class in clinical use include:Widespread useSpironolactone the first and most widely used member of this classEplerenone much more selective than spironolactone on target, but somewhat less potent and efficaciousUncommon use (to date)Canrenone and potassium canrenoate very limited useFinerenone nonsteroidal and more potent and selective than either eplerenone or spironolactoneSome drugs also have antimineralocorticoid effects secondary to their main mechanism of actions. Examples include progesterone, drospirenone, gestodene, and benidipine.[9]Potassium-sparing diureticMineralocorticoidCorticosteroidAntiglucocorticoid^ The Krause/King-Lewis acronym, developed at Naval Medical Center San Diego Archived 2018-07-13 at the Wayback Machine, of MCRA was developed during February 2017 to distinguish between MRA for a specific MRI which are both widely recognized medical acronyms as compared to the use of MRA for mineralocorticoid receptor antagonist type medications which is only used as a medical acronym in the cardiology and nephrology word.^ a b Clark III, Donald; Guichard; Calhoun; Ahmed (June 2013). "Aldosterone receptor antagonists: current perspectives and therapies". Vascular Health and Risk Management. 9: 321331. doi:10.2147/VHRM.S33759. PMC3699348. PMID23836977.^ "List of Aldosterone receptor antagonists - Drugs.com". Drugs.com. Retrieved 27 September 2018.^ a b Maron, Bradley A.; Leopold, Jane A. (23 February 2010). 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PMID28634268.^ Kosaka H, Hirayama K, Yoda N, Sasaki K, Kitayama T, Kusaka H, Matsubara M (2010). "The L-, N-, and T-type triple calcium channel blocker benidipine acts as an antagonist of mineralocorticoid receptor, a member of nuclear receptor family". Eur. J. Pharmacol. 635 (13): 4955. doi:10.1016/j.ejphar.2010.03.018. PMID20307534.Aldosterone+Antagonists at the U.S. National Library of Medicine Medical Subject Headings (MeSH)MeSH list of agents 82000451Retrieved from " has emerged as a noteworthy treatment option for hair loss, particularly for people experiencing hormonal hair loss. This anti-androgenic medication primarily addresses cardiovascular issues but has gained attention for its off-label use in managing various dermatological conditions, including acne and hirsutism. In this article, I'll cover what you need to know about Spironolactone and hair loss.Key points about spironolactone and hair lossMechanism of Action: Spironolactone works by blocking androgens at the hair follicles, which helps reduce the conversion of testosterone to dihydrotestosterone (DHT), a key hormone involved in hair thinning.Effectiveness: Research suggests that spironolactone can promote hair growth in cases of androgenetic alopecia, particularly among women.Research Gaps: While promising, the use of spironolactone for hair loss remains largely off-label. More extensive studies are necessary to establish definitive guidelines and long-term effects.The growing interest in spironolactone highlights its potential as an alternative remedy for those struggling with hair loss, signaling a need for ongoing exploration into its effectiveness and safety.Understanding Hair Loss: The Role of HormonesHair loss can happen in different ways, each caused by different factors. One of the most important factors is hormonal hair loss. The main hormone responsible for this type of hair loss is dihydrotestosterone (DHT), which is derived from testosterone and plays a key role in pattern hair loss.Types of Hair Loss Influenced by Hormones:Androgenetic Alopecia: Commonly known as male or female pattern baldness. DHT binds to hair follicles, shrinking them and shortening the hair growth cycle.Telogen Effluvium: Often triggered by stress or hormonal changes, causing temporary thinning across the scalp.Alopecia Areata: An autoimmune condition where the immune system attacks hair follicles, sometimes influenced by hormonal fluctuations.Hormonal Changes and Hair Thinning:Hormonal changes due to puberty, pregnancy, menopause, or endocrine disorders can significantly impact hair health. For instance:Increased levels of androgens can lead to excessive DHT production.Fluctuations in estrogen and progesterone during different life stages can also affect hair density.Both men and women can experience these hormonal shifts, leading to varied patterns of thinning and loss. Understanding these dynamics is essential for addressing hair loss effectively.Introducing Spironolactone: A Closer Look at the MedicationSpironolactone, commonly known by its brand name Aldactone, is a medication primarily used to treat cardiovascular conditions such as hypertension and heart failure. Its diuretic properties help reduce fluid retention, making it an essential treatment for various cardiac issues.Key Features of SpironolactoneOff-label Uses: Beyond its original purpose, spironolactone has gained popularity for treating dermatological conditions. It is effectively used for:Acne: By blocking androgens that contribute to oil production and clogged pores.Hirsutism: Helping to manage excessive hair growth in women by inhibiting androgen effects.Hair Loss Treatment: The medication's versatility extends to hair loss treatment, particularly in women experiencing androgenetic alopecia. Although not FDA-approved specifically for this purpose, spironolactone's