

## CASA Nov. 25 Meeting – Questions for Dr. Prousky, ND

\*CA = Cicatricial Alopecia, CCCA=Central Centrifugal Cicatricial Alopecia, FFA=Frontal Fibrosing Alopecia

### Treatment

<p>1. In your clinical experience, what vitamins/supplements are most effective in treating scarring alopecia? How long do they take to work? How long is the course of the vitamins/supplements? Does the condition relapse upon discontinuing the vitamins/supplements? (Please specify if the vitamins/supplements differ depending on the type of scarring alopecia.)</p>	<ul style="list-style-type: none"> <li>• Medications have more research to back them up</li> </ul>
<p>2. Are natural DHT blockers effective in treating scarring alopecia (e.g., Saw Palmetto)? Are there others?</p>	<ul style="list-style-type: none"> <li>• There may be a chance that this treatment can help androgenic alopecia</li> </ul>
<p>3. I've heard that low iron and low zinc can cause hair loss; what are appropriate levels of zinc and iron for healthy hair?</p>	<ul style="list-style-type: none"> <li>•</li> </ul>
<p>4. What might be the cumulative effect of all the binders and fillers in vitamins, supplements etc. If we are taking a number of these daily, over years, any thoughts?</p>	<ul style="list-style-type: none"> <li>• The good quality vitamin companies will limit the fillers</li> <li>• Regulations are pretty strict here</li> <li>• The professional brands are the best (Thorne, Cyto-matrix)</li> </ul>
<p>5. What herbs or spices do you recommend in treating LPP (e.g., turmeric)?</p>	<ul style="list-style-type: none"> <li>• Any that improve inflammation all over the body are a good bet (GCA, Curcumin, Turmeric, Bromaline)</li> <li>• Do not use all at once</li> </ul>
<p>6. Based on potential correlation of LPP/CA with high testosterone levels in male patients – is there a test available that would be able to determine presence of high testosterone levels? And if so, are there natural foods or products to bring it back to normal levels?</p>	<ul style="list-style-type: none"> <li>• Yes, there is a test that the doctor runs all the time, to test hormone levels</li> <li>• DHT should be tested</li> <li>• You need to ask specifically for this test and it is \$60</li> <li>• Reducing DHT levels does</li> </ul>

	<p>not affect testosterone levels in men</p> <ul style="list-style-type: none"> <li>• Use flax seed powder (1 tbs, 2x a day)</li> </ul>
7. Have any non-drug therapies proven to reduce inflammation? If so, what are they?	<ul style="list-style-type: none"> <li>•</li> </ul>
8. What are your thoughts on vitamins (e.g., biotin, iron, saw palmetto, fish oil) in treating the inflammation causing the scarring alopecia?	<ul style="list-style-type: none"> <li>•</li> </ul>
9. What do you think the difference is between medical treatment of alopecia and a holistic / natural treatment plan?	<ul style="list-style-type: none"> <li>• Medical treatment is always evolving</li> </ul>
10. Can a holistic/ natural treatment plan work without going 100 percent off drug treatments?	<ul style="list-style-type: none"> <li>•</li> </ul>
11. Any advice on how to protect the hair that we have left?	<ul style="list-style-type: none"> <li>•</li> </ul>

### **Diet and Health**

12. Are weak & brittle nails and thin hair a sign of protein deficiency? I've noticed that my hair loss increases at times when my nails are weak and brittle.	<ul style="list-style-type: none"> <li>• This can be a sign of a deficiency in absorbing acid in the stomach (Hydrochloric acid deficiency)</li> <li>• Take supports for the stomach – take 1500mg hydrochloric acid, not with Advil, steroids or ulcers and with supervision</li> </ul>
13. Is there a link between hair loss and malabsorption or other digestive issues i.e. IBS, Inflammation of the gut etc.? What are the signs of vitamin and mineral malabsorption?	<ul style="list-style-type: none"> <li>• Yes, additionally they will rule of celiac disease</li> </ul>
14. How accurate are heavy metal/mineral hair analysis tests? Can heavy metals cause hair loss?	<ul style="list-style-type: none"> <li>• Tests are accurate</li> <li>• You would have other major issues aside from CA if you were toxic</li> <li>•</li> </ul>
15. I've heard that hormone imbalances can cause hair loss. Which hormones would cause these imbalances?	<ul style="list-style-type: none"> <li>• DHT and lower SHBG</li> </ul>
16. We hear so much about anti-inflammatory foods such as salmon etc. Do they play a significant role	<ul style="list-style-type: none"> <li>• Omega 3s</li> <li>• PPARs are depleted in patients with IBS and</li> </ul>

in CA? Obviously, they are good for health overall	certain CAs – if you increase them, you lower inflammation
17. Which foods are anti-inflammatory and which are inflammatory?	<ul style="list-style-type: none"> <li>• Seeing a registered dietitian is the best option</li> <li>• The Mediterranean diet is a good diet to follow for treating inflammation</li> </ul>
18. What should you look for in fish oil and what dose is recommended?	<ul style="list-style-type: none"> <li>•</li> </ul>
19. Do you think that diet plays a role in increasing or reducing inflammation? If so, what diet would you recommend?	<ul style="list-style-type: none"> <li>• The Mediterranean and the Japanese's diets are good</li> <li>• The Japanese diet has a low cancer rate</li> </ul>

### Research

20. Which books or magazines seem most reputable in your opinion? There is such a proliferation of new information, ads etc. What can one believe? Even peer reviewed medical journals (like JAMA) have made mistakes so how do we know what information is legitimate?	<ul style="list-style-type: none"> <li>• You should be critical and logical when reading and following information</li> <li>• Scientific papers are a good and reliable source</li> <li>• The quality of the article is important</li> </ul>
21. Is there any known link between hormone imbalances and the immune response that causes scarring alopecia?	<ul style="list-style-type: none"> <li>• It is primarily an immune system issue</li> <li>• It is good to look at hormones because they can impact but are not primary cause</li> </ul>
22. Is there any known link between nutritional deficiencies/protein malabsorption and the immune response that causes scarring alopecia?	<ul style="list-style-type: none"> <li>•</li> </ul>
23. Can you address any new research, treatments, or observations for the different types of scarring Alopecias (LPP, FFA, and CCCA)?	<ul style="list-style-type: none"> <li>•</li> </ul>
24. Is there an increase in Cicatricial Alopecia cases in Canada in recent years? If so, why do you think that is the case?	<ul style="list-style-type: none"> <li>•</li> </ul>
25. Do you have names of naturopaths who are familiar with our condition?	<ul style="list-style-type: none"> <li>• Any naturopath who is dedicated will work with you but be aware of doctors that are mostly out to make money</li> </ul>