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# Finasteride Regret: A Life-Changing Hair Loss Mistake

## Description

### Online Hair Loss Medication: A Risky Proposition

Michelle Roberts, Nat Wright, and Adam Eley, BBC News

Several online platforms have been found prescribing men a hair-loss medication with potentially hazardous side effects, bypassing necessary safety checks, according to BBC investigations. Finasteride, a drug associated with risks like suicidal thoughts and impotence, is often delivered via mail from major brands without requiring an in-person consultation.

Kyle, a 26-year-old from Wakefield, purchased the pills online through a simplistic 'tick-box' form. "I made an impulsive decision that upended my life," Kyle lamented.

Prompted by a friend's recommendation last spring, Kyle began taking finasteride after doing minimal research. "I just googled it, and these online pharmacies popped up everywhere. It was as easy as pie," Kyle recounted. He had the prescription pills at his doorstep within a week, without any professional medical consultation. "No doctor checked my condition; it was like jumping in blind."

Consequently, Kyle suffered from unprecedented sexual, mental, and physical health issues. These problems persisted even after he ceased taking the medication. "Life feels colorless; it stripped away my emotions and personality," he shared, noting his withdrawal from social activities and sports.

Finasteride, widely used among men in the UK for hair loss, works by preventing testosterone from converting into dihydrotestosterone (DHT), the hormone that stunts hair growth. Despite its benefits, UK regulators warned about possible severe side effects, demanding manufacturers include a safety alert card in packaging.

The Medicines and Healthcare Regulatory Agency notes manufacturers have up to a year for compliance. Meanwhile, online providers Hims, Superdrug, and Boots claim they warn customers of risks, though the experience suggests safety checks remain inconsistent.

The Royal Pharmaceutical Society and the British Association of Hair Restoration Surgery emphasize thorough check-ups. They insist on gathering medical history, sharing photographs, and offering video consultations to better evaluate potential risks.

Nearly a year after first ordering the medication, Kyle regrets his decision lamenting, "It was vanity at play, but insecurity makes you do foolish things. Had I known the risks, I'd have steered clear."

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## Vocabulary List:



1. **Hazardous** /'hæz.ə.dəs/ (adjective): Involving risk or danger.
2. **Impulsive** /ɪm'pʌl.sɪv/ (adjective): Acting or done without forethought.
3. **Unprecedented** /ʌn'pres.ɪ.dɛn.tɪd/ (adjective): Never done or known before.
4. **Compliance** /kəm'plaɪ.əns/ (noun): The action of complying with a wish or command.
5. **Demanding** /dɪ'mænd.ɪŋ/ (adjective): Requires much effort or attention.
6. **Insecurity** /,ɪn.sɪ'kjʊr.ɪ.ti/ (noun): Lack of confidence or assurance; self-doubt.

## Comprehension Questions

### Multiple Choice

1. What medication was Kyle prescribed online for hair loss?  
Option: Minoxidil  
Option: Finasteride  
Option: Biotin  
Option: Propecia
2. What potential risks are associated with Finasteride?  
Option: Weight gain  
Option: Suicidal thoughts  
Option: Elevated mood  
Option: Improved memory
3. What side effect did Kyle experience after taking the medication?  
Option: Improved mood  
Option: Enhanced physical performance  
Option: Sexual and mental health issues  
Option: Improved social interactions
4. What organization demands manufacturers to include a safety alert card in packaging for Finasteride?  
Option: European Union  
Option: World Health Organization  
Option: UK regulators  
Option: FDA
5. Which online providers were mentioned in the article that deliver Finasteride?



- Option: Amazon, Walmart, eBay
- Option: Boots, Superdrug, Hims
- Option: Target, CVS, Walgreens
- Option: Alibaba, AliExpress, DHgate

6. What professional societies emphasize thorough check-ups for individuals taking hair loss medication?

- Option: Royal Society of Medicine and British Medical Association
- Option: Royal Pharmaceutical Society and British Association of Hair Restoration Surgery
- Option: American Medical Association and American Dental Association
- Option: World Health Organization and International Red Cross

### True-False

- 7. Kyle was careful and well-informed before purchasing the hair loss medication online.
- 8. UK regulators have not warned about severe side effects associated with Finasteride.
- 9. Boots, Superdrug, and Hims always conduct thorough safety checks before delivering medication.
- 10. Kyle experienced long-term health issues even after stopping the medication.
- 11. Finasteride prevents testosterone from converting into DHT.
- 12. Kyle feels more vibrant and sociable after taking the medication.

### Gap-Fill

- 13. According to the article, Kyle purchased the pills online through a simplistic \_\_\_\_\_ form.
- 14. The UK regulators demanded manufacturers include a safety alert card in packaging by a deadline of \_\_\_\_\_.
- 15. The Medicines and Healthcare Regulatory Agency gave manufacturers \_\_\_\_\_ for compliance.



