

INVESTIGATIONS

TWEAKS OF THE TRADE

A new generation of men is discovering how aesthetic rejuvenation can boost confidence



◁ twenties, others in their fifties – which can make it seem downright unjust, not to say frustrating. ‘And there’s no such thing as a typical patient, or a signature procedure,’ agrees Dr Greg Williams of Farjo Hair Institute, who specialises in bespoke hair transplants. But what he can confirm is that an increasing number of men are seeking solutions for their androgenetic alopecia; aka male pattern hair loss, the M-shaped recession extending from the temples to the crown.

Keen to de-stigmatise his treatments, Williams encourages men to seek a consultation, not just to get to the root cause of the problem but also to understand the possible treatments. ‘There’s a misconception that hair loss is a factor of ageing,’ he says. ‘And yes, it becomes more common

as you age; but I see it as a medical condition that is mediated by hormones, which is why it can occur even in teenagers.’ So what can he do to help?

The first recourse is often topical minoxidil, which can be applied to the scalp to encourage more stable growth in those with a thinning thatch; however, it is primarily aimed at slowing down or stopping the loss of hair, not regrowing it. As for other treatments – oral finasteride, for example – Williams says one has to consider such side-effects as erectile dysfunction and decreased libido. However, his preference is for lifelong medical treatment alongside surgical hair restoration.

The patient’s own preference may be for an elixir of eternal youth. But in its absence, don’t be alarmed, gentlemen.

What may seem like a doomsday list – to do at the cost of one’s sanity – in fact offers seeds of hope to the many who will experience so-called man-o-pausal symptoms.

Really, it’s about understanding what can help you live more healthily. (And, of course, there’s nothing wrong with wanting a fuller head of hair, fewer wrinkles, a slimmer physique or an extra dose of virility.) The key is knowing what will improve your quality of life – and therefore your mental wellbeing. After all, the real downside to getting older as a man isn’t just the way you look, but a gradual stiffening of values and attitudes that comes around like generational clockwork. No one wants to be a grumpy old man, stuck in his ways. If you want to stay in the game, at some point you need to wise up. □