



HAIR DISORDERS

A RETROSPECTIVE REVIEW OF PAEDIATRIC ALOPECIA AREATA CASES SEEN IN A TERTIARY INSTITUTION IN SINGAPORE

Yun Pei Koh⁽¹⁾ - Madeline Sheun Ling Ho⁽¹⁾ - Lucinda Siyun Tan⁽¹⁾

National Skin Centre, ., Singapore, Singapore⁽¹⁾

Introduction: Alopecia areata (AA) is a common benign cause of patchy hair loss seen in adults and children. AA itself and the treatment can lead to psychosocial stress in patients and their family, resulting in a negative quality of life. The variable course of AA, coupled with multiple treatment modalities available, emphasizes the need for individualized treatment to minimize side effects.

Objective: To evaluate AA in the paediatric population, looking at prognosis, treatment options, complications of the disease and its treatment.

Materials and Methods: In this retrospective review, we looked into cases of AA in paediatric patients below the age of 21, over the course of 5 years from 2013 to 2017. Data on disease presentation, treatment, complications and follow up duration was collected and analyzed accordingly.

Results: 182 cases were reviewed. 43.4% of patients received topical treatments, while 68.7% of patients received intra-lesional steroid injections (ILK). None of our patients were treated conservatively. In terms of treatment complications, 2 (0.02%) patients had scalp abscesses post ILK treatment. 9 patients (0.07%) experienced skin atrophy post ILK, which resolved after cessation of treatment. There were no patients who had sustained skin atrophy or telangiectasia with topical steroid treatments. Favourable therapeutic response was observed in 94.6% of cases, with 76.1% of patients achieving improvement or resolution within 6 months.

Conclusions: This paper serves to report our experience in treating paediatric patients with AA. Current treatment modalities appear to be safe in the paediatric population. This preliminary review enables us to glean insights to management options and appropriate treatment duration for alopecia areata, and warrants further studies.