anti-androgenic properties make it a compelling option.Promoting Hair Regrowth: Research indicates that spironolactone can promote hair regrowth in those affected by hormonal imbalances.As interest grows in alternative treatments for hair loss, understanding the multifaceted links between medications like spironolactone and hair loss becomes increasingly important.How Spironolactone Works to Combat Hair LossSpironolactone is effective in treating hair loss mainly because of how it works and its ability to block male hormones. This medication takes action in multiple ways to encourage healthier hair growth:1. Blocking Androgens at Hair FolliclesThe Spironolactone and hair loss connection is that it competes with androgens for receptor sites at hair follicles. By blocking these hormones, it reduces their harmful effects on hair growth, particularly in conditions like androgenetic alopecia.2. Reducing Testosterone Conversion to DHTThe drug inhibits the enzyme 5-alpha-reductase, which converts testosterone to dihydrotestosterone (DHT). Elevated DHT levels are often linked to hair thinning and loss. By limiting this conversion, spironolactone helps maintain healthier hair.3. Limiting Adrenal Gland Androgen SecretionSpironolactone additionally suppresses androgen production from the adrenal glands. This further decreases overall androgen levels in the body, contributing to reduced hair loss.These combined actions make spironolactone a valuable option for people experiencing hormone-related hair loss. Understanding how it works can empower patients and healthcare providers to manage their treatment strategies effectively.Dosage Information for Effective Hair Loss Treatment with SpironolactoneWhen considering the dosage of spironolactone for hair loss, it is important to tailor the treatment to individual needs. The recommended dosages for oral spironolactone typically range from 25 mg to 200 mg per day. Heres a breakdown of how different dosage levels may impact effectiveness and side effects:Lower Doses (25-50 mg)Often suitable for initial treatment.May provide adequate benefits for some individuals with minimal side effects.Commonly used in conjunction with other treatments like minoxidil.Moderate Doses (100 mg)Frequently prescribed for moderate hair loss.Balances efficacy and tolerability.Patients may experience improved hair density without significant adverse effects.Higher Doses (150-200 mg)Reserved for more severe cases or when lower doses are ineffective.Increased likelihood of side effects such as dizziness, nausea, or menstrual irregularities.Careful monitoring by a healthcare provider is essential.Adjustments in dosage may be necessary based on individual response and tolerability. Regular consultations with a healthcare professional can help determine the most effective and safest dosage tailored to personal health needs.Exploring Different Forms of Spironolactone: Topical vs. Oral TreatmentsWhen considering spironolactone and hair loss, it's essential to understand the differences between topical treatment and oral medication. Both forms offer unique benefits and potential side effects.EffectivenessTopical SpironolactoneAvailable as a 1% gel or 5% solution.Direct application to the scalp targets hair follicles, potentially minimizing systemic effects.Studies suggest effective in improving hair density when combined with other treatments like minoxidil.Oral SpironolactoneTypically prescribed in doses ranging from 25mg to 200mg.Affects hormonal pathways more broadly, which can enhance overall results for androgenetic alopecia.May take longer to show visible results compared to topical options.Side EffectsTopical Treatment Side EffectsGenerally milder, with potential for mild contact dermatitis or localized irritation.Oral Medication Side EffectsCan include dizziness, menstrual irregularities, nausea, and increased potassium levels.The wider range of systemic side effects may deter some users.Choosing the right form depends on individual needs and preferences. Consulting a healthcare provider can help determine the best approach based on specific circumstances and desired outcomes.Potential Side Effects and Safety Concerns with Spironolactone Use for Hair Loss TreatmentWhen considering spironolactone and hair loss treatments, it's essential to understand the potential side effects and safety concerns associated with its use.Common Side Effects of Oral SpironolactoneOral spironolactone can lead to various side effects, including:DizzinessMenstrual irregularitiesNauseaIncreased urinationBreast tendernessFacial hypertrichosis (excessive hair growth)Hair shedding (temporary)Itchy scalp and dandruffPalpitationsThese side effects may vary in intensity from person to person. Most notably, some users may experience increased potassium levels, which can be a significant concern for certain individuals.Topical Application Side EffectsIn contrast, topical spironolactone typically presents fewer risks. The most commonly reported issue is:This reaction is generally localized and resolves upon discontinuation of the product.Pregnant women should avoid spironolactone due to potential fetal effects.Engaging in a discussion with a healthcare provider can help mitigate risks while exploring effective treatment options. Understanding these side effects can empower