



ARE INJECTABLE HAIR GROWTH TREATMENTS THE FUTURE OF HAIR LOSS MANAGEMENT?

By Vicky Grammatikopoulou

Hereditary hair loss has been a worry for mankind since the dawn of time. It is seen as such a widespread problem and can be psychologically distressing for many, and not just men. Women suffer with stress and loss of confidence due to hair loss, too. So far, hair transplants seemed to be the only solution, but recent advancements in autologous stem cell therapies have been providing one exciting answer...

As a medical cosmetic establishment, it stands to reason that in our clinics we are asked about hair loss a lot. While there is no guaranteed “cure” for baldness, like many clinics in the UK, we have been offering for years now Platelet-Rich-Plasma (PRP) therapy, or, as it is often called, the “vampire” hair treatment. This involves using the patient’s own blood to process a precious healing and rejuvenating serum, which is then reinjected in the areas of concern.

Two years ago, however, we introduced a real breakthrough in hair growth therapies - the VieStem Hair

with Regenera Activa. Developed in Spain and already very popular overseas, the Regenera Activa technique was welcomed with great excitement by patients and media in the UK. The prospect of slowing down and even reversing hereditary hair loss without surgery, has been music to the ears of many. This treatment is in effect a micro-grafting procedure that transfer the patient’s active progenitor cells from healthy hair follicles and tissue to points of thinning.

So, how does Regenera Activa work and can it work for you? Naturally, we are asked that a lot, too! First of all, let’s understand a little bit more about hair loss itself.

The bald truth

The most common type of hair loss is called androgenetic alopecia, better known as Male Pattern Baldness (MPB) and Female Pattern Baldness (FPB). For men, this hereditary condition is linked to the production of DHT and testosterone. It's typically characterised by recession at the temples ("widow's peak") and thinning of the crown, before progressing into the classic "horse-shoe" pattern. For women, androgenetic alopecia is typically visible through a widening part on the scalp and an overall thinning of the hair. As well as genetics, it can also be triggered by hormonal changes or illness.

One of the biggest issues with pattern baldness are the number of potions and treatments on the market – or in development – all promising a miracle cure. In reality, the only medications currently approved in the UK for combating the condition are the topical solution minoxidil, which increases blood flow to the scalp; and the oral drug finasteride (often known by the brand name Propecia®), which is traditionally used for treating enlarged prostates, but which was discovered to inhibit DHT in the scalp. Although some people have maintained hair with these medications, results vary between individuals and the medications need to be taken indefinitely. There is also a reported risk of side-effects.

Surgical hair transplants are extremely popular these days and these offer life-changing results for many people. While invasive, the quality of these procedures has improved dramatically over the last 10 to 20 years and results are permanent. They are also the only way to restore hair to areas of advanced baldness. The drawback, however, is that transplants can't account for future hair loss. If you have one surgery, you will likely want more surgeries further down the line. Because you are limited by the amount of donor hair at the back of your head, it means hair transplants can only achieve so much. That said, results can be amazing in the right hands. And on that note, I should stress that if you do wish to go the surgical

transplant route, please always research your clinic/doctor first! Unfortunately, it's still an industry where standards and commitment to ethics can vary.

Micro-transplants with Regenera Activa

Autologous procedures utilise the body's own reparative abilities to reverse concerns such as ageing and hair loss. Typically, a doctor harvests healthy cells from one area of the patient's body and transfers them elsewhere. This reduces the risk of side-effects to virtually zero while also guaranteeing suitability for vegans and allergy sufferers.

VieStem Hair with Regenera Activa is one such regenerative treatment. During short procedures that last no more than 30 minutes, the doctor takes a tiny tissue sample from the back of the patient's scalp, where hair grows permanently. From this sample, the doctor uses a special centrifuge machine to extract thousands of stem cells from the healthy hair follicles. These stem cells are then replanted into thinning areas of the scalp, which can reactivate dying follicles and promote new growth. You can see many before/after photos on our website and social media pages, and you can make up your own mind about how well this works! Suffice to say, we have had many very satisfied clients.

