

Baldness, a new marker for coronary heart disease risk

NEW(S)

Male pattern baldness is linked to an increased risk of coronary heart disease (CHD), but only if it's on the top/crown of the head, rather than at the front.^[1]

(RE)VIEWS

A positive association between male pattern baldness and

insulin resistance,^[2] metabolic syndrome,^[3] and hypertension^[4] have been shown earlier.

A meta-analysis of observational studies comprising a total of 36,690 participants showed that vertex baldness is associated with an increased risk of CHD with the relationship depending on the severity of baldness while frontal baldness is not. Thus, it has been suggested that, vertex baldness might be a marker of CHD and is more closely associated with systemic atherosclerosis.^[5]

The effectiveness of minoxidil (vasodilator) only in vertex baldness and not in frontal baldness,^[6] also supports the finding that vertex baldness is more closely related to atherosclerosis than frontal one. Though the reason for the association between baldness and CHD is unclear, the possible mechanisms suggested include hyperinsulinemia, chronic inflammation, and increased peripheral sensitivity to androgens.

Like blood grouping, why not the male type baldness grouped into the following categories?

- O (vertex)
- M (frontal)
- OM (vertex and frontal)
- Inverted U (O merged with M) and
- T (Total)
- Men of all groups except group M be wary of CHD.

REFERENCES

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