

Men's Hair Loss Protocol

Understanding the Root Causes Behind Thinning Hair

A patient education guide designed to help you understand why hair loss happens, what contributes to it, and the evidence-based treatment options available.



Hair Loss Is Usually Multifactorial

Hair thinning in men is often genetic — but genetics are only part of the picture.

Hormones, inflammation, insulin resistance, nutrient deficiencies, thyroid function, stress, and scalp health can all influence how quickly hair loss progresses and how well treatments respond.

At **Nexus Derm**, we take a root-cause approach to hair restoration by evaluating the internal environment affecting the hair follicle — not just the hair itself.

What This Guide Covers



Why male hair loss happens



The role of DHT



Common internal contributors



Evidence-based treatment options



Lifestyle strategies that support hair growth



Recommended labs and evaluations

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Healthy hair starts with a healthy foundation. When we address the root causes, real results are possible.

How Male Hair Loss Works

The DHT Pathway

1. Testosterone

Testosterone naturally circulates in the body and supports many normal male functions.

2. Conversion to DHT

An enzyme called 5-alpha reductase converts testosterone into DHT (dihydrotestosterone).

3. DHT Affects The Hair Follicle

In genetically sensitive individuals, DHT binds to receptors in the scalp and gradually shrinks hair follicles over time.

4. Follicle Miniaturization

As follicles shrink:

- Hair becomes thinner
- Growth cycles shorten
- Density decreases
- Follicles may eventually stop producing visible hair



Important Note

DHT may be the primary trigger — but inflammation, metabolic health, and nutrient status strongly influence how aggressive the process becomes.

THE INTERNAL ENVIRONMENT MATTERS

What May Be Contributing



1. Insulin Resistance

Elevated insulin levels may contribute to inflammation and impair the scalp environment that supports healthy follicle function.

Labs Often Evaluated

- Fasting insulin
- HOMA-IR
- Glucose markers

Why It Matters

Patients with improved metabolic health often respond better to hair restoration therapies.



2. Low Ferritin (Stored Iron)

Ferritin helps support the hair growth cycle. Even when standard iron levels appear “normal,” low ferritin may still contribute to increased shedding and slower regrowth.

Common Symptoms

- Diffuse thinning
- Increased shedding
- Fatigue
- Poor recovery



3. Thyroid Function Imbalances

Hair follicles are highly sensitive to thyroid hormones.

Even mild imbalances may influence:

- Hair density
- Texture
- Shedding patterns
- Growth cycles

Labs Commonly Reviewed

- TSH
- Free T3
- Free T4



Hair loss is rarely caused by a single factor.

Addressing the internal drivers gives us the best opportunity for meaningful, long term results.



At *Nexus Derm* we take a comprehensive approach to identify to address and identify the factors that matter most to you.

Treatment Options for Male Hair Loss

Medical and in-office therapies can help slow progression, support regrowth, and improve hair density when used consistently and appropriately.

1



Finasteride

A prescription medication commonly used to reduce DHT levels at the scalp.

May Help:

- Slow progression
- Maintain existing hair
- Improve density in some patients

Important:
Requires medical evaluation and monitoring.

2



Oral Minoxidil

Low-dose oral minoxidil may help support blood flow and prolong the hair growth phase.

May Help:

- Increase density
- Improve growth duration
- Support combination therapy

3



PRP (Platelet-Rich Plasma)

PRP uses growth factors derived from your own blood to support follicle activity.

Best Results Often Occur When:

- Inflammation is addressed
- Nutrient deficiencies are corrected
- Metabolic health is optimized



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Effective hair restoration starts by addressing the root causes – not just the symptoms.”



Important Disclaimer
Treatment results vary based on genetics, duration of hair loss, consistency, and underlying health factors.

DAILY SUPPORT STRATEGIES

Lifestyle Strategies That Support Hair Growth



Prioritize Metabolic Health

Balanced blood sugar and insulin regulation may support a healthier scalp environment.

Supportive Habits

- Consistent meal timing
- Protein-focused nutrition
- Regular movement
- Resistance training



Support Scalp Health

A healthy scalp environment supports healthier follicles.

Examples

- Gentle scalp massage
- Reducing buildup and irritation
- Appropriate topical support



Nutrient Support

Key nutrients commonly associated with hair health include:

- Iron/ferritin
- Vitamin D
- Zinc
- Protein intake
- Omega-3 fatty acids



Stress Management

Chronic stress may contribute to:

- Increased shedding
- Hormonal disruption
- Inflammation

Supportive stress-management strategies can be beneficial for overall wellness and hair health.



Consistency is key. Supporting your body internally is just as important as the treatments you use. *When you support your health, you support your hair.*

Labs Commonly Evaluated

At **Nexus Derm**, evaluation may include a combination of metabolic, hormonal, and nutritional markers.

Why It Matters



Hair loss is rarely caused by a single factor. Understanding the full picture allows us to create a personalized plan that addresses the root causes – not just the symptoms.



When we find and correct the underlying imbalances, your hair has a better environment to grow.

Common Labs

- Ferritin
- Vitamin D
- Fasting insulin
- HOMA-IR
- Thyroid panel
- CBC/CMP
- Hormonal markers when appropriate



Our goal is to uncover what's going on beneath the surface so we can build a treatment plan that works for you.

XTRESSÉ + IN-OFFICE SUPPORT

Additional Support Options



Xtressé™ Hair Support System

A physician-dispensed hair support system designed to complement comprehensive hair restoration care.

May Support:



Scalp environment



Hair density



Follicle support



Daily maintenance



Nutrafol® Men

A clinically studied, doctor-recommended nutraceutical that targets the root causes of thinning hair from within.

May Support:



Hair Growth Cycle



Stronger hair



Nutrient Support



Stress Response



PRP at Nexus Derm

PRP uses growth factors from your own blood to help support natural healing and follicle activity. Available in-office at Nexus Derm Boca Raton.

Treatment plans are personalized based on:

- Clinical evaluation
- Labs
- Medical history
- Hair/scalp assessment



Your treatment plan is personalized based on your labs, medical history, scalp evaluation, and goals.

We are here to guide you every step of the way.

Ready To Take *The Next Step?*

At **Nexus Derm**, we take a comprehensive approach to hair restoration by evaluating the underlying factors that may contribute to thinning hair.

Your Visit May Include



Hair and scalp assessment

Comprehensive evaluation of your hair, scalp health, and shedding patterns.



Metabolic evaluation

Assessment of insulin resistance and metabolic factors that may be affecting your results.



Hormonal review

Evaluation of hormones that play a role in hair growth and follicle health.



Lab recommendations

Personalized lab testing to identify imbalances and nutritional deficiencies.



Personalized treatment planning

A tailored plan that combines the right therapies for you.



You don't have to navigate hair loss alone.

We're here to help you understand your options and create a plan designed for lasting results.

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This guide is for educational purposes only and does not replace individualized medical care, diagnosis, or treatment. Prescription therapies require evaluation and clinical supervision. Results vary by individual.