

International Conference on

DENTISTRY AND ORAL HEALTH

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WORLD DERMATOLOGY AND COSMETOLOGY CONGRESS

September 03-04, 2018 | Bangkok, Thailand

Muhammad Ahmad, Arch Gen Intern Med 2018, Volume 2 | DOI: 10.4066/2591-7951-C2-006

CAN WE PREDICT THE MALE HAIR LOSS? YES, USE NPRT SYSTEM

Muhammad Ahmad

Aesthetic Plastic Surgery and Hair Transplant Institute, Pakistan

Background: Multiple classifications for male pattern baldness are mentioned in the literature. A new system is presented for documenting hair loss. The main aim of the study was to evaluate the practical application of the Ahmad's NPRT system.

Methods: The study was conducted in a private hair restoration clinic. The five hundred male patients of all ages were included presenting with varying degrees of hair loss. The age and family history were noted. The various points of the new system were noted, i.e., Norwood scale (denoted by 'N'), temporal peaks/points (denoted by letter 'P' and further subdivided into four grades from 0 to 3), reverse thinning (denoted by letter 'R' and graded from 0 to 3), and overall thinning (denoted by the letter 'T' and subdivided from 0 to 3).

Results: The mean age of the patients was 29.3 years, ranging from 17 years to 62 years. Type IV with its variants was the most common baldness pattern found in 29% of the men followed by type III (27.4%). Varying grades of status of temporal peaks, reverse thinning and overall thinning were noted.

Conclusion: The new system was found to be helpful in ascertaining the exact situation of hair loss.

BIOGRAPHY

Muhammad Ahmad is graduated from Quaid-e-Azam Medical College, Bahawalpur, Pakistan in 1997 and completed his training for the fellowship in Plastic Surgery by College of Physicians and Surgeons Pakistan (CPSP) in 2005. He received the merit award by the Australian and New Zealand Burns Association in 2004. He also received the first prize in annual meeting of Asian Association of Hair Restoration Surgeons (AAHRS) held in Bangkok, Thailand in 2017. He has published a new scar assessment scale (Ahmad's cosmetic surgery scar assessment scale). He is the Editor of *Pakistan Journal of Plastic Surgery* (Pakistan) and newsletter of Asian Association of Hair Restoration Surgeons (AAHRS). He is also a reviewer of various international journals. He is the Editor on the book 'Alopecia' by InTechOpen publishers, guest Editor of *Plastic and Aesthetic Research Journal* on minimally invasive cosmetic surgery, Editor/Advisory Board Member of Cambridge Scholars Publishing, UK and *Austin Plastic Surgery*, open access journal by Austin Publishing Group, USA.

plasticsurgeonpk@yahoo.com