patients to make informed decisions regarding their hair loss treatment journey.Comparing Two Contenders: Spironolactone vs. Finasteride in the Battle Against Hair LossWhen discussing hair loss treatments, spironolactone and finasteride often come up as leading contenders, particularly for female pattern hair loss. Heres a comparison of these two medications:EffectivenessSpironolactonePrimarily effective for women.Acts as an anti-androgen, blocking androgens at hair follicles.Studies show significant improvement in hair thickness among women.FinasterideApproved mainly for male pattern baldness.Reduces dihydrotestosterone (DHT) levels, promoting hair regrowth.Women may use it off-label but with caution due to potential side effects.Gender ConsiderationsWomenSpironolactone tends to show better results in improving hair thickness compared to finasteride.MenFinasteride is the preferred treatment, providing solid results for increasing hair density.Side EffectsBoth medications come with their own set of potential side effects. While spironolactone can cause dizziness and menstrual irregularities, finasteride may lead to sexual dysfunction.In summary, choosing between spironolactone and finasteride depends on gender and individual health considerations. Each has demonstrated efficacy in promoting hair growth but varies in application and side effects.Practical Considerations When Using Spironolactone for Hair Loss Treatment SuccessAchieving the best results with spironolactone for hair loss requires careful attention to application protocols. Here are some recommendations:Usage Frequency: Apply spironolactone twice daily for optimal effectiveness.Application Order: Use minoxidil first, allowing it to absorb before applying spironolactone. This order helps maintain minoxidil's efficacy.Effective Dosages: Typical dosages for treating hair loss range from 25 mg to 200 mg daily, tailored to individual needs.Combining these practices can enhance the treatment's benefits, promoting better hair density and thickness over time. Consultation with a healthcare provider is advisable to ensure personalized treatment plans and monitor any potential side effects.Non-prescription alternative to Spironolactone for hair lossHair loss can be a distressing experience for many, leading individuals to seek effective treatments. Spironolactone, a prescription medication often used for hair loss, especially in women, has shown significant results. However, its use comes with potential side effects and the necessity of a doctor's supervision.For those looking for a non-prescription alternative to spironolactone, Folexin emerges as a leading contender.What is Folexin?Folexin is a dietary supplement designed to support hair health and promote hair growth. It contains a blend of natural ingredients, vitamins, and minerals that work together to nourish the scalp, strengthen hair follicles, and improve overall hair appearance.Key Ingredients in FolexinBiotin: Also known as Vitamin B7, biotin is crucial for healthy hair growth. It strengthens hair and reduces shedding by improving the keratin infrastructure.Fo-Ti: A traditional Chinese herb known for its anti-aging properties and ability to restore hair color and thickness.Other Vitamins and Minerals: Including Vitamin A, C, D, and E, along with B-complex vitamins, zinc, and iron. These nutrients are vital for maintaining a healthy scalp and promoting robust hair growth.Benefits of Folexin Over SpironolactoneNon-Prescription: Folexin can be purchased over the counter without the need for a doctor's prescription, making it accessible and convenient.Natural Ingredients: It is formulated with natural ingredients, reducing the risk of adverse side effects associated with synthetic medications.Overall Health Support: Besides promoting hair health, the vitamins and minerals in Folexin support overall well-being, including skin and nail health.Hormone-Free: Unlike Spironolactone, which affects hormonal balance, Folexin works without altering hormone levels, making it a safer option for many individuals.How Folexin WorksFolexin works by addressing multiple factors that contribute to hair loss:Nourishes the Scalp: Ensures the scalp has the nutrients it needs to support healthy hair follicles.Strengthens Hair Follicles: Ingredients like biotin and zinc strengthen hair from the roots, reducing breakage and hair fall.Supports Natural Hair Growth Cycle: The vitamins and minerals in Folexin help maintain a healthy growth cycle, ensuring that more hair stays in the growth phase longer.Usage and ResultsFor optimal results, Folexin should be taken twice daily. Consistent use over several months can improve hair thickness, strength, and overall health. Many users report visible results within 8-12 weeks of regular use.Click here for my full Folexin reviewThe VerdictWhile Spironolactone remains a popular prescription option for combating hair loss, Folexin offers a compelling non-prescription alternative. With its natural, hormone-free formula, it provides a safe and effective solution for those seeking to improve their hair health without the potential side effects of prescription medications.If you're looking for a convenient, accessible, and holistic approach to hair loss, Folexin may be the answer.BenefitsDosageHow fast does it work?Side