

FEMALE PATTERN HAIR LOSS – DIAGNOSIS AND TREATMENT

INTRODUCING HEALTHCERT EDUCATION

HealthCert Education is a global professional education provider dedicated to saving lives and improving patient outcomes through accredited primary care education for medical professionals. HealthCert Education does not accept sponsorship or commercial interest investment when delivering course content.

PREREQUISITES (MANDATORY)

There are no prerequisites.

COURSE CONTENT

This course provides primary care practitioners with an evidence-based framework for diagnosing and managing female pattern hair loss (FPHL). Participants will learn to differentiate FPHL from common mimickers such as telogen effluvium, traction alopecia, and lichen planopilaris. The course reviews epidemiology, pathophysiology, clinical features, and psychosocial impact, highlighting the role of history, examination, and appropriate investigations in diagnosis. Current treatment strategies are outlined, including topical and oral minoxidil, spironolactone, finasteride, photobiomodulation, and platelet-rich plasma, with emphasis on efficacy, safety, and patient selection. Through case-based learning and guideline integration, practitioners will strengthen their ability to counsel patients, set realistic expectations, and deliver tailored management plans that improve quality of life and patient outcomes. This course is evidence-based, demonstrates best practice and is regularly updated.

RELEVANCE TO GENERAL PRACTICE:

Recent Australian literature confirms that androgenetic alopecia (pattern hair loss) remains one of the most common presentations in primary care. A *2025 Australian Prescriber* article reviews male and female pattern hair loss, noting that GPs should be able to differentiate it from other alopecias, initiate appropriate treatments (minoxidil, 5-alpha-reductase inhibitors) and manage patient expectations.¹

Also, a study of *alopecia areata* using Australian primary health-care data reports incidence of 0.278 per 1,000 person-years and a point prevalence of 0.13%, underlining how non-scarring hair loss is seen regularly by GPs.² By integrating this knowledge, GPs can recognise pattern hair loss early, rule out or detect coexisting causes, initiate evidence-based therapy, monitor response over time, and reduce unnecessary referrals to dermatologists.

1. Australian Prescriber, Male and female pattern hair loss, 2025, <https://australianprescriber.tg.org.au/articles/male-and-female-pattern-hair-loss.html>
2. Europe PMC, Incidence and prevalence of alopecia areata in the Australian primary care setting: A retrospective analysis of electronic health record data, 2023, <https://europepmc.org/article/MED/37408523>

LEARNING OUTCOME:

1. Diagnose female pattern hair loss.
2. Plan treatments for female pattern hair loss.

PRESENTER:

This course is presented by Dr Jeff Donovan.

RECORDING:

Listen and learn about female pattern hair loss – diagnosis and treatment. The recording can be paused at any point to reflect on content and has a sophisticated search option for locating specific topics. You can copy and paste key slides into your personal document for ongoing reference.

RECOMMENDED READING:

There are recommended open access readings and articles to enhance learning.

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CASE DISCUSSIONS:

There are interactive case discussions to reinforce learning, where participants are encouraged to research, view other responses and discuss topics with other participants. Expert answers are provided once case discussions are submitted.

ASSESSMENT:

There are two online multiple choice examinations for assessment:

- Knowledge-based questions.
- Scenario-based questions with a focus on cases of patient care in the clinical environment.

Assessment is not timed and can be repeated if the 80% pass mark is not achieved with the first attempt.

ACCREDITATION:

HealthCert courses align with the continuing professional development accreditation requirements.

EVALUATION:

An evaluation at the end of the course enables HealthCert Education to continually improve education content.

FUTURE PATHWAY OPTIONS:

Further topics relating to mental health can be viewed on www.healthcert.com. An online chat option on the web page provides you direct access to an Educational Advisor or, if you prefer email, info@healthcert.com. If you would like to speak to an educational advisor, please call 1300 856 695 (Australia) or +44 203 514 0688 (international).

CONTACT HEALTHCERT

Please contact admin@healthcert.com with any questions.

VERSION CONTROL TABLE

All changes must be approved by the Head of Academic Standards or Head of Accreditation.

Version no.	Version date	Authorised officer	Amendment details
1.			
2.			