



HAIR DISORDERS

COMORBID CONDITIONS IN ALOPECIA AREATA: A PROSPECTIVE STUDY

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Introduction: Alopecia areata (AA) is believed to be an auto-immune condition that usually presents as patchy, nonscarring hair loss. Auto-immune disorders and atopy are reported as comorbid conditions.

We aimed to investigate the demographic, clinical characteristics and associations of alopecia areata in Tunisian patients.

Materials and methods: Demographic data, pattern of alopecia, age of onset and associations were evaluated in 204 patients between January 2012 to June 2016.

Results: Two hundred and four cases of AA were seen. The male to female ratio was 0,68. The mean age at presentation was 23 years old. Positive family history was noticed in 22,1% % of patients.

Personal history of atopy was associated to AA in 18,1%. Associated auto-immune diseases were thyroid disorders (12,7%), vitiligo (1,5%), psoriasis (3 cases), type 1 diabetes (2 cases), APECED syndrome (2 cases), lichen sclerosus atrophicus (1 case) and pemphigus vulgaris (1 case).

AA was the most common manifestation (49,5%) followed by alopecia universalis (27,5%), alopecia ophiasis (12,7%) and alopecia totalis (10,3%). Nail changes, consisting of pitting, trachyonychia, and longitudinal ridging, were reported in 24,8%.

AA patterns were more severe in female ($p=0,049$). Severe forms showed more persistent disease duration ($p=0,005$), earlier onset ($p=0,001$), more recurring episodes ($p=0,002$) and were significantly associated with nail involvement ($p<0,001$). A poor prognosis was significantly associated with the extent of hair loss ($p<0,0001$), a long duration of the disease ($p=0,002$) and nail pitting ($p=0,022$).

Conclusion: Our study aimed to review the prognostic factors of alopecia areata, confirming the pejorative value of two main factors: the extent of hair loss and the early onset of the disease.

