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**TREATMENT OF IDIOPATHIC HIRSUTISM WITH 755-NM
 ALEXANDRITE LASER PLUS TOPICAL LICORICE: A DOUBLE
 BLIND RANDOMIZED CONTROLLED TRIAL**

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Hirsutism is one of the most prevalent health problems in women of reproductive age that can significantly impact on their quality of life. The aim of the study was to compare the effect of 755-nm alexandrite hair removal laser versus alexandrite laser plus topical licorice on improvement of mild to moderate idiopathic hirsutism. A double-blind, randomized placebo-controlled study was done on 90 subjects, aged 15 to 45 years. The patients were allocated into two groups. Alexandrite laser plus 15% Licorice gel (group A) and placebo (group B). Each subject received one of both products over one side of face, twice daily for 24 weeks on the hirsute locations. Each group underwent five sessions at 6-week intervals of alexandrite laser. To minimize the effects of confounding variables, the test performed on two separate zones of patients' skin. The primary outcome was the changes in terminal hair density at the end of study. The terminal hair was counted by the investigator. All patients completed the study. There was no statistically significant difference among characteristics between two groups ($p > 0.05$). The mean \pm SD difference of terminal hairs in the group A was 7.05 ± 4.55 for zone 1 and 6.06 ± 3.70 for zone 2 consecutively. Conversely in the group B it was 3.18 ± 1.75 for zone 1 and 2.49 ± 1.63 for zone 2. There was statistically significant difference between these group ($p < 0.001$). There were no serious adverse reactions. Treatment of idiopathic hirsutism with 755-nm alexandrite laser plus topical licorice is more effective than alexandrite laser alone.

References

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