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Case Report-A learning from clinical experiential history

세포교정영양요법(OCNT)을 이용한 탈모 환자 개선 사례 연구

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A Case Study on the Improvement in Alopecia Patient using Ortho-Cellular Nutrition Therapy (OCNT)

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ABSTRACT

Objective: Report on the case of improvement of alopecia through application of Ortho-Cellular Nutrition Therapy (OCNT).

Methods: OCNT was applied to a Korean female in her 70s displaying severe alopecia symptom in her crown.

Results: Alopecia was improved after the implementation of OCNT.

Conclusion: Application of OCNT can be helpful to an alopecia patient.

Keywords Ortho-Cellular Nutrition Therapy (OCNT), alopecia

Introduction

Alopecia is one of the problems that a large proportion of the population not only in Korea but also throughout the world is confronted with. The most common form of female alopecia is called Female Pattern Hair Loss (FPHL), which is characterized by hair loss that begins in the center of the scalp and gradually expands. Although FPHL and androgenetic alopecia develop in similar manner, their causes are not the same. While androgen is the main cause of androgenic alopecia, its role in women is less clear, and alopecia can occur in the absence of androgens.

Female alopecia is influenced by both genetic and environmental factors.[1]

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Received Nov 30, 2023; **Accepted** Nov 30, 2023; **Published** Nov 30, 2023
doi: http://dx.doi.org/10.5667/CellMed.spc.057
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† This report has been translated and edited by the CellMed editor-in-chief, Prof. Beom-Jin Lee.

The mean Dermatology Life Quality Index (DLQI) for patients with alopecia was 8.3 out of 30, which is similar to the scores of 8.9 for patients with severe psoriasis and 12.5 for atopic dermatitis.[2]

Treatment for FPHL may include 1% minoxidil, autologous hair transplantation, LED and low-intensity laser irradiation, topical adenosine, cytopurine and pentadecane, etc.[3]

The patient in this case report had severe alopecia that prevented her from removing her hat. Although she took Capillus for 3-4 months as an adjunctive treatment for alopecia in 2021, it was not effective, and her alopecia improved after the implementation of OCNT. As such, this case is being reported with the consent of the patient.

Case

1. Subject

It was subjected to 1 case of alopecia patient.

1) Name: Choi O O (F/74 years old)
2) Name of diagnosis: Alopecia
3) Manifestation date: November 2021
4) Treatment period: November 2022 to October 2023, present
5) Main symptom: Alopecia of unknown cause
6) Past medical history: None
7) Past social history: None
8) Past family history: None
9) Medications administered: Took Capillus 3-4 months in 2021 with no effect.

2. Method

OCNT has been administered in the following manner since November 2022.

Morangmorang Booster Capsule (101, twice a day, 1 capsule at a time)

Tmplex Capsule (200, once a day, 2 capsules at a time)

Sulfoplex PK Tab. (200, once a day, 2 tablets at a time)

OCNT was implemented as above for 2 months and, from January 2023, only Morangmorang Booster Capsules were administered.

From September 2023, she started taking Sulfoplex PK Tab. (202, twice a day. 2 tablets at a time) again additionally due to joint pain.

Results

Although the crown section was empty for about 5 cm vertically and horizontally prior to the implementation of OCNT, after about 10 months, hair newly grew in all areas with the exception of the section of crown section where hair is parted (Fig. 1A.) and, about 1 month thereafter, hair started to newly grow even in this crown section.

