

脫髮的治療

Treatment for Hair Loss



何謂脫髮？

Definition

正常人每日掉落約50至100條頭髮屬於生理性脫髮，但若每日落髮量長期超過100條、新生頭髮速度慢於脫落速度，或頭髮變幼、變得稀疏，且持續 2-3 個月，即屬病理性脫髮。

For healthy individuals, daily hair loss of approximately 50 to 100 strands is considered physiological hair shedding. However, if daily hair loss consistently exceeds 100 strands, new hair growth is slower than shedding, or hair becomes thinner and sparser for 2-3 months or more, it is classified as pathological hair loss.



成因

Causes

可能引起脫髮的原因包括：

Possible causes of hair loss include:



家族遺傳性禿頭 (eg. 雄性禿)
Family history of baldness
(male/female pattern baldness)



患上某些疾病如糖尿病、甲狀腺失調
Certain medical conditions such as diabetes or
thyroid disorders



頭皮受感染或皮膚受損
Scalp infections or skin damage



服用某些藥物如抗癌藥物、降血壓藥或
抗抑鬱藥
Taking certain medications like chemotherapy drugs,
blood pressure medications, or antidepressants



接受放射治療
Undergoing radiation therapy



營養不良如缺乏蛋白質或鐵質
Nutritional deficiencies such as lack of protein
or iron



精神壓力
Mental stress

注意 Notes

患者應先諮詢皮膚科醫生的意見，找出脫髮的原因，才可接受相對治療。

請勿服用未經註冊醫生處方的藥物，胡亂服藥可引致嚴重的副作用，如頭皮過敏、對性失去興趣或陽痿。

若有任何皮膚疑問，你應徵詢醫生的專業意見。

Patients should first consult a dermatologist to determine the cause of hair loss before undergoing any treatment.

Do not take medications that have not been prescribed by a licensed physician. Effects, such as scalp allergic reactions, loss of sexual interest, or erectile dysfunction.

Any concerns, seek professional medical advice from your doctor.

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治療方案 Treatment Plan



內服藥物：適合毛囊尚未萎縮、只是變得纖細的患者。

Oral medications: Best suited for patients whose hair follicles have not yet atrophied and are only becoming thinner.



外用生髮水：主要功能是透過擴張頭皮血管，增加毛囊的血液供應。患者需要每日堅持使用3至6個月才可見效。

Topical hair regrowth solutions: Their primary function is to dilate scalp blood vessels and increase blood supply to the follicles. Patients need to apply/spray daily for at least 3 to 6 months to see the effects.



頭皮微針*：微針療法是一種利用細針在頭皮上製造微小創口的技術。這些微小的創傷可以刺激皮膚的自然癒合過程，從而增加血液流動，釋放生長訊號，並幫助Minoxidil(米諾地爾)等外用藥物更好地滲透和發揮作用，最終促進頭髮生長。

Scalp microneedling: Microneedling is a technique that uses fine needles to create tiny micro-injuries in the scalp. These small wounds stimulate the skin's natural healing processes, increasing blood flow, releasing growth signals, and helping topical agents such as minoxidil penetrate and act more effectively, ultimately promoting hair growth.

* 市面上有不同微針生髮工具，各有其優缺點。最常見的為微針滾輪、印章微針及主要為診所用的電動微針筆。因應脫髮嚴重程度、生髮效果需求而決定工具。因應患者的脫髮程度和需要，可結合生髮精華、高濃度血小板血漿 (PRP)、生長因子、外泌體，米諾地爾(Minoxidil) 等等，讓效果更佳。

There are various microneedling tools on the market, each with advantages and disadvantages. The most common are microneedle rollers, microneedle stamps, and clinic-grade motorized microneedle pens. Choice of device depends on the severity of hair loss and desired regrowth effect. Depending on the patient's degree of hair loss and needs, microneedling can be combined with hair serum, platelet-rich plasma (PRP), growth factors, exosomes, minoxidil, etc., to enhance results.

診斷方法 Diagnosis Methods



詳細病史問診：詢問脫髮進程、藥物史、近期壓力事件及飲食習慣。

Detailed Medical History Inquiry: Ask about the progression of hair loss, medication history, recent stress events, and dietary habits.



臨床檢查與拉髮測試：觀察脫髮分佈模式，並進行拉髮測試以判斷活躍度。

Clinical Examination and Pull Test: Observe the distribution pattern of hair loss and perform a pull test to assess its active status.



高倍率皮膚鏡(Dermoscopy)分析：可放大50-100倍觀察毛囊開口、頭髮直徑多樣性(雄性禿特徵)及頭皮是否有發炎跡象。

Dermoscopy Analysis: Use a high-powered skin microscope to magnify 50-100 times, allowing observation of hair follicle openings, the diversity of hair diameters (characteristic of androgenetic alopecia), and any signs of scalp inflammation.



血液化驗：檢查甲狀腺功能、鐵蛋白 (Ferritin)、鋅、維他命D及相關荷爾蒙水平，排除病理性脫髮。

Blood Tests: Check thyroid function, ferritin, zinc, vitamin D, and related hormone levels to rule out pathological hair loss.



制定個人化療程：根據檢查報告，結合患者需求制定醫學治療方案。

Personalized Treatment Plan: Based on the examination report, combine the patient's needs to formulate a medical treatment plan.