

Editorial Note on Hirsutism

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Editorial

Hirsutism is a condition that affects the growth of male hair in females. As a result of hirsutism, men usually develop more steep and pigmented hair on their ears, face, and back. The amount of body hair is primarily determined by genetic makeup. Hirsutism is caused by an overabundance of male hormones known as androgens, mostly testosterone. Hirsutism may be passed down through generations.

Hirsutism is the appearance of rigid, pigmented body hair, mostly on the face, shoulders, and back. Because of the high androgen levels that cause hirsutism, other symptoms evolve over time, which is referred to as virilization. Speech deepening, balding, acne, breast reduction, and clitoral enlargement are all symptoms of virilization. Hirsutism is caused by polycystic ovarian syndrome, Cushing syndrome, congenital adrenal hyperplasia, tumours, and drugs. A journal is a form of publication that aims to advance science by publishing new research.

While some of the first journals published essays, reviews, editorials, brief correspondence, and research papers in a number of fields, the majority of journals are highly specialized. Journals publish articles that have been peer-reviewed to ensure that studies meet the journal's content and scientific validity criteria. Any article published in that journal becomes part of the permanent science record.

Hirsutism is an overabundance of body hair on areas of the body where hair is usually missing or sparse. It may refer to a "male" hair growth pattern

that could indicate a more serious medical condition, particularly if it appears after puberty. The cultural stigma associated with hirsutism can cause a great deal of psychological and social distress. Hirsutism is typically caused by an underlying endocrine imbalance, which may be adrenal, ovarian, or central in nature. Increased levels of androgen hormones may be to blame. A Ferriman-Gallwey score is used to determine the quantity and position of hair. Hypertrichosis, on the other hand, is characterized by excessive hair growth anywhere on the body.

Birth control pills containing oestrogen and progestin, antiandrogens, and insulin sensitizers are all possible treatments. Hirsutism affects between 5–15 percent of all women, regardless of ethnicity. Estimates suggest that about 40% of women have some degree of facial hair, depending on the description and the underlying evidence. It can affect people of either gender because increased androgen levels can trigger excessive body hair, particularly in areas where women do not usually grow terminal hair during puberty. Hirsutism is caused by an excess of androgens, or male hormones, in the body, or by an oversensitivity of hair follicles to androgens.

Testosterone and other male hormones promote hair development, increase hair size, and enhance hair growth and pigmentation. Acne, a deepening of the voice and increased muscle mass are some of the other signs associated with a high level of male hormones. A growing body of evidence links high insulin levels in the blood to the development of hirsutism in women. This hypothesis is thought to be supported by the fact that obese (and therefore presumably insulin resistant hyper-insulinemic) women are more likely to develop hirsute skin. In addition, therapies that lower insulin levels can reduce hirsutism.

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