

Sumair Ahluwalia ID: Vi4t5lXs 

Male, 21

[Edit Patient](#)[View in CX](#)

State: IL

Allergies

None

Medications

2 

buspar 20 mg, cymbalta 40 mg

Melatonin: 3 mg a night for sleep

Conditions

5 

Anxiety

Depression

Generalized anxiety disorder

PHQ2=3

SI- passive

Hospitalizations

None

Hims & Hers Prescriptions

2 **Finasteride 0.3%, Minoxidil 6%
cmpd solution**

Quarterly shipping, 5 refills

NP Charlene Fernandez

October 14, 2022 3:46 PM

Status: Active**Finasteride 1 mg oral tablet**

Quarterly shipping, 5 refills

NP Charlene Fernandez

October 14, 2022 9:32 AM

Status: Inactive

Undoctored evidence: During 21-year-old Sumair's consultation with Charlene Fernandez, a Hims nurse practitioner assigned to prescribe medication upon review of his scalp selfies and self-reported medical history—which includes depression and anxiety—he is told that...

“Oral finasteride has been associated with increased depression, anxiety and suicidality in men younger than age 45...”

Generalized anxiety disorder

Show unselected answers



Topical finasteride & minoxidil spray is typically recommended to patients with a history of mental health conditions because oral finasteride may cause or worsen symptoms. Oral finasteride has been associated with increased depression, anxiety and suicidality in men younger than age 45 using oral finasteride for hair loss. Patients with new or worsening depression or anxiety should stop finasteride use and follow up with their health care provider or a mental health therapist.

I want to request topical finasteride & minoxidil spray

Patient is requesting topical finasteride & minoxidil due to history of mental health condition(s)

In the last 2 weeks, have you been bothered by any of the following?

Feeling down, depressed, or hopeless

Patients with a total score of 3 or higher on the following one or two questions may ONLY receive treatment with topical finasteride & minoxidil. Score indicates the patient may benefit from a behavior health assessment for depression. Provide 'PHQ - 2 Score \geq 3 on Intake form' snippet in your treatment plan. Patient is not a candidate for oral finasteride.

Show unselected answers



How often have you felt down, depressed, or hopeless in the last 2 weeks?

1-2 days per week (several days)

Add +1



...finasteride spray is preferred over the drug in pill form, for patients like him, because of evidence that oral finasteride may be linked to exacerbated mental-health conditions, namely depression, anxiety and suicide.



Charlene Fernandez · Oct 14, 2022 · 3:46 PM

[Signed] 21y/o male presents for Hair Loss.

S: Oral finasteride erroneously approved for subscription. Pt had agreed to Topical 0.3% Finasteride & 6% Minoxidil Spray.

O: No significant

A: Androgenic alopecia prevention. Not a candidate for oral finasteride d/t

PHQ2=3

P Topical 0.3% Finasteride & 6% Minoxidil Spray sent x1 yr. Follow up annually or PRN.

**“Clinical photos reviewed.
No thinning hair noted.”**

Charlene Fernandez · Oct 14, 2022 · 9:32 AM

[Signed] 21y/o male presents for Hair Loss.

S: Reports noticing thinning to top of scalp.

Fhx of hair loss on maternal and paternal sides

Denies history of sexual dysfunction, scalp symptoms

Hx of depression and anxiety with passive SI. Currently with therapist.

No prior tx.

O: Clinical photos reviewed. No thinning hair noted.

A: Androgenic alopecia, prevention. Not a candidate for oral finasteride d/t PHQ2=3

P: Topical finasteride/minoxidil prescribed x1 yr. Follow up in a year and PRN.

Oct 3, 2022

Sumair Ahluwalia

The patient has sent an introduction and has asked any additional questions here:

Hi, I am the start of light balding over the course of the past 2+ years. My hair is noticeably thinner, and my hairline is receding back slightly. All of my male family members (save for one) are bald. Is it too early to start Finasteride?

October 3, 2022 4:25 PM

✓✓ Read by NP Charlene Fernandez at Oct 13, 2022 11:22 PM

Nurse Fernandez also notes that Sumair is currently seeing a therapist (outside of the Hims family of healthcare providers, that is) and, with regard to his “clinical photos” (aka selfies), “No thinning hair noted.”

Sumair Ahluwalia

Actually, now that I'm thinking about it I'd probably say several days.

October 13, 2022 11:26 PM

✓✓ Read by NP Charlene Fernandez at Oct 14, 2022 9:10 AM

Oct 14, 2022

NP Charlene Fernandez

Hi Sumair,

Is it several days for 1 and 2?

Be Well,
Charlene Fernandez, MSN, FNP-C
Licensed in: CA, NY, IL, WA

October 14, 2022 9:10 AM

“My recommendation for your treatment is the topical finasteride minoxidil spray.”

October 14, 2022 9:10 AM

✓✓ Read by NP Charlene Fernandez at Oct 14, 2022 9:22 AM

NP Charlene Fernandez

Hi Sumair,

Finasteride can worsen symptoms of depression and anxiety. I have reviewed your medical history and photos and based on the information you provided, I think a strategy focused on preservation with possibly some regrowth will work well. *My recommendation for your treatment is the topical finasteride minoxidil spray.*

If you would like to learn more about the topical finasteride minoxidil spray, please read this resource:

<https://www.forhims.com/treatment/topical-finasteride-minoxidil-info>

If you would like to proceed with the topical finasteride minoxidil spray, it will be shipped and billed every 3 months at a price of \$150

Nurse Fernandez then shares her strategy for keeping and possibly regrowing Sumair's hair (despite the fact that she previously noted it showed no signs of thinning): Use Hims's topical finasteride minoxidil spray, a compounded product that, according to Hims's own product listing, "has not been approved by the FDA."

“My apologies. I’ve contacted customer service to cancel the Finasteride Minoxidil Kit that was erroneously approved.”

I just want to confirm, are you prescribing finasteride pills, or the combo spray? your previous message mentioned the spray but this one mentions the oral finasteride. thank you!

October 14, 2022 9:37 AM

✓ ✓ Read by NP Charlene Fernandez at Oct 14, 2022 9:43 AM

NP Charlene Fernandez

Hi Sumair,

My apologies. I've contacted customer service to cancel the Finasteride Minoxidil Kit that was erroneously approved. I'm unable to change your subscription manually on my end to Topical 0.3% Finasteride & 6% Minoxidil Spray . Once the hair loss consultation has been cancelled, you will be able to complete a hair loss

consultation requesting Topical 0.3% Finasteride & 6% Minoxidil Spray.

Be Well,
Charlene Fernandez, MSN, FNP-C
Licensed in: CA, NY, IL, WA

October 14, 2022 9:43 AM

Sumair Ahluwalia

no worries. just to clarify: once this consultation has been cancelled I'll need to start a new one?

October 14, 2022 9:44 AM

✓ ✓ Read by Alon Gahan at Oct 14, 2022 10:09 AM

Hello Sumair,

Thank you for reaching out regarding your subscription. I see that you are interested in switching over to the topical finasteride spray, and would be happy to assist you as best as possible.

I've gone ahead and made the necessary changes to your account to allow the new visit. Please click on the following link to begin a new visit for the topical spray. Follow the on screen instructions, and answer the questions. A medical provider will then follow up with you and assist you further.

<https://www.fhims.com/new-visit/topical-finasteride>

If you know if you have any issues with starting the new visit or if you have any questions, please contact us at 1-800-800-0000.

But minutes later, Nurse Fernandez erroneously prescribes him oral finasteride—the form of the drug he has just been told is linked to suicide—directing Sumair to “Take 1 tablet by mouth daily.”