



HAIR DISORDERS

## A CASE OF A 28 YEAR OLD MALE WITH CENTRAL CENTRIFUGAL CICATRICIAL ALOPECIA: HOW POOR HAIR PRACTICE LEADS TO IMPERFECT HAIR

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**Background:** Central Centrifugal Cicatricial Alopecia is the most common form of scarring alopecia in any population with a significant number of black patients. It primarily affects women of color and those of African descent during the second and third decade of life. It can rarely be seen in Caucasians and African-American men.

**Observation:** This is a case of a 28 year old African male with a four year history of erythematous pustules over the crown of the scalp accompanied by pruritus and tenderness after having a haircut using a hot razor. The lesions and symptoms did not improve with application of topical corticosteroids and topical antibiotics, use of anti-fungal shampoo and intake of antibiotics. Histopathology result revealed consistent with central centrifugal cicatricial alopecia. He was advised to stop using a hot razor and having frequent haircuts. He responded well to monthly intralesional Triamcinolone 10mg/ml injection over the affected areas, Clobetasol ointment applied twice daily over the affected areas and Doxycycline 100mg/cap one capsule taken once daily. He had significant improvement of lesions and symptoms within the first 3 months of therapy.

**Key message:** Central Centrifugal Cicatricial Alopecia can be a devastating disease because it may result to permanent hair loss. In asymptomatic patients with advanced disease, they may not be offered any medical intervention but should be counseled about hairpieces and proper camouflage techniques. They may be offered psychological support and may be encouraged to join support groups running through organizations.

