



HAIR DISORDERS

A CASE SERIES OF INTRALESIONAL TRIAMCINOLONE AS AN EFFECTIVE TREATMENT OPTION FOR CENTRAL CENTRIFUGAL CICATRICIAL ALOPECIA

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Introduction: Central centrifugal cicatricial alopecia (CCCA) is a scarring alopecia that manifests as permanent hair loss on the crown or vertex of the scalp and expands centrifugally. Clinical signs CCCA may include inflammation (papules, pustules, erythema, scale), with or without symptoms such as pain, tenderness, or itching. CCCA is most prevalent in women of African descent.

Objective: The purpose of this case series was to determine the efficacy of intralesional triamcinolone (ILT) injections as a primary treatment option for central centrifugal cicatricial alopecia in our patient population.

Materials and Methods: A retrospective review of patients seen in a dedicated hair loss clinic from July 2017 to August 2018 was performed. All patients with a diagnosis of CCCA who were treated with intralesional triamcinolone injection monotherapy for a minimum of 3 months and were seen in clinic for follow up were included in the study.

Results: Five female patients with CCCA who met the inclusion criteria were identified. Patients ranged in age from 28 to 68 years of age, with a mean age of 48.4 years. The number of ILT monthly injections ranged from 2 to 9 injections, with an average dose of per injection of 23.7 mg. The average post treatment follow-up time was 7.6 months (range 3-15 months). Three patients demonstrated a noticeable improvement in their CCCA photographic scale, improving by one full grade on the Central scalp alopecia photographic scale in African American women. The remaining two patients demonstrated stable disease at follow up.

Conclusions: Though our sample size is small, our case series demonstrates that ILT injections are beneficial in improving or halting disease progression among patients with CCCA. Larger, randomized controlled trials are needed to confirm the efficacy of ILT injections as monotherapy for CCCA and to determine optimal dosing for patients.

