



HAIR DISORDERS

SUCCESSFUL TREATMENT OF ALOPECIA TOTALIS IN A TEENAGER-CASE REPORT

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Background: Alopecia areata (AA) is a non-scarring, recurrent hair loss that can affect any hair bearing body area. Primary the disease affects the scalp. There are several patterns of AA: monofocal, multifocal-reticular, alopecia totalis, alopecia universalis, ophiasis, inverse ophiasis.

The etiology and pathogenesis of the disease is still not fully understood. It is considered to be T cell mediated autoimmune condition in genetically predisposed individuals.

It occurs at any age and can be associated with some other autoimmune diseases. The earlier onset in life means poor prognosis. The disease significantly disrupts quality of life.

Still there is no consensus upon the treatment.

Observation: Young girl born in 2004 was brought to our Dermatology department for the first time in 2010 due to development of alopecia areata. After only topical therapy complete hair regrowth was seen.

In 05/2017 she reported to our Dermatology department presented as ophiasis.

Thyroid and autoimmune disease, anaemia and vitamin B deficiency were excluded.

In summer 2017 alopecia areata progressed to alopecia totalis.

In 12/2017 pulse corticosteroid therapy- methylprednisolone 8 mg/kg bodyweight (total of 480 mg/day) for 3 consecutive days was introduced. Pulses were repeated four times in period from 02/2018-07/2018 followed by topical therapy: (betamethasone and 5%minoxidil solution). Great clinical response was observed:complete hair regrowth in almost all scalp regions; alopecic areas were only seen partially occipital, and in both temporal regions.

Key message: Alopecia areata is recurrent disease; alopecia totalis is severe type of alopecia areata and it represents therapeutic challenge. There is still no satisfactory treatment for alopecia totalis. In this particular case great clinical response to pulse methylprednisolone therapy was seen without any side effects. Since the disease often relapses it is yet to be seen how long will achieved therapeutic effect last.

