



ALOPECIA AREATA

OVERVIEW

The word "alopecia" means hair loss. Alopecia Areata is an autoimmune disease, where the body begins attacking its own cells; in this instance, the hair follicle cells.

The cause of Alopecia Areata is not currently known. It is believed to be a complex combination of genetic and environmental factors.

Alopecia Areata can be a lifelong condition, and can deeply affect self-image, self-esteem, confidence, and even mental health.



WHEN DOES ALOPECIA AREATA USUALLY BEGIN?

Alopecia Areata may present in both sexes and at any age, but the peak incidence is between 20 and 50 years of age.



20 – 50 years old

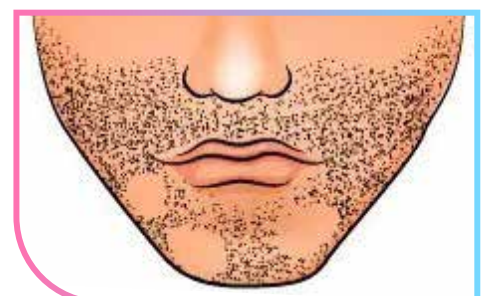
PREVALENCE IN SAUDI ARABIA

The prevalence of Alopecia Areata in Saudi Arabia was found to be between 2.3% and 5.2% in recent studies, a prevalence higher than that in Western countries. Patients in the Saudi population were also observed to present at younger ages.



SYMPTOMS & DIAGNOSIS OF ALOPECIA AREATA

Alopecia areata typically begins with sudden loss of oval patches of hair on the scalp, but any part of the body may be affected, such as the beard area or the eyebrows or eyelashes.



Alopecia Areata patients do not usually report other associated symptoms. Cutaneous dysesthesia may be reported and may precede or be associated with hair loss.

Alopecia Areata diagnosis is mainly clinical and is established through physical examination and trichoscopic findings.



IS HAIR LOSS PERMANENT?

For many people, Alopecia Areata is cyclical – meaning they go through phases of hair growth and hair loss. Some people will regrow and maintain their hair for many years before it falls out again, others will not regrow any hair on their own (without treatments).

Alopecia areata is a non-scarring alopecia, meaning that the hair follicles are NOT destroyed, and are capable of regrowing hair if the autoimmune response is suppressed.

TYPES OF ALOPECIA AREATA

The three main Alopecia Areata types are:

- 1 ALOPECIA AREATA (PATCHY)**
Alopecia Areata (patchy) causes one or more coin-sized, usually round or oval, patches on the scalp or other places on the body that grow hair.
- 2 ALOPECIA AREATA TOTALIS**
Alopecia totalis results in hair loss across the entire scalp.
- 3 ALOPECIA AREATA UNIVERSALIS**
Alopecia universalis results in hair loss across the entire body, including eyebrows and eyelashes.



ALOPECIA AREATA (PATCHY)



ALOPECIA AREATA TOTALIS



ALOPECIA AREATA UNIVERSALIS



MANAGEMENT & TREATMENT

While there is no cure, there are alopecia areata treatments that may help both adults and children with hair regrowth.

NON-PHARMACOLOGICAL TREATMENTS

LASER & LIGHT THERAPY:

Light therapy is also called photochemotherapy, which uses a light sensitizer, or phototherapy, which uses specific wavelengths of ultraviolet light for their healing effects. Laser treatment delivers specific doses of radiation to encourage new hair growth.



PHARMACOLOGICAL TREATMENT:

- ▶ **Corticosteroids:** topical or intralesional to help regrow hair
- ▶ **Minoxidil**
- ▶ **Anthralin:** typically can be found in concentrations from 0.5% to 2%
- ▶ **Contact Immunotherapy:** for widespread hair loss like DPCP
- ▶ **Systemic Corticosteroids**
- ▶ **Methotrexate:** if hair loss is extensive and no other treatments have worked
- ▶ **Azathioprine**
- ▶ **Cyclosporine**
- ▶ **Sulfasalazine**
- ▶ **Janus kinase (JAK) inhibitors:** like Baricitinib (JAK 1/2 inhibitor), which has recently been approved by the SFDA for treatment of severe AA in adults