effectsSafetyTakeawaySpironolactone is a medication usually used for fluid retention, but doctors sometimes use it to treat androgenetic alopecia, a type of hair loss in females.Spironolactone (Aldactone) is a type of medication known as an aldosterone receptor antagonist. Its FDA-approved for the treatment of fluid retention caused by a variety of conditions, including liver disease and kidney disease. However, its also used to treat other conditions, including:high blood pressureheart failurehyperaldosteronismSome doctors may prescribe it for female pattern hair loss caused by androgenetic alopecia. This is a type of hair loss thats associated with the overproduction of male sex hormones. Doctors typically only prescribe it if other treatments do not work.Read on to learn more about how spironolactone treats female pattern hair loss, how long it takes to work, and the side effects it can cause.All people, regardless of sex, produce some amount of androgens. People with ovaries typically produce much less of them. Overproduction can lead to higher levels of:dihydrotestosterone (DHT) productionheightened levels of 5 alpha-reductaseandrogen receptors on the scalp in areas affected by hair lossThis can cause female pattern baldness or androgenetic alopecia.Spironolactone can help reduce the production of androgens, slow down the progression of hair loss, and encourage hair to regrow.Keep in mind that it does not treat male pattern baldness. That type of androgenetic alopecia is caused by the actions of another hormone, dihydrotestosterone (DHT).Spironolactone is usually only prescribed when other treatments, such as minoxidil, dont work.A 2023 review of research found that about 43% of people with female pattern hair loss noticed an improvement in their hair loss after taking spironolactone. Up to 66% noticed an improvement if spironolactone was combined with another therapy.In addition, a 2017 pilot study noted significant benefits of a combination of spironolactone and minoxidil. This combination was associated with reduced shedding and increased hair growth.Its important to note that spironolactone does not work for female hair loss thats only due to nonhormonal causes, such as:stresschemotherapynutritional deficienciesFor hair loss, a doctor typically prescribes a daily dose of 100 to 200 milligrams (mg). However, they might recommend starting with 25 mg a day and slowly increasing your dose to reduce your risk of side effects.Spironolactone sometimes causes drowsiness, so its best to take it at night. You can take it with or without food.If you havent gone through menopause, your doctor might also prescribe birth control pills to take with spironolactone. They might also prescribe minoxidil to take with spironolactone, regardless of your age.The exact dosage and combination of medications that your doctor suggests can depend on how severe your hair loss is and whether you take other medications for hair loss or other conditions.Spironolactone takes a while to start working for hair loss, so try not to be discouraged if you dont see improvement right away.Most people need to take it for at least 6 months before they start seeing results. Others might not notice any benefits until theyve taken it for at least a year.Follow up with a doctor after taking spironolactone for 6 months. Depending on your results, they might increase your dosage or prescribe a different medication to take with or instead of spironolactone.Spironolactone is commonly prescribed to lower blood pressure, and it may cause low blood pressure in those taking it for hair loss. You should regularly check your blood pressure while taking spironolactone, as this can be dangerous if you dont have high blood pressure. Learn how to check your blood pressure at home.Other common side effects of spironolactone include:drowsinessnauseadiarrheaheadachedizzinessirregular periodsbreast tendernessweight gainlow sex drivedepressionfatigueMore serious but less common side effects include:gastrointestinal bleedinghigh potassium levelsHigh blood potassium is serious and potentially life threatening. Call your doctor right away if you notice any of the following symptoms while taking spironolactone:muscle fatigueweaknessabnormal heart ratenauseaparalysisSpironolactone is generally safe, but it can lead to health problems if not taken correctly. As with any medication, some people may also be allergic or sensitive to it.Talk with your doctor before taking any other medications while taking spironolactone. That includes nutritional supplements (especially potassium) and diuretics.Before taking spironolactone, tell your doctor if youre pregnant, nursing, planning to become pregnant, or have:Talk with a doctor right away if you become sick while taking spironolactone, especially if you have severe or persistent nausea, vomiting, or diarrhea. These can all cause dangerously low blood pressure when taking spironolactone.Make sure you drink plenty of water while taking spironolactone, especially in hot weather or during exercise. Know how to recognize the signs of dehydration, which include:extreme thirstinfrequent urinationdark-colored urineconfusionGet emergency medical treatment if you experience any signs or symptoms of a severe allergic reaction to spironolactone, including:trouble breathingrapid or weak heartbeatseizuresloss of consciousnessSpironolactone is an effective treatment for hair loss due to androgenetic alopecia in women. However, it can take up to a year to work.If youre interested in trying spironolactone for hair loss, talk with your doctor. Make sure to tell them about any medical conditions you have and the kinds of hair loss treatments youve tried in the past. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. BenefitsDosageHow fast does it work?Side effectsSafetyTakeawaySpironolactone is a medication usually used for fluid retention, but doctors sometimes use it to treat androgenetic alopecia, a type of hair loss in females.Spironolactone (Aldactone) is a type of medication known as an aldosterone receptor antagonist. Its FDA-approved for the treatment of fluid retention caused by a variety of conditions, including liver disease and kidney disease. However, its also used to treat other conditions, including:high blood pressureheart failurehyperaldosteronismSome doctors may prescribe it for female pattern hair loss caused by androgenetic alopecia. This is a type of hair loss thats associated with the overproduction of male sex hormones. Doctors typically only prescribe it if other treatments do not work.Read on to learn more about how spironolactone treats female pattern hair loss, how long it takes to work, and the side effects it can cause.All people, regardless of sex, produce some amount of androgens. People with ovaries typically produce much less of them. Overproduction can lead to higher levels of:dihydrotestosterone (DHT) productionheightened levels of 5 alpha-reductaseandrogen receptors on the scalp in areas affected by hair lossThis can cause female pattern baldness or androgenetic alopecia.Spironolactone can help reduce the production of androgens, slow down the progression of hair loss, and encourage hair to regrow.Keep in mind that it does not treat male pattern baldness. That type of androgenetic alopecia is caused by the actions of another hormone, dihydrotestosterone (DHT).Spironolactone is usually only prescribed when other treatments, such as minoxidil, dont work.A 2023 review of research found that about 43% of people with female pattern hair loss noticed an improvement in their hair loss after taking spironolactone. Up to 66% noticed an improvement if spironolactone was combined with another therapy.In addition, a 2017 pilot study noted significant benefits of a combination of spironolactone and minoxidil. This combination was associated with reduced shedding and increased hair growth.Its important to note that spironolactone does not work for female hair loss thats only due to nonhormonal causes, such as:stresschemotherapynutritional deficienciesFor hair loss, a doctor typically prescribes a daily dose of 100 to 200 milligrams (mg). However, they might recommend starting with 25 mg a day and slowly increasing your dose to reduce your risk of side effects.Spironolactone sometimes causes drowsiness, so its best to take it at night. You can take it with or without food.If you havent gone through menopause, your doctor might also prescribe birth control pills to take with spironolactone. They might also prescribe minoxidil to take with spironolactone, regardless of your age.The exact dosage and combination of medications that your doctor suggests can depend on how severe your hair loss is and whether you take other medications for hair loss or other conditions.Spironolactone takes a while to start working for hair loss, so try not to be discouraged if you dont see improvement right away.Most people need to take it for at least 6 months before they start seeing results. Others might not notice any benefits until theyve taken it for at least a year.Follow up with a doctor after taking spironolactone for 6 months. Depending on your results, they might increase your dosage or prescribe a different medication to take with or instead of spironolactone.Spironolactone is commonly prescribed to lower blood pressure, and it may cause low blood pressure in those taking it for hair loss. You should regularly check your blood pressure while taking spironolactone, as this can be dangerous if you dont have high blood pressure. Learn how to check your blood pressure at home.Other common side effects of spironolactone include:drowsinessnauseadiarrheaheadachedizzinessirregular periodsbreast tendernessweight gainlow sex drivedepressionfatigueMore serious but less common side effects include:gastrointestinal bleedinghigh potassium levelsHigh blood potassium is serious and potentially life threatening. Call your doctor right away if you notice any of the following symptoms while taking spironolactone:muscle fatigueweaknessabnormal heart ratenauseaparalysisSpironolactone is generally safe, but it can lead to health problems if not taken correctly. As with any medication, some people may also be allergic or sensitive to it.Talk with your doctor before taking any other medications while taking spironolactone. 