

Introduction of Alopecia Therapy by Nagoya K Clinic

Medical Corporation Nagoya K Clinic

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1. Characteristics of alopecia therapy of this clinic



Before treatment



After 5 months-treatment

This picture shows the therapeutic effect of our novel treatment in a male patient (25 y.o.) with alopecia totalis who had no therapeutic effect by existing therapy of the other dermatology clinic.

Treatment of this clinic is unique and quite different from the existing therapy that had not been succesful in many cases. Aim of the treatment of this clinic is to increase the hair growing substance insulin-like growth factor-I (IGF-I) in the hair follicle. This treatment obtained the patent of the Japan Patent Office as shown in the right panel.



2. Outlines of the treatment of this clinic

A. Treatment 1: Dietary supplements and drugs

- A hair growing substance insulin-like growth factor-I (IGF-I) is increased in the hair follicle by the treatment of this clinic.
- To increase IGF-I, we give dietary supplements containing capsaicin and isoflavone and other drugs that are capable of stimulating sensory neurons in the stomach. As a consequence of sensory neuron stimulation, IGF-I levels are increased systemically, leading to the hair growth. (See a figure in the next page).
- Increase of IGF-I results in not only hair growth, but in improvement of quality of the hair such as increases of thickness and gloss. In addition to these effects on hair, systemic beneficial effects on health can be expected.
- No adverse effects were seen after ingestion of capsaicin and isoflavone except stomachache and upper abdominal hot sensation. These phenomena are only seen when the stomach is empty.
- Thus, we should ingest capsaicin just after meals and we should avoid taking capsaicin when we do not have meals. Although you experience such gastric irritating sensation after ingestion of capsaicin, you do not have to be anxious about the development of gastritis since capsaicin has been reported to protect gastric mucosa by increasing IGF-I.

