

HAIR DISORDERS

HAIR STYLING PRACTICES IN PATIENTS WITH SCARRING AND NON-SCARRING ALOPECIA

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Introduction: Cicatricial alopecia comprises a group of inflammatory conditions of the hair follicle that can lead to permanent alopecia. Exogenous agents such as chemical hair treatments have been proposed as potential triggers for the onset of these conditions.

Objective: To analyze the relationship between chemical hair styling practices in cicatricial and non-cicatricial alopecia patients.

Materials and Methods: A review was performed of 644 patient intake forms from an alopecia clinic. Patients with either cicatricial alopecia (lichen planopilaris "LPP", frontal fibrosing alopecia "FFA" or central centrifugal cicatricial alopecia "CCCA") or non-cicatricial alopecia (female pattern hair loss "FPHL") reported treating with perms, hair dye, and chemical straightening. Exposure was defined in "practice years," the product of the number of times each styling practice was done per year and the total number of years performed. Average lifetime exposure (ALE) was defined as the mean of the practice years for each specified group.

Results: Each chemical styling treatment was equally as common between FPHL and scarring alopecia patients. The average age of patients in each diagnosis group were similar (FPHL = 53, CCCA = 46, LPP/FFA = 60).

Chemical straightening ALE and perm ALE was higher in scarring alopecia patients. The ALE of chemical straightening and perms combined was 14.29 practice years in scarring alopecia (44.11 for CCCA, 9.46 for LPP/FFA) versus 3.24 practice years in FPHL.

Perm ALE was 2.6 times higher in cicatricial alopecia. LPP/FFA perm ALE was 2.5 times higher than the FPHL group. Chemical straightening ALE was 15x higher in CCCA patients than LPP/FFA patients and 60x higher when compared to FPHL patients.

Conclusion: CCCA patients represented the youngest age group and reported higher cumulative exposure to chemical straightening and perms compared to the other groups, suggesting these practices may contribute to the development of their hair loss.





