



HAIR DISORDERS

ALOPECIA TOTALIS RESPONDING REMARKABLY TO ORAL CYCLOSPORINE: A STUDY OF 25 CHILDREN

Sandipan Dhar⁽¹⁾

Institute Of Child Health, Hospital, Kolkata, India⁽¹⁾

Introduction: Management of alopecia totalis is challenging. Though many topical and systemic drugs are available, no treatment is completely effective. Therapies for alopecia totalis include topical immunotherapy, steroids, phototherapy and immunosuppressive agents.

Objective: To assess the efficacy and safety of oral cyclosporine alone in the management of alopecia totalis in children.

Materials and Methods: Data was collected from a retrospective case series of children less than 18 years with alopecia totalis treated with oral cyclosporine presenting at department of pediatric dermatology at our institute over a period of 3 years from January 2015 through December 2017. All the demographic details and clinical features and associated disorder were collected on a predesigned proforma. Study children were treated with oral cyclosporine for 1 year and the outcomes were assessed at 3 months, 6 months and at 1 year. Follow up was done up to 2 years to know the outcome. Blood pressure, complete blood count and renal parameters were monitored regularly.

Results: During the study period, 25 children with alopecia totalis were treated with oral cyclosporine (3-5mg/kg body weight/day). After 3 months of treatment there was 30% hair growth in 50% children, 60% improvement in 70% of children after 6 months, after 1 year there was stable growth in 80% children. Follow up at 2 years 60% children had retained hair and in 20% there was few recurrence of few alopecia patches which was treated with topical steroid lotions. None of the children had developed side effects.

Conclusions: Our study showed significant improvement in hair growth in 6 months to 1 year of treatment with oral cyclosporine alone. Oral cyclosporine could be a promising therapy in the management of a frustrating condition like alopecia totalis.

