

# ALOPECIA

## WHAT IT IS

Alopecia is hair loss that upsets the cycle of hair loss and new growth.

## APPEARANCE

Some shedding of hair is part of the natural cycle of hair growth, rest, shedding and replacement. We shed about 50–100 hairs a day, but new ones normally grow back to replace them. When you lose more hair than you replace, this results in bald patches or thinning of hair.

## TYPES OF HAIR LOSS

**Male pattern baldness** (also known as androgenetic alopecia) is marked by a receding front hairline and hair loss at the top of the head. It is believed to be related to genetic makeup and hormone levels. Male pattern baldness affects about 50% of men.

**Female pattern baldness** (also known as androgenetic alopecia) usually involves thinning of hair on the top, or the “crown” of the scalp. About 40% of women experience some signs of thinning hair by age 50. Genetics is believed to be involved, as well as some hormonal effect.

**Alopecia areata** typically results in round bald patches that occur randomly on the scalp, face or body. This is an autoimmune disease where your immune system attacks your body’s hair follicles, often causing hair to come out in clumps. It occurs in 2% of the population in some form over their lifetime.



## RISK FACTORS

Hair loss typically occurs with aging, and is slightly more common in men than in women. But it can also happen for other reasons, such as after major surgery, after childbirth or due to another physical or psychological form of stress.

It can also be attributed to underlying diseases such as lupus and iron deficiency, because of a hormonal imbalance or with the use of certain medications.

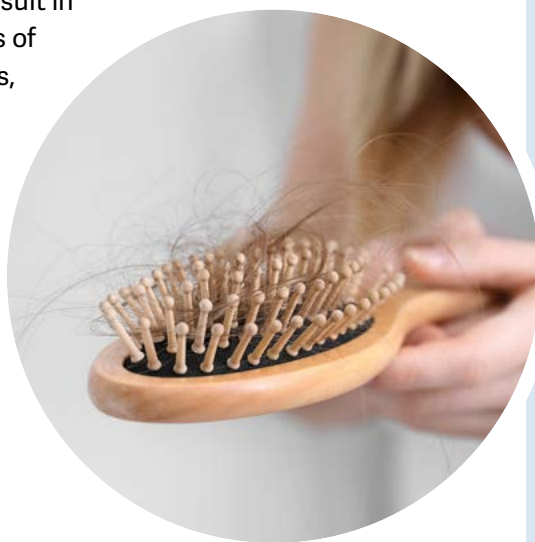


**Alopecia totalis** is a more severe form of alopecia areata marked by total hair loss on the scalp. It results in complete scalp baldness.

**Alopecia universalis** is the most severe form of alopecia areata, and is defined by loss of all scalp and body hair. It is rare, affecting just 1% of those with this condition.

**Trichotillomania** is a self-induced form of hair breakage and alopecia caused by the compulsive twisting and twirling of hair.

**Scarring alopecias** are categorized as a large group of disorders that can lead to permanent hair loss, usually on the scalp. They occur in about 3% of people with hair loss and result in permanent loss of the hair follicles, which are replaced with scar tissue.



## TREATMENT

Hair loss may be temporary or permanent, depending on the cause. With male and female pattern baldness, the most common type of hair loss, hair usually does not grow back to its pre-hair loss state.

Treatments will vary according to the type of hair loss being experienced. Treatments could include:

- Minoxidil
- Finasteride
- Dutasteride
- Spironolactone
- Topical corticosteroids
- Injections of the steroid triamcinolone acetonide
- Anthralin lotion
- Steroid prednisone

## HAIR TRANSPLANT

Permanent hair replacement through an in-office surgical procedure called hair transplantation may be an option for some cases. Hair transplantation involves removing bits of scalp that have intact hair follicles from where there is still healthy hair growth (usually back or sides of head). These follicles are then grafted onto bald areas, and hair growth usually appears after several months.



**Additional information on Alopecia is available online.**

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