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However, it can take up to a year to work.If youre interested in trying spironolactone for hair loss, talk with your doctor. Make sure to tell them about any medical conditions you have and the kinds of hair loss treatments youve tried in the past. "At Deeply Rooted Hair Clinic, we frequently recommend spironolactone as a viable option for treating hair loss in female patients with androgenetic alopecia. This medication has proven to be highly effective in reducing hair thinning, and even improving hair density in some people, by blocking the effects of androgen hormones that often contribute to hair loss. Over the years, weve observed significant improvements in our patients hair density and overall hair health. Combining spironolactone with other treatments, such as minoxidil, can further improve results. Anyone considering spironolactone should speak with their primary care physician about the benefits and potential side effects of this medication." Consult With Mandy BenefitsDosageHow fast does it work?Side effectsSafetyTakeawaySpironolactone is a medication usually used for fluid retention, but doctors sometimes use it to treat androgenetic alopecia, a type of hair loss in females.Spironolactone (Aldactone) is a type of medication known as an aldosterone receptor antagonist. Its FDA-approved for the treatment of fluid retention caused by a variety of conditions, including liver disease and kidney disease. However, its also used to treat other conditions, including:high blood pressureheart failurehyperaldosteronismSome doctors may prescribe it for female pattern hair loss caused by androgenetic alopecia. This is a type of hair loss thats associated with the overproduction of male sex hormones. 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Know how to recognize the signs of dehydration, which include:extreme thirstinfrequent urinationdark-colored urineconfusionGet emergency medical treatment if you experience any signs or symptoms of a severe allergic reaction to spironolactone, including:trouble breathingrapid or weak heartbeatseizuresloss of consciousnessSpironolactone is an effective treatment for hair loss due to androgenetic alopecia in women. However, it can take up to a year to work.If youre interested in trying spironolactone for hair loss, talk with your doctor. Make sure to tell them about any medical conditions you have and the kinds of hair loss treatments youve tried in the past.Spironolactone is one of the medications doctors most often prescribe for female pattern hair loss. In men, on the other hand, its use is rarer. The route of administration is also very different. This article will describe these differences and explain the reasons behind them.You will also learn about spironolactones mechanism of action and side effects. Finally, we will cover how long the results take and what is the best way to use this treatment today.What is Spironolactone?Sspironolactone.Spironolactone is a medication that has been used for almost 60 years (1), It is available in countless brands, but the most widely known commercial name is Aldactone. It is sold in almost all countries around the world.It is classed as an aldosterone antagonist (2). Aldosterone is a steroid hormone secreted by the adrenal glands.Over time, doctors have come to prescribe spironolactone for various conditions.You can find it in tablets of various strengths from 25 to 100mg,How Does It Work?Spironolactone has various effects on the human body. Its two main effects are antihypertensive and antiandrogen.AntihypertensiveSome people secrete excessive amounts of aldosterone. One common side effect of this is increased blood pressure.By blocking aldosterone, spironolactone can lower blood pressure. It can also work for hypertensive patients with normal levels of aldosterone. Spironolactone also has diuretic effects, increasing the expulsion of fluids from the body.AntiandrogenThe drug also has antiandrogenic properties. In other words, it inhibits the activity of the male hormones (androgens). It does this by blocking the Androgen Receptors (AR).This is the receptor on the cells where the male hormones like testosterone and dihydrotestosterone (DHT) bind (3). By blocking this receptor, spironolactone prevents these hormones from exerting their normal function.For this reason, spironolactone can be an effective treatment for women with problems arising from excessive androgen activity.What Conditions Can It Treat?Here are some of the most common indications of spironolactone:FDA-approvedOfficially, the drug is sold as an aldosterone antagonist. Here are its FDA-approved indications:hyperaldosteronismedema (fluid buildup)hypertension.heart failureOff-Label UsesDue to its anti-androgenic properties, doctors prescribe spironolactone to women off-label for various conditions:Excessive hair growth (hirsutism). It is a common symptom in women who suffer from Polycystic Ovarian Syndrome (PCOS). This condition is caused by an excess amount of androgens in the body (4)Acne. Another condition related to excessive androgen activity. Long and short-term use of spironolactone is possible (5).Female pattern hair loss (FPHL), which we will now discuss.Spironolactone & Female Pattern Hair LossUnderstanding Female Pattern Hair LossPattern hair loss affects well over half of women at some point in their life. Unlike men, women never go completely bald (6). The psychological effects, however, can be equally devastating.In women with FPHL, the hair thins uniformly. The first sign of this is a wider part. This becomes more apparent with time, eventually forming the so-called Christmas