

Early-Onset Androgenetic Alopecia in Young Indian Males: A Teledermatology-Based Audit with Insights into Treatment Barriers and OTC Product Misuse

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Abstract:

Background: Androgenetic alopecia (AGA) is a common dermatologic concern in young Indian males, increasingly managed through telemedicine. This study explores patterns in diagnosis, treatment, and patient beliefs based on a clinical audit.

Methods: A retrospective review of 20 male patients with AGA who presented via teleconsultation in June 2025. Data included age, treatment advised, follow-up status, and patient-reported concerns.

Results: Most patients were aged 23–32, and 55% presented with stage 3 AGA. Common treatments included topical minoxidil, oral minoxidil, and biotin supplements. Oral minoxidil was withheld in select cases due to clinical contraindications. Lifestyle factors such as stress, poor sleep, and smoking were common among early-onset cases. Approximately 70% of patients reported early onset of hair loss, and 86% among them had identifiable lifestyle-related contributing factors. Follow-up occurred in 45% of cases within 3–4 weeks.

Conclusion: Telemedicine offers efficient diagnosis of AGA, but long-term success depends on patient counseling and lifestyle modification.

Keywords:

Androgenetic alopecia, teledermatology, early-onset baldness, treatment barriers, lifestyle factors.