Hair growth is a slow, arduous process. Although the first results can sometimes be observed within four to six weeks, new hair growth generally appears between three to seven months. Such is the way with the human hair cycle, new hairs then mature and thicken in the ensuing months. This is much the same with surgical transplants – final results with surgical procedures aren't observed until between 12 to 18 months. It's a long process! However, the good news with stem cell micro-transplants with Regenera Activa, there are no large grafts removed from your scalp and no stitches. It's a non-surgical procedure with zero downtime, and you can return to most normal activities right away.

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One of the first patients to have the VieStem Hair with Regenera Activa in our UK clinic by Dr Liakas in January 2018, is 29-year-old Joe Baker from Braintree in Essex.

“My hair was my crowning glory,” he says. “Growing up, I was always complemented on my mane. It was my thing.”

Joe has three brothers, aged 34 to 31, all of whom have lost their hair. “By the age of 29, their hair was all gone,” he says. Joe says, “I wanted to avoid their fate by any means possible,” but the odds were against him. “I first noticed my hair was thinning in my early twenties. I started to see my scalp through my hair”.

Joe was already being treated by Dr Liakas with PRP, a treatment that involves injecting regenerating growth factors from a patient’s own blood into the scalp. This had enabled him to keep most of his hair, but it was still thinning.

“I didn’t want a hair transplant as it was so expensive and painful and I definitely didn’t want a hair system. When the clinic suggested the stem cell treatment I looked into the science and the research behind it and it made sense to me. I had to trust the doctor as it was so new, but I liked that it was a one-off treatment and I could afford it.”

“I was surprised by how quick the procedure was. I could feel the pressure of the injections, but they weren’t painful.”

Three months after his treatment, he said, “Not only was my hair thicker, but I noticed my hairline was filling in again. I hadn’t even realised it was receding. It was only when I saw pictures that I realised how much hair I’d lost and how much new growth there was. I really wasn’t expecting this kind of result. Now my hair feels thick and grows faster than ever. I’ve thrown away all my thickening powders and serums,” he says.

Joe says he feels he is winning the battle against baldness. “My brothers joke that I’ve stolen all their hair.” “I recommend this treatment to anyone. Because it’s a one-off, and I don’t have to have constant treatments or apply lotions every day, I am able to forget about my hair and get on with my life.”

“The first year after Regenera Activa, has been positive, full coverage, growth, and I did notice thickening too”, he says. “My hair now feels strong,” he adds, tugging at it. “It’s not going anywhere any time soon.”



Repeat procedures and strength in numbers

Owing to the length of the hair cycle, we anticipate that the procedure should be repeated around every two years or longer, depending on a patient’s needs and response to the treatment.

VieStem Hair with Regenera Activa is suitable for both men and women, and specifically for managing Male and Female Pattern Baldness. However, it should be noted that it is more effective for patients with mild to moderate hair loss, or who are in its earlier or middle stages. With all hair loss treatments, you should always manage expectations and be realistic. Procedures won’t return a full head of hair to instances of advanced hair loss, for example! And results still vary from patient to patient.

At Vie Aesthetics, we combine the micrografting procedure with Carboxytherapy and LED Light Therapy. Both of these promote healthy hair growth by stimulating the scalp and increasing circulation.

VieStem Hair with Regenera Activa can also be used as an additional treatment to surgical hair transplants.

Indeed, some of our clients have previously had surgical transplants and come to us as a means to slowing/halting further hair loss and thickening existing hair.

So, there you have it! If you are worried about hereditary hair loss, there’s no reason to think there’s nothing you can do about it. There are options out there and we believe that VieStem Hair with Regenera Activa is one of the most exciting developments in treating hair thinning and hair loss. Our results speak for themselves, and we now have clients flying in from all over the world for sessions, including from places as far-reaching as Canada, Israel and Brazil!

If genetic hair loss is a concern of yours, why not book your consultation and find out if our Hair Management treatments can work for you, too.

Kind regards

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