

# This miracle drug rapidly reversed my balding. It wrecked my sex life... but a microdosing hack gave me my libido and my hair back

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Men battling hair loss are increasingly embracing a controversial online 'microdosing' medication trend designed to preserve their hair while lowering the risk of libido loss and erectile dysfunction.

Across [Reddit](#), [TikTok](#) and hair loss forums, thousands of young men are swapping advice on taking tiny doses of finasteride – the blockbuster hormone-blocking anti-baldness drug used by millions worldwide.

Some cut tablets into quarters while others take the medication every other day.

Much of the debate centers around finding the 'minimum effective dose' – taking enough to hold onto their hair without suppressing hormones too aggressively.

The trend has exploded amid growing concerns over the drug's side effects, with some men claiming finasteride transformed their confidence and others saying it damaged their sex lives.

The Daily Mail spoke to one microdoser, Matt, who asked that only his first name be used, about his experience on finasteride. He now hosts a podcast on [YouTube](#) aimed at helping men understand hair loss treatments.

The 34-year-old from Slovakia started taking the drug in 2020 after undergoing a hair transplant. Hair loss medication is usually recommended alongside a transplant to stop the patient's remaining natural hair from continuing to thin and recede. While transplanted hairs are typically permanent, the surrounding non-transplanted hair can still be lost over time without treatment, potentially leading to an uneven or unnatural result.

'I have been using finasteride for six years now, and it has saved my hair,' he said.



**Matt, 34, before he took finasteride, in 2019, and after he took the drug and swapped to a microdose, in 2025**

Like many men battling hair loss, Matt says his thinning hair had badly affected his confidence. In his early 20s, he shaved his head completely.

He said comments from women left him painfully self-conscious. One told him he looked 'buff and ripped' but was clearly 'over-compensating for your bald head.'

When he began taking oral finasteride, the results initially felt transformative. His hair became thicker and stronger.

But about two years later, he noticed changes he found difficult to ignore.

'I wasn't thinking about sex as much,' he told the Daily Mail. 'It was weird, my libido was slightly dimmed.'

He also said his morning erections became noticeably weaker.

'You still have it, but not as intense,' he said. 'By the time I got to the bathroom, I didn't have it.'

At that point, he felt trapped between two fears: losing his hair or risking further sexual side effects.



## **Matt speaks to followers of his podcast, which aims to help men understand hair loss treatments**

Instead of stopping the medication, Matt joined the growing number of men experimenting with microdosing.

At first, he cut his pills to achieve a dose of roughly 0.5mg per day.

Within weeks, he said, he noticed a difference.

'Some things were starting to be more intense, like the desire, the sexual desire, the libido, it was higher,' he said. 'Also, the morning wood was more intense and stronger.'

Crucially, he said he did not lose more hair.

Today, Matt takes a 1mg pill every other day.

He also will occasionally take a month off from the drug entirely to allow his body to 'reset' – something doctors do not generally recommend as no clinical trials have been carried out looking into the benefits or risks.

For him, however, the trade-off feels worthwhile.

'My hair is at the same level it was seven years ago. Without finasteride, I will have, for sure, be bald.'

For many young men, the anxiety surrounding baldness has become deeply intertwined with fears about masculinity, aging and attractiveness.

Finasteride – sold under brand names including Propecia – is one of the few drugs

proven to slow male pattern hair loss.

It works by blocking the conversion of testosterone into dihydrotestosterone, or DHT, the hormone largely responsible for shrinking hair follicles in men genetically predisposed to baldness.

The medication is hugely popular. Around 7.5 million prescriptions are now written every year in the US alone.

But alongside its rise has come years of fierce controversy over side effects.

Some men suffer gynecomastia, or male breast tissue growth, which can be painful and embarrassing. And studies suggest around one in 25 users reports sexual problems including erectile dysfunction, reduced libido and ejaculation disorders.

On Reddit forums dedicated to hair loss, users argue fiercely over whether fears surrounding the drug are legitimate or exaggerated by internet 'fearmongering.'

Threads can stretch for hundreds of comments, with users meticulously comparing libido changes, erection quality, fertility concerns and hairline photographs.

Some men claim finasteride left them emotionally numb, unable to perform sexually or suffering lingering symptoms even after stopping the drug entirely – a phenomenon sometimes referred to by patients as 'post-finasteride syndrome.'

Major medical bodies maintain the drug is safe and effective for most men.

However, there is a huge volume of discussion online among users, many of whom track every change in mood, energy levels or sexual performance while taking it.

And increasingly, rather than rejecting the medication altogether, men are attempting to engineer their own compromise.



**Finasteride medication is sold in pill form and as a topical. The drug is growing in popularity for its ability to slow hair loss, but some have raised concerns over potential sexual side effects**

On forums like Reddit's r/tressless, which has hundreds of thousands of members, users trade elaborate dosing schedules and theories about hormone suppression.

Some take the standard daily dose of 1mg – but three times a week rather than every day. Others use pill-splitters to quarter tablets into 0.25mg segments.

Many switch to topical formulations applied directly to the scalp in the belief they may reduce the amount of the drug circulating through their body.

'Topical low dose finasteride really does work,' one user wrote. Another described taking '0.005% topical finasteride' specifically because he wanted to avoid side effects.

Hair loss influencers on TikTok and YouTube have further fueled the movement, posting videos explaining how tiny doses may still suppress a large proportion of DHT while potentially lowering the risk of side effects.

That idea is rooted in real science.

Research has suggested finasteride continues to reduce DHT levels even at doses well below the standard 1mg prescription.

In one widely cited 1999 study involving 249 men, researchers tested daily doses ranging from 0.01mg to 5mg over 42 days. It found doses as low as 0.2mg

significantly reduced scalp DHT levels linked to hair loss.

Despite this, many doctors remain wary of men self-experimenting with prescription medication based on Reddit advice.

Physicians warn patients should never alter their dose without medical supervision and caution that cutting pills may lead to inconsistent dosing because the drug may not be evenly distributed throughout the tablet.

Still, some hair restoration specialists acknowledge that lower doses can make sense for carefully selected patients.

Dr Alan Baumann, a hair loss doctor in Florida, told the Daily Mail he has prescribed microdoses of finasteride for 'many, many years,' particularly in men worried about side effects.

Although, he added that 1mg remains 'the sweet spot' for most patients.

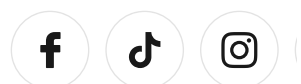
Dr Abraham Armani, a hair restoration specialist in Texas, said he also sometimes lowers doses in men struggling with side effects.

'If a patient comes in and says, "It is giving me side effects," "I don't feel like a man" or "I couldn't bear it," then we switch them to a lower dose,' he said.

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