tree pattern. You can see this in the illustration below.A widening part is the major sign of Female Pattern Hair Loss.Unlike male baldness which has the same cause for all men, FPHL seems to be made up of various groups. In other words, though we group all women with pattern hair loss under FPHL, the underlying causes will often be different.Some cases of FPHL are linked to excess androgens, others to hypothyroidism and the rest to various (unknown) causes.When Will Spironolactone Work?Since spironolactone is an antiandrogen, it will only be effective for women whose hair loss is due to androgen excess.For example, a 2015 study looked at women with FPHL treated with oral spironolactone at a clinic setting (7). Some of the women provided their own assessment of the drugs efficacy. For others, the researchers assessed the results through patient records. Here were the combined results:8%: worse thinning38%: no change32%: mild improvement22%: increased thicknessIn other words, 54% of women showed some improvement. The rest saw no change or worsened.In Combination With MinoxidilCombining spironolactone with other treatments can increase its effectiveness.A very interesting study was performed on a 53-year-old woman with female-pattern baldness (8).(Source)The woman initially received a 200 mg oral dose of spironolactone daily. She had visible hair regrowth at the 12-month mark. This eventually plateaued by the 24-month mark.At this point in the study, the treating doctor prescribed a twice-daily dose of minoxidil 5% solution. The womans hair growth then resumed.(See how 5% performed against 10% minoxidil here.)Case studies like this suggest that combination treatment with minoxidil can give superior regrowth (we will discuss this more below). In the words of the studys authors:supplementation with spironolactone is effective in preventing further hair loss and promoting hair growth. And, while the results plateaued after two years of use, the combination of spironolactone and minoxidil had further positive results.Spironolactone For Male Baldness?Men lose their hair very differently from women. Unlike women, they never go completely bald. Their baldness also progresses along with a distinctive pattern.The first signs of hair loss are at the temples. This is followed by the mid-frontal hairline and then the crown of the head. Eventually, the baldness in the frontal area and crown fuse, making the entire top of the head bald.You can see this natural progression of male pattern baldness in the figure below.The Norwood scale describes the progression of male pattern hair loss.Male Baldness & DHTUnlike women, all cases of male pattern baldness share the same underlying cause and mechanism of action.DHTThe culprit is the male hormone DHT. DHT binds to the ARs on the hair follicles, initiating a process called miniaturization.With every new hair cycle, the hair follicles shrink in size. The cycle itself is also altered: normally, each follicle grows a hair for 2-5 years before entering a rest phase that lasts around 3 months.In miniaturized follicles, these times are reversed. The follicles most of their time in the resting phase, and hardly any in the active growth phase.The hair shaft does not even get a chance to protrude past the scalp before the follicle re-enters the resting phase.The miniaturization process leads to smaller, shorter hair.Scientists dont understand the exact mechanism through which DHT leads to hair loss. What is certain is that inhibiting this hormones actions with medication is an effective treatment for baldness (9).Over 80% of men who use DHT-blockers like finasteride or dutasteride will stop losing further hair. Around two-thirds will also see some regrowth, though this is typically mild.Topical Spironolactone for AGAWe saw that DHT links to the ARs on the hair follicles, initiating the miniaturization process. A good question is since spironolactone blocks the AR receptor, why dont doctors prescribe it for male hair loss?Why Cant Men Take Oral Spironolactone?The answer is that the AR is also where the other androgens including testosterone exert their action. Blocking the AR in otherwise healthy men can have very unpleasant effects.Around 10% of men who take low-dose spironolactone (25mg daily) to treat their heart failure develop gynecomastia or breast tenderness (10, 11). Other side effects include impotence and reduced libido.At higher doses, spironolactone is prescribed to biological men who want to transition into transgender women (12).Prescribing such medication to otherwise healthy men with hair loss is out of the question.Topical SpironolactoneAn alternative for men with hair loss is topical spironolactone. Topical application means that the drug will block the AR only in the scalp and hair follicles.Since the ARs in the rest of the body remain unaffected, there is no risk of gynecomastia, feminization, or any other unpleasant systemic side effects.A recent study looked at the effect of adding spironolactone to minoxidil treatment for men with AGA (13). It also looked at how well spironolactone works on its own, compared to minoxidil.The researchers split participants with male and female pattern baldness into three groups:topical minoxidil gel 5% onlytopical spironolactone gel 1% onlycombination treatment, minoxidil + spironolactone gelThere were 39 men and 21 women in the study. In all groups, the patients applied the gel twice daily.After 12 months, here were the results:minoxidil only: 90% of patients in group 1 had some improvementspironolactone only: 80% of patients improvedcombination treatment: 100% of patients improvedSubjects with at least some regrowth were classed as improved. To further assess the improvement, the researchers broke down these improved patients into groups of poor, fair, good, excellent, and complete improvement.Subjects in the combination treatment group were more likely to have excellent results (40%) compared to either of the other two groups (20-25%).Across all groups, patients with moderate alopecia tended to respond better. A major limitation of this study is that it did not report the results separately for men and women.None of the male patients reported gynecomastia, loss of libido, incompetence, or any other systemic side effects. The side effects of topical spironolactone were localized at the scalp. We will discuss these now.Side Effects of SpironolactoneBecause the routes of spironolactone administration are very different for men and women, so are the side effects. Lets look at these in turn.Oral Spironolactone (Women)Women who take spironolactone for their hair loss should look out for the following side effects (14):hypotensionfacial hairhivesWomen who respond to therapy can also expect to see a temporary phase of increased hair shedding 3-6 weeks after the start of treatment. This is very similar to minoxidil shedding and is temporary. After a few weeks, the shedding will go away on its own.Topical Spironolactone (Men)Topical spironolactone can make some users itchy.The topical version of spironolactone produces completely different side effects than the oral one. The most common are (15):contact dermatitisitchingscalingburningWe saw that men who take topical spironolactone do not develop the systemic side effects of the oral version. They can, however, expect the temporary hair shedding a few weeks into treatment, just like women.How to Obtain Topical SpironolactoneTopical spironolactone is not widely available in the United States or most countries around the world.You will require a doctors prescription to start treatment. A compounding pharmacy will then be able to prepare the topical for you.Applying Spironolactone to the ScalpIf you are applying topical spironolactone to your scalp you will be doing so under a doctors supervision. The doctor will advise you how often to apply it and how much to use.Most likely, the application will be done twice daily. If you combine it with minoxidil through a compounding pharmacy, you will be applying both medications from the same bottle.Topical spironolactone usually comes as a cream or gel.Limit application to the problem areas there is no need to apply it to the non-balding scalp.The application is simple: begin with a pea-sized amount of spironolactone on your fingertips. Rub your fingertips together, and then massage the cream into your scalp in a gentle, circular motion. Rub it in until the gel or cream is fully absorbed.How Much Does it Cost?Having been on the market for several decades, spironolactone is now a very affordable medication.If you are a woman, you can expect to pay under $20 a month for your pills. Your insurance will usually cover spironolactone.The cost for the topical will be slightly higher. Prices will vary depending on the location and the rates of the compounding pharmacy.How Long Until I See Results?Regardless if you take the oral or topical form, you will need at least 3 months to see the first results.After 6 months, you will have a good idea of how well you are responding to treatment. Together with your doctor, you can then decide if spironolactone is an appropriate long-term treatment for your hair loss.ConclusionThough the FDA has not approved spironolactone against female pattern hair loss, this has not stopped doctors from prescribing it off-label to millions of women worldwide.For many women, it will be a relatively safe, effective, and affordable solution. Women can also combine it with topical minoxidil (which the FDA has approved) to get even better results.The hormonal effects of spironolactone prohibit its systemic use for men with hair loss. Instead, men can apply it topically. While limited, the available research suggests that spironolactone is a useful treatment for male hair loss, especially as part of a combined treatment regiment (hair loss stack).Adding spironolactone to a minoxidil preparation will be an appealing option for many men with hair loss who want to: a) max out their topicals strength while b) avoiding systemic treatments.The topical version is also relatively safe with only mild topical side effects.Regardless if you use spironolactone topically or systemically, always bear in mind that it is a very powerful medication. Make no changes to your treatment unless you discuss them with your doctors first.

Spironolactone hair. Spironolactone hair loss success. Spironolactone hair cafe. Spiro hair loss. Does spironolactone help with hair loss. How long does it take for spironolactone to work for hair loss. How well does spironolactone work for hair loss. Spironolactone hair loss. Does spironolactone help with female hair loss.