

HYPERTRICHOSIS

→ Medications Commonly Used for Treatment of Hirsutism (**first-line pharmacologic treatment should include oral contraceptives.**) ^[1]

MEDICATION	DOSAGE	FDA PREGNANCY CATEGORY
Oral contraceptives (various)	One tablet daily	X
Metformin (Glucophage)	500 to 1,000 mg twice daily	B
Spironolactone (Aldactone)	100 to 200 mg daily	D
Finasteride (Propecia)	2.5 mg daily	X
Glucocorticoids (prednisone)	5 to 10 mg daily	C
Leuprolide (Lupron)	3.75 to 7.5 mg intramuscularly monthly	X
Ketoconazole	400 mg daily	C
Eflornithine (Vaniqa)	Apply topically twice daily	C

→ Several recent reports indicate **that conversion to a tacrolimus-based immunosuppressive regimen appears to be a safe and effective alternative** to conventional interventions for organ transplant recipients with cosmetically significant **hypertrichosis.** ^[2]

→ **cyclosporin was switched to tacrolimus (10 mg/day), an efficient immunosuppressive drug that dose not cause hirsutism** ^[3]

[1] -Bode, D. (2012). *Hirsutism in Women* (Vol. 85, Issue 4). (www.aafp.org/afpAmericanFamilyPhysician373)

[2] -Rosario, A. M., & Young, J. B. (n.d.). *INTERACTIVE GRAND ROUNDS Case 3: Management of Cyclosporine-Induced Hirsutism and Gingival Overgrowth in a Heart Transplant Recipient.* www.ImmunologyEd.com ([https://www.jhltonline.org/article/S1053-2498\(00\)00182-0/fulltext](https://www.jhltonline.org/article/S1053-2498(00)00182-0/fulltext))

[3] - Vergoulas, G., Eleftheriadis, T., Avdelidou, A., Ioannou, K., Miserlis, G., Solonaki, F., Papagiannis, A., & Takoudas, D. (2005). Body dysmorphic disorder due to hirsutism in a patient treated with cyclosporin [7]. In *Nephrology Dialysis Transplantation* (Vol. 20, Issue 2, p. 473). <https://doi.org/10.1093/ndt/gfh635> (<https://academic.oup.com/ndt/article/20/2/473/1835900>)