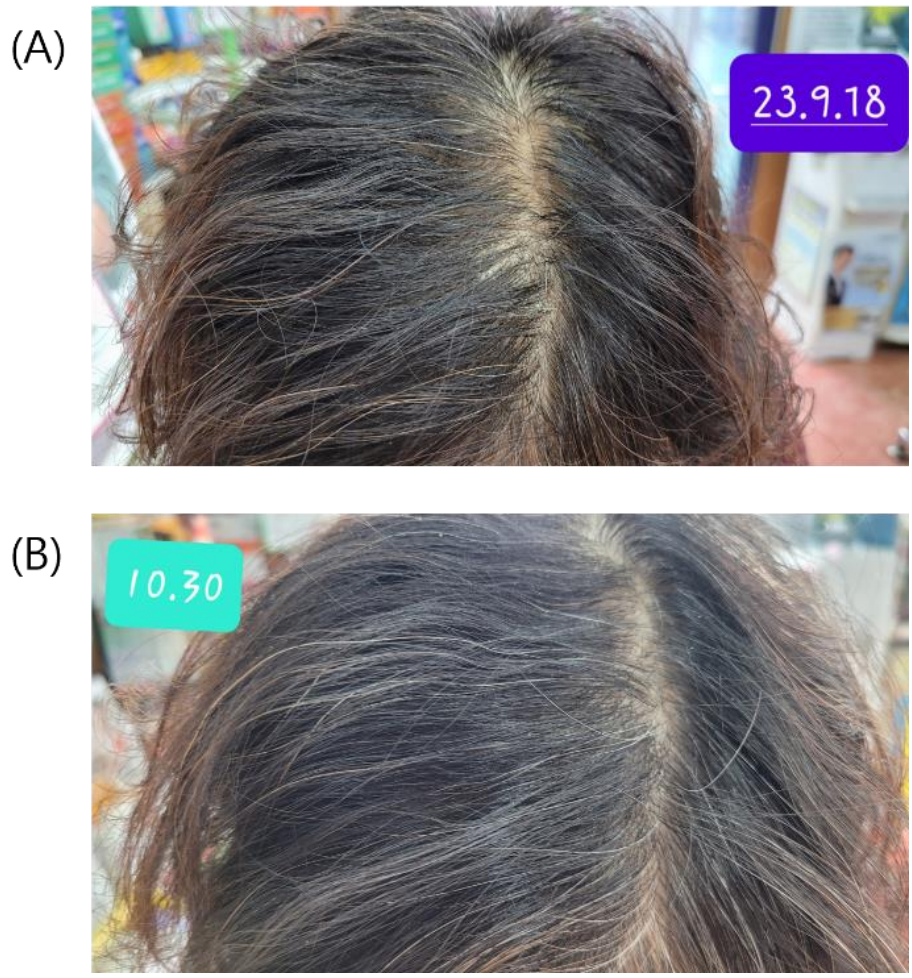

Fig. 1. (A) Photo during application of OCNT. There is a lot of hair except at the crown section. (B) A picture about 1 month thereafter. The crown section is also heavily filled with hair.

Considerations

The patient suffered severe alopecia. Her hair was falling out by the handful and the crown section of her head was empty by about 5 cm vertically and horizontally. To cover the alopecia affected area, she would slick her bangs back and put pins to hold it in place and would even wear hat all the time because covering it was not enough. Because of her alopecia, she always lacked confidence and felt embarrassed.

In 2021, she took Capillus, an alopecia supplement, for 3-4 months, but it had no effect. Then, OCNT began to be implemented in November 2022.

Riboflavin (B2), biotin (B7), folic acid (B9) and vitamin B12 (cobalamin) of the B vitamins group contained in Morangmorang Booster Capsule can be helpful with alopecia since deficiencies of riboflavin, biotin, folic acid and vitamin B12 can cause alopecia.[4]

Zinc is necessary in the activation of more than 300 enzymes that play an essential role in hair growth and is a part of numerous transcription factors that regulate hair growth. Moreover, since it is involved in the immune regulation of hair follicles, its deficiency can lead to alopecia, which can be prevented by supplementing with zinc oxide contained in the Morangmorang Booster Capsule.[5]

In addition, cysteine is an amino acid that has antioxidant properties and plays a role in promoting generation of keratin, which is one of the main components of hair, providing strength and elasticity to the tissues. Accordingly, supplementation with L-cysteine generates antioxidation action that promotes the generation of keratin and reduction of oxidative stress in the hair and scalp.[6]

Since MSM is important not only for its role as an antioxidant and anti-inflammatory agent, but also as a source of sulfur in the body, it should be continuously supplied to maintain the hair strength and health. Continuous intake of MSM can reduce alopecia and improve hair diameter and thickness.[7,8]

Furthermore, since the aging of hair follicle stem cells is associated with the activation of an enzyme that disintegrates a specific type of collagen (type XVII collagen) in response to DNA damage, supplementation with collagen can help the growth of hair by strengthening the skin and hair follicles.[9]

Lastly, since the deficiency of trace nutrients can become a cause of alopecia,[4,10] the trace nutrients in Tmplex can help with alleviation of alopecia.

Although this case report is on a single case of alopecia and cannot be universally applied to all patients with alopecia, it is reported with the consent of the patient because it is believed to be a case in which OCNT helped to improve the symptoms of the patient.

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