

## Platelet Rich Plasma (PRP) Injections

# A Proven New Technology for Restoring Hair



Stony Brook **Medicine**



### For women in particular, hair loss can be embarrassing and traumatizing.

It can alter their appearance – sometimes dramatically, deeply affect their self-esteem and make them want to hide their condition. However, losing hair is actually very common for women. Statistically, up to 50 percent of all women will experience noticeable hair loss.\*

I am a board-certified dermatologist with expertise in the non-surgical treatment of hair loss. As the Director of Medical and Cosmetic Dermatology at Stony Brook Medicine, I work in a specialty that allows me to give patients a transformational experience. The work-up for hair loss including examination, lab work, and biopsies is covered by insurance. One of the innovative procedures we offer in our practice is Platelet Rich Plasma (PRP) Injections for hair loss, a technology proven to help patients regrow hair without drugs or topical treatments. Platelet rich plasma contains concentrated growth factors that naturally stimulate hair growth. With results often within a few months, patient confidence is quickly restored.

If you've identified any patients or clients who would benefit from learning more about treatments for hair loss, we can help. Please give them one of the business cards enclosed or provide them with our phone number.

If you have any questions for us, please don't hesitate to contact us at (631) 444-4200.

Thank you,

**Adrienne M. Haughton, MD, FAAD**

Clinical Assistant Professor  
Director of Medical and Cosmetic Services - Commack  
Department of Dermatology  
Stony Brook Medicine

\* <https://my.clevelandclinic.org/health/diseases/16921-hair-loss-in-women#:~:text=However%2C%20it%20is%20estimated%20that,women%20in%20the%20United%20States.>

## Common Reasons for Hair Loss in Women

- Telogen effluvium (excessive shedding when hair goes into the resting phase prematurely)
- Female pattern hair loss
- Hereditary conditions
- Hormonal changes
- Restrictive diet
- Certain medications
- Autoimmune diseases, including alopecia areata, thyroid disease and lupus
- Iron deficiency
- Hospitalization/surgery/major illness
- Chemical treatments, such as keratin straightening
- Excessive hair brushing, dyeing, relaxing and bleaching
- Damaging hair styles
- Hair extensions

**Though PRP injections are most commonly performed on women, PRP treatments are also available to men ages 16 and older.**



“PRP is great, more volume, and I notice regrowth in problem areas.”

—R.B.  
37 year old woman

### About Platelet Rich Plasma (PRP) Injections

Platelet Rich Plasma injections (PRP) represent the latest technological advance in treating hair loss or thinning hair.

- Safe
- Completely natural
- Non-surgical

### The PRP Process

- Patient's blood is drawn
- The blood is spun in a centrifuge to separate out the PRP
- The PRP is injected into the patient's scalp
- Because the patient's own blood is used, natural hair growth is stimulated without the risk of allergic reaction or rejection
- To maintain hair growth, injections are repeated monthly and may be supplemented by topical and/or oral treatments

# Results: Before and After

"Losing hair at 16 is a shock. Knowing there is a procedure designed to help hair growth and prevent further hair loss if comforting."

—J.S. 16 year old male



\*Before PRP Treatments



\*After 2 PRP Treatments



\*Before (Left)/After 2 PRP Treatments (Right)



\*Before (Left)/After 2 PRP Treatments (Right)



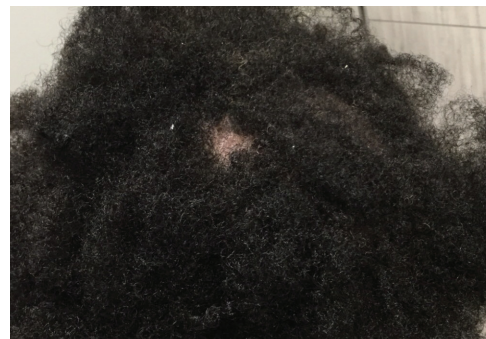
\*Before (Left)/After 5 PRP Treatments (Right)



\*Before (Left)/After 5 PRP Treatments (Right)



Before PRP Treatments



After 4 PRP Treatments



\*Before PRP Treatments



\*After 3 PRP Treatments

## Q's and A's

### **Q: Why am I losing so much hair?**

**A:** There are numerous causes of hair loss, in fact for many patients the cause is multifactorial. This is why seeing a dermatologist with expertise in hair loss is extremely important. A complete work-up is essential, as an accurate diagnosis is the foundation of a comprehensive treatment regimen.

### **Q: Is there something I can do about it?**

**A:** There are numerous treatments for hair loss. The list includes topical medications, oral medications and injections.

### **Q: What are Platelet Rich Plasma (PRP) Injections?**

**A:** Platelet Rich Plasma (PRP) is derived from spinning the patient's own blood in a centrifuge. The blood separates in the centrifuge following which the PRP is pipetted off. The PRP is rich in growth factors and stimulates hair growth.

### **Q: Will my hair grow back permanently?**

**A:** For some patients, PRP injections are only needed for a short period of time. For patients with chronic types of hair loss, it is recommended that patients initially have frequent injections after which maintenance injections are recommended long term.

### **Q: Have you seen results?**

**A:** According to a recent study published in the Journal of the American Academy of Dermatology, patients usually see a 93 percent regrowth beyond baseline\*, after a series of monthly injections (for four months).

### **Q: Does it work for everyone?**

**A:** PRP injections are highly successful for most patients. There are some patients with other underlying conditions for which PPR injections are likely to be less successful. Prior to scheduling a patient for PRP injections, I obtain a thorough history from patients and review the exclusion criteria.

### **Q: Is it safe?**

**A:** PRP is extremely safe. In fact, many patients like the fact that it is completely natural. I have experience treating patients as young as 15 years old, with good results.

### **Q: Is it painful?**

**A:** It is a little uncomfortable, similar to any other injection. The injections are quick and preformed with a very small needle.

### **Q: Is it expensive?**

**A:** Cost can vary per patient. Pricing is best discussed with the treatment plan.

### **Q: Does it require a commitment?**

**A:** It is recommended for best results that patients schedule monthly treatments for four months. Following which most patients need maintenance treatments.

### **Q: Does a doctor need to do the procedure?**

**A:** In our office, the procedure is only performed by a Board-certified dermatologist.

"I am no longer embarrassed when people look at my hair. I am delighted how well PRP works."

—S.G.  
74 year old woman



## Contact Us

For those who have been negatively impacted by hair loss, Platelet Rich Plasma (PRP) injections can be a safe, effective, natural, non-surgical solution.

**Dr. Adrienne M. Houghton performs PRP therapy at:**  
**Advanced Specialty Care**  
**500 Commack Road, Suite 102, Commack, NY 11725**  
**(631) 444-4200**

### **Adrienne Houghton, MD, FAAD**

*Clinical Assistant Professor*

*Director of Medical and Cosmetic Services – Commack*

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*Subspecialties and Areas of Interest:* Alopecia (Hair loss) • Acne • Cosmetic and Laser procedures  
• Medical Dermatology • Microneedling • Platelet Rich Plasma for Hair Loss

\*The Effect of Platelet-Rich Plasma on Female Androgenetic Alopecia:  
A randomized controlled trial, Dubin et al, 2020.

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[stonybrookmedicine.edu/hairloss](http://stonybrookmedicine.edu/hairloss)



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