

Hair and Nail Disorders

P1300

Finasteride, 1mg daily administration on male androgenetic alopecia in different age groups: Ten year follow-up

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Background: Androgenetic alopecia (AGA) is a common dermatological condition, with potentially adverse psychosocial sequelae. Finasteride 1mg (Propecia®) is indicated for the treatment of men with AGA. However, the long-term (>5 years) efficacy and safety of finasteride in this population has not been previously reported.

Objective: To assess the efficacy of finasteride over ten years in men with AGA in different age groups.

Methods: One-hundred ninety-two men, between 19-61 yrs, with AGA receiving finasteride (1mg/day) were enrolled. The evaluation of the efficacy of the treatment was assessed with colour standardized macrophotographs at T0 –T1- T4 - T10 yrs and expert panel assessments. Statistical analysis was made by using Kaplan-Meier method and K-means algorithm.

Results: This study showed that the group aged between 31 and 40 yrs was characterized by a strong improvement, a positive trend and the group is characterized by its own peculiarities, while the youngest and, especially, the oldest subjects showed lower improvements, more stable trends and non homogenous performances. The percentage of side effects was higher in all groups than previously reported, nevertheless some subjects went on with treatment because of the great results.

Limitations: Because this study was extended from its original 4 yrs duration to nearly 10 yrs, the sample size available for analysis decreased with time. In fact, some of the patients discontinued the treatment due to side effects or low compliance.

Conclusions: The youngest subjects responded to the treatment earlier than the others but for this class of age there was also the greater number of patients not improved at all. Many subjects between 31-61 yrs unchanged after 1 year, improved later on, maintaining a positive trend. 90% of patients improved at the first visit, continued to improved also after 10 yrs. In conclusion, finasteride 1mg/day was generally well-tolerated and long-term treatment led to a sustained and durable improvement in scalp hair growth, and slowed the further progression of hair loss that occurred without treatment. Since finasteride is a safe and effective treatment, we can consider it as a first choice regardless of age.

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Onychopapilloma presenting as a white longitudinal band

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Onychopapilloma is an uncommon nail producing papilloma that is histologically characterized by distal subungual hyperkeratosis, nail bed hyperplasia and matrix metaplasia with multinucleated cells. The entity most often presents clinically as longitudinal erythronychia. We report a unique case of onychopapilloma presenting as a white longitudinal band in a fifty-year-old woman. The patient was referred for a multi-year history of right third fingernail splitting with associated pain over the previous six months. On exam there was a 1 mm wide band of longitudinal leukonychia with a slight ridge on the right third fingernail. Distally, there was a V-shaped notch and split with a keratotic 1 mm papule at the hyponichium. The other fingernails were normal. A diagnostic and therapeutic longitudinal excision biopsy was performed with flap repair. On histologic examination the nail bed exhibited slender, elongated and hyperplastic rete ridges. Upper nail bed keratinocytes were large and exhibited ample pink cytoplasm, which is a characteristic feature of onychopapilloma. Additionally, hyperkeratosis was seen at the hyponichium. Onychopapilloma presenting as a white band has not been previously reported.

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