16. Kyle regrets his decision to try the medication, citing "It was vanity at play, but insecurity makes you do \_\_\_\_\_ things."

17. The Royal Pharmaceutical Society and the British Association of Hair Restoration Surgery emphasize gathering medical history, sharing photographs, and offering \_\_\_\_\_ consultations for risk evaluation.

18. Kyle expressed that he would have avoided taking the medication had he known about the \_\_\_\_\_ involved.

## Answer

**Multiple Choice:** 1. Finasteride 2. Suicidal thoughts 3. Sexual and mental health issues 4. UK regulators 5. Boots, Superdrug, Hims 6. Royal Pharmaceutical Society and British Association of Hair Restoration Surgery

**True-False:** 7. False 8. False 9. False 10. True 11. True 12. False

**Gap-Fill:** 13. tick-box 14. a year for compliance or up to a year for compliance 15. up to a year or a year 16. foolish 17. video 18. risks

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which term refers to substances that bind to a receptor and activate or stimulate it to produce a biological response?

Option: Agonists

Option: Prohibit

Option: Hazardous

Option: Impulsive

2. Which term describes the process of interaction and integration among people companies and governments worldwide?

Option: Insecurity

Option: Globalization

Option: Compliance



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Option: Array

3. What term refers to the act or process of passing something from one person or place to another?

Option: Quarantine

Option: Infectious

Option: Transmission

Option: Mitigate

4. What is the term for the ability of an organism to resist a particular infection or toxin?

Option: Surge

Option: Immunity

Option: Substantial

Option: Dilemma

5. Which term refers to the act of conforming to a rule command or request?

Option: Demands

Option: Extreme

Option: Caution

Option: Compliance

6. What activity involves allocating resources usually money in expectation of benefit in the future?

Option: Accuracy

Option: Investing

Option: Severe

Option: Contagious

7. Which term refers to the process of combining different elements into a whole?

Option: Unprecedented

Option: Integration

Option: Cardiovascular

Option: Dilemma

8. What term describes the quality or state of being correct or precise?

Option: Risk

Option: Impulsive

Option: Accuracy

Option: Symptoms

9. What are the subjective manifestations of a pathological condition?



- Option: Risk
- Option: Infectious
- Option: Symptoms
- Option: Consequences

10. Which term refers to the conditions under which something is limited or restricted?

- Option: Caution
- Option: Limitations
- Option: Array
- Option: Navigation

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ diseases refer to conditions that involve the heart or blood vessels.
12. The scale of the natural disaster was \_\_\_\_\_ and the impact was felt for years.
13. Efforts to \_\_\_\_\_ the effects of climate change are crucial for the planet's future.
14. The museum displayed an impressive \_\_\_\_\_ of artifacts from different historical periods.
15. Individuals exposed to contagious diseases may be placed in \_\_\_\_\_ to prevent further spread.
16. The storm warning indicated \_\_\_\_\_ weather conditions with high winds and heavy rainfall.
17. Studying for medical school exams is known to be \_\_\_\_\_ due to the vast amount of material to cover.
18. His \_\_\_\_\_ decision to quit his job surprised everyone as he had not planned it beforehand.



19. Working with certain chemicals without proper protective gear can be extremely \_\_\_\_\_ to health.

20. The flu virus is known to be highly \_\_\_\_\_ and can spread rapidly in crowded places.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

|                                                                                                      |
|------------------------------------------------------------------------------------------------------|
| 21. She faced a moral when deciding between helping her friend cheat or reporting the cheating.      |
| 22. The common cold is an disease that spreads easily among people.                                  |
| 23. Scientific experiments require a high level of to ensure reliable results.                       |
| 24. There was a sudden in the number of COVID-19 cases in the region leading to a healthcare crisis. |
| 25. The company experienced a increase in profits after implementing cost-saving measures.           |
| 26. Advanced GPS technology has revolutionized the way we approach while driving.                    |
| 27. The scientific discovery was considered due to its groundbreaking nature.                        |
| 28. The high-stress job often places significant on employees to meet tight deadlines.               |
| 29. When handling hazardous materials it is essential to proceed with great to prevent accidents.    |
| 30. is a type of respiratory virus that can cause symptoms similar to the common cold.               |

## Answer

**Multiple Choice:** 1. Agonists 2. Globalization 3. Transmission 4. Immunity 5. Compliance 6. Investing 7. Integration 8. Accuracy 9. Symptoms 10. Limitations

**Gap-Fill:** 11. Cardiovascular 12. unprecedented 13. mitigate 14. array 15. quarantine 16. severe 17. demanding 18. impulsive 19. hazardous 20. contagious

**Matching sentence:** 1. Dilemma 2. Infectious 3. Accuracy 4. Surge 5. Substantial 6. Navigation 7. Unprecedented 8. Demands 9. Caution 10. Metapneumovirus

## CATEGORY

1. Health - LEVEL4

## Date Created

2025/01/24



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