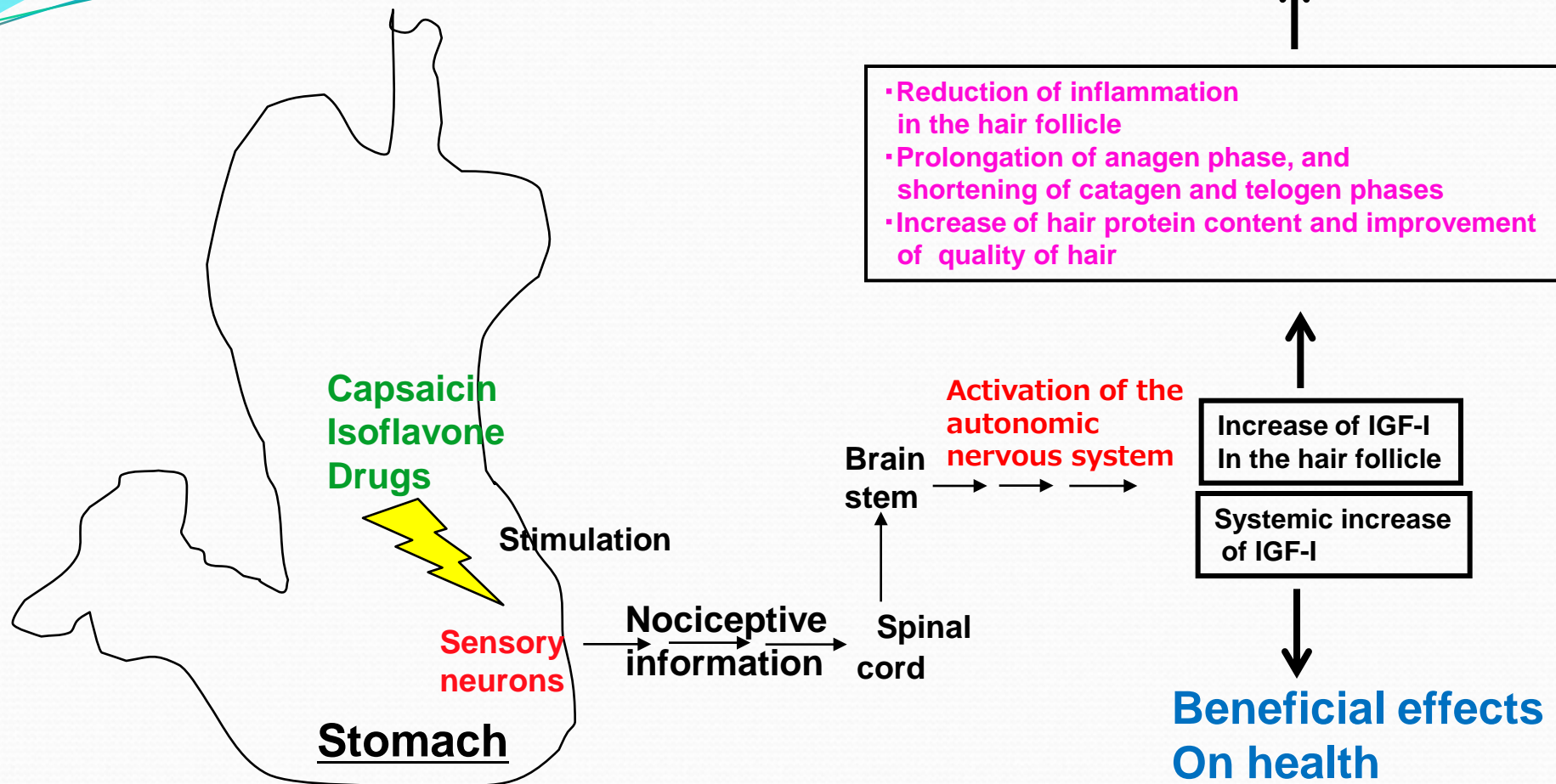


Illustration of the mechanism by which capsaicin, isoflavone and drugs that are capable of stimulating sensory neurons increases IGF-I production, thereby promoting hair growth and improvement of health.

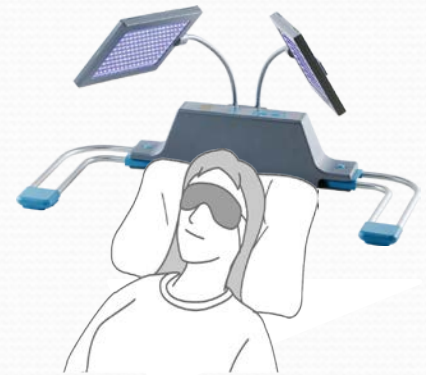
B. Treatment 2 (Blue-light irradiation)

- Director of Nagoya K Clinic Dr. Kenji Okajima found that blue light irradiation increases IGF-I production, thereby promoting hair growth for the first time in the world.
- Blue light irradiation using the irradiator that is originally developed by this clinic (picture 1) increases IGF-I production systemically, thereby promoting hair growth and improving the facial skin condition. Scalp care lotion originally developed by this clinic is topically applied just before the irradiation to enhance the irradiation effect. Patients are able to have this therapy after making reservation without the consultation.
- Another blue light irradiator is developed for patients incapable of having this in-hospital irradiation therapy (picture 2). This irradiator is used during sleep at home.

- Blue light irradiation enhances effects of dietary supplements and drugs.



Picture 1



Picture 2

Hair growing effect of blue-light irradiation in a man with androgenetic alopecia

Before treatment



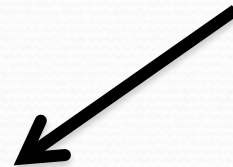
**After 16 months-treatment
with supplements and drugs**



**After 18 months-treatment
with supplements and drugs**



**After 19 months-treatment
with supplements and drugs**



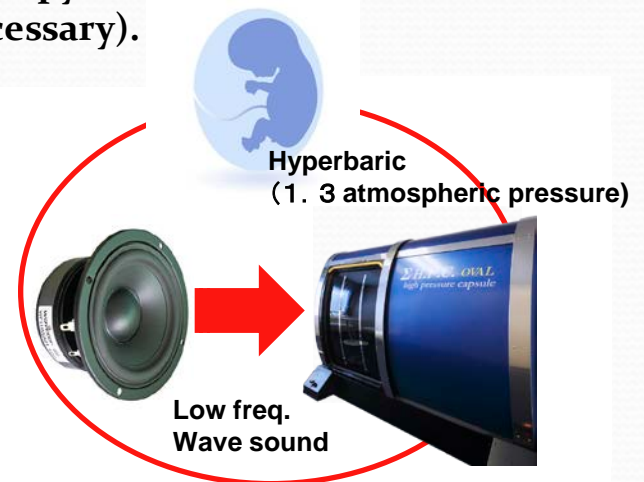
**Blue light
Irradiation (6
times/month)**



C. Treatment 3

(Hyperbaric capsule with low frequency wave stimulation)

- Hyperbaric circumstance (1.3 atmospheric pressure that corresponds to the pressure at water depth 3 m) increases IGF-I production. Stimulation with low frequency wave increases IGF-I production.
- We apply these phenomena to treatment for alopecia. Actually, patients should enter the capsule in which low frequency wave generator is equipped at the back side of the chair for 60 min. In addition, conventional blue light irradiation is available at the same time.
- Therapeutic effect of this treatment in a woman with female androgenetic alopecia is shown in a picture shown in the next page.
- **Such hyperbaric circumstance under stimulation with low frequency wave is similar to the situation of the fetus in amniotic fluid. Hyperbaric situation corresponds to the intra-uteric pressure and low frequency wave to maternal heart beat sound. Under this condition, the fetus is protected from various insults by high IGF-I level.**
- **We recommend that patients have this therapy once in a week (reservation is necessary).**



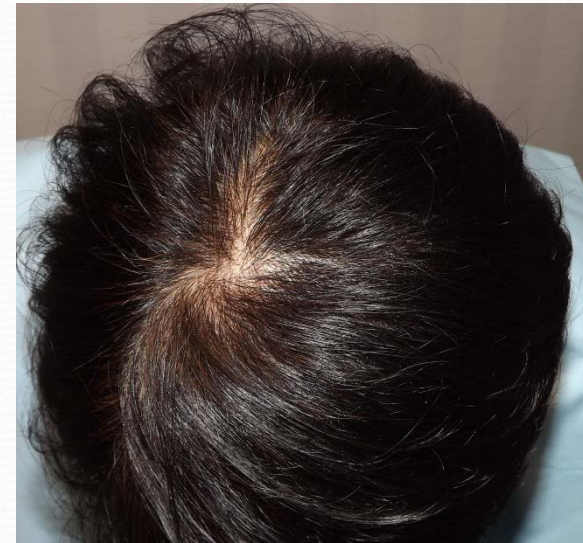
Therapeutic effect of hyperbaric situation and low frequency wave sound stimulation on a 50 ys female with female androgenetic alopecia



**Before
treatment**



**Dietary supplements
Hyperbaric and low
frequency wave sound
stimulation
(6 times/2 months)**



**Dietary supplements
Hyperbaric and low
frequency wave sound
stimulation
(once/1 month)**

D. Treatment 4

(Scalp lotion for hair growth, shampoo, and gel for skin care)

- Topical applicants which are originally developed by this clinic for scalp and skin care are available. These are capable of increasing skin IGF-I production and are shown below.
- Scalp lotion containing a component of saliva, marine plants, and isoflavone.
- Special shampoo and hair treatment that do not damage the scalp. These are distinct from many existing shampoos and hair treatments commercially available .
- Skin cream named EGA that improves the skin condition by increasing skin IGF-I production. Effects of this skin cream include reduction of wrinkle and spot. These are also used to treat atopic dermatitis.
- Capsaicin cream that markedly increases scalp IGF-I level is capable of promoting hair growth in alopecia patients.

A woman in
40's

**Before
treatment**



**After 3
months-
Treatment;
The number
of spot is
decreased
and the
skin
became
more fine
and whiter.**



3. Message from the director

One of the most important growth factor IGF-I is critical for promoting health condition and hair growth, leading to reduction of age-related unfavorable phenomena.

Investigation of my medical university age disclosed how to increase IGF-I production without any adverse effects for the first time in the world.

Based on this discovery, I constructed the IGF-I theory that is applicable to treatment of alopecia and age-associated symptoms. Novel treatment based on this theory improves various types of alopecia that had long been incurable. I'm very glad if many patients suffering from alopecia that is not improved by existing therapy may have marked therapeutic effects by this novel treatment of this clinic.

Kenji Okajima, MD, PhD.
Director, Nagoya K Clinic
Nagoya, Japan.



4. Profile of the director

Kenji Okajima MD, PhD.

Chairperson of the board of directors of the medical corporation Nagoya K Clinic.

He graduated from Kumamoto University Medical School at the top of the class and obtained MD (1978). He obtained PhD at the Kumamoto University Graduate School of Medicine (1982). He investigated hematology especially focusing on hemostasis, and worked in hospital as a physician. He studied abroad at University of Vienna (1991~1992). He was appointed to Professor of Nagoya City University Graduate School of Medical Sciences (2005). He opened Nagoya K Clinic to apply what he learned and discovered from his investigation to treatment of alopecia (2012). He was also elected to vice-chairperson of science subcommittee of international society of thrombosis and hemostasis and a member of ARDS treatment guideline establishing committee. He published many books including those explaining how to promote hair growth.

