

I am 38 years old and have been losing hair since the last 8 years. Is there medication to solve this issue or should I opt for hair transplantation?

Srikant Vaidya, USA (via email)

From your history, it appears that you may be suffering from genetic hair loss, along with signs of androgenic alopecia (male pattern baldness). Hair loss in these cases is most probably due to high levels of testosterone being converted to dihydrotestosterone (DHT). Male pattern baldness can be addressed by hair transplantation. Temporal baldness does not generally improve with medical therapy. Hair transplantation using techniques such as FUE, FUT, etc., is safe and very successful when performed by experienced surgeons, with almost 80 to 90 per cent hair growing back. Post the transplantation, after-care is very important as future losses may otherwise occur due to male pattern baldness. The medical therapy for hair loss is a lifetime initiative.

DR MOHAN THOMAS, MD (USA), FACS (USA), leading cosmetic surgeon, visiting scholar Mt Sinai Hospital (New York) and consultant, Breach Candy Hospital, The Cosmetic Surgery Institute, Mumbai, answers your queries related to cosmetic surgery. Send in your queries to femina@www.co.in



I have a broad face bone structure, but I also have a lot of fat on my cheeks which I dislike and I want removed. I have an ideal body mass index. I have lost some weight recently but my cheek fat has remained, thereby making my face look disproportionate to the rest of my body. Can I treat my cheeks with lipolysis injection?

Nishi Agrawal, Nagpur

To reduce cheek fat, you may opt for surgical management, which includes injection lipolysis. Another viable option would be cheek fat pad removal. I cannot say for certain which would be a more suitable option for you till I closely examine your case first-hand, or photographs of your face from different angles may help me further in providing an opinion.

I had a CO2 fractional laser done in 2011. The procedure went very wrong and my face bloated up. I was given medication to bring the puffiness down, however, after that subsided, my face became dark. The darkness is almost gone and I just had a glycolic peel which has made my skin better. However, currently, I am concerned as I have noticed a facial fat loss. My face has lost volume and

my eyes have a hollow sunken look. These are the problem areas I would like addressed, especially the sunken eyes. I have visited a surgeon and he has suggested fillers. However, he said this is a temporary fix and I was wondering whether you could suggest a permanent and safe option instead. I have heard the dangers of permanent fillers and fat injections and the surgeon I consulted advised against it as well. Even temporary fillers are unsafe, I hear, if injected wrongly. I am not sure whether facial implants would be an option for me. Also, is there a way to stimulate the fat to return without any surgery?

Geeta Narayan, Chennai

The common reasons for facial fat loss are ageing, weight loss, or the Parry-Romberg's syndrome—a rare neurocutaneous syndrome characterised by progressive shrinkage and degeneration of the tissues beneath the skin, usually on only one side of the face, but occasionally extending to other parts of the body. Fat loss cannot occur from laser treatment on the skin. Facial volume can be restored by autologous fat grafting, dermis-fat grafts or by implants depending on the area of fat loss. For the lower lid areas, fat grafting is a more suitable option as it is a long-term solution. Silicon implants can be used for the cheeks. It is true that there are dangers with any procedure, but if the procedure is well chosen and performed with skill and care, the results are excellent. At present, there is no treatment to stimulate the fat cells, but stem cells associated with live fat cells in the fat grafting procedures survive and give a long lasting fullness to the area. •