HAIR DISORDERS

PREMATURE CANITIES : A CLINICAL AND INVESTIGATIVE STUDY WITH ROLE OF PHOTOTHERAPY IN TREATMENT

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Background: Scalp hair and its colour are at the centre of attention in human civilisation. Premature canities has major psychosocial and socioeconomic implications. Pathogenesis of premature canities has been poorly understood. Various associations postulated include familial inheritance, nutritional deficiencies, autoimmune disorders etc. No effective therapy for canities is available till now.

Objective: The objective of our study is a Clinico-Epidemiological and Investigative Study of Premature Greying of Hair at a tertiary care centre in developing country. Also, we tried to establish a role of phototherapy in treatment.

Materials and Methods: 100 cases and 100 controls were enrolled as per the inclusion criteria after informed consent. A Case record proforma was filled. Patients were investigated for parameters like Haemoglobin, Serum Iron, Serum Ferritin, Total Iron binding Capacity, Serum Calcium, Serum Vit B12, Serum Copper, Serum Zinc, Serum Vit D3. Statistical evaluation was done of the epidemiological and investigative data. 32 patients received NB-UVB Comb Phototherapy thrice weekly for six months. Patients were monitored by aid of Trichoscopy at start of therapy, after 3months and at the end of therapy.

Results: Family history premature canities was seen in majority of cases. It was found that majority of cases were having low Haemoglobin, Serum Ferritin & Serum Vit D3 level. There was significant high number of low ferritin levels among cases compared to controls. None of the patient showed repigmentation following phototherapy.

Conclusion: Our study emphasizes genetic predisposition of premature canities. Low levels of serum ferritin may play a role in premature canities. NB-UVB Phototherapy's role in treatment of premature canities will need a